

Experiment 7: Grow some plant hair!

Growing watercress or mustard seeds from a potato is a quick way of growing your own. Watercress will grow within 5-10 days meaning you don't have to wait long for results.

Materials:

- 1 fresh potato
- Paints or felt-tip pens
- 1 packet of cress seeds
- Jug of water
- 2 balls of cotton wool

Instructions

An adult should help to make the plastic jar, as this could be dangerous. [Step 1](#)
Cut off and then scoop out the top of the potato to create a little hollow to allow the watercress to be grown in.

Step 2

Slice the bottom of the potato to create a flat surface so it can stand.

Step 3

Decorate your potato head to make them come alive.

Step 4

Dampen the cotton wool balls and place on the top of the potato.

Step 5

Sprinkle the watercress seeds on top of the cotton wool.

Step 6

Place in a warm place and check the cotton wool is damp each day.

Once the cress has grown enough it can be cut and eaten, it's yummy in an egg sandwich!

