

## Grow your own Cress Garden!

All you need is:

- A recycled container
- Seeds and compost
- Things to decorate your little garden afterwards



Cress is a tasty, cheap and healthy **Microgreen**.

**Why?**

So you thought oranges are the ultimate vitamin C champion? Well, guess what, fresh garden cress contains much more vitamin C than fresh oranges!

Vitamin C helps to keep our skin, bones and gums strong and healthy, and is good for our immune system.

It also contains lots of Vitamin A which is very good for our eyes!

