

CHRISTCHURCH

EAST GREENWICH

What to do with your Christ Church East Greenwich Cress Seeds!

This packet of cress seeds has been sent to you to mark the start of our season of services themed around the parables. Seeds feature in a number of parables including the parable of the sower, the parable of the mustard seed, the parable of the wheat and the tares and the parable of the growing seed. We will be looking at some of these parables in our Sunday morning services.

Look at these seeds as symbols of God's amazing natural world, of God's bounteous generosity, and as a symbol of how much potential can be stored in even the tiniest thing. You might like to read one of the 'seed' parables after you have planted your seeds...

These are some suggestions as to what you can do with your seeds:

1. Make a Cress Cross

What you will need:

- a piece of old towel, tea towel, or other old fabric
- water
- a plate or other flat waterproof surface such as a plastic lid

What you need to do:

- Cut out the shape of a cross from your chosen fabric.
- Place on a plate and dampen with water.
- Sprinkle your cress seeds onto the fabric covering the entire cross.
 - Check your crosses regularly to ensure the fabric doesn't dry out, as the seeds need moisture to grow.
- Your seeds will grow into a Cress Cross, which can be harvested for eating in about 7 to 14 days' time or when the cress is about 5cm high.
 - Cress is good in a salad or sandwich (especially with egg!).

2. Make your Name in Cress

- You could adapt the method above to grow your name or initials in cress.
 - If you don't have any old fabric you can use kitchen roll or cotton wool and simply sow the seeds in the shape of the letters of your name or your initials.

3. Grow your own Cress Lamb

What you will need:

- a disposable plate
- coloured felt tip pens
- cotton wool
- glue
- cress seeds

What you need to do:

- Draw a lamb on the plate, giving him/her a large body.
- Spread some glue on the lamb's body and press on a piece of cotton wool, allow to dry.
- Carefully wet the cotton wool.
- Sprinkle your cress seeds on the cotton wool and place on a light windowsill, keep the cotton wool moist.
 - (If you are using a paper plate you may need to place a plate or plastic lid beneath the disposable plate.)
- Watch your seeds grow, they will be ready to eat in 7 to 14 days – simply cut with scissors and enjoy.



4. Make a Cress Egg-Head.

What you will need:

- an egg
- an egg cup or egg box
- cotton wool or cotton wool balls
- felt tips
- stick-on googly eyes (optional)

What you need to do:

- Carefully remove the top third of the eggshell leaving the bottom two-thirds of the egg intact.
- Empty the eggshell and carefully wash out (keep the egg for tea!).
- Decorate the shell with a face and leave to dry.
- Stick on your googly eyes, if using.
- Dip the cotton wool in water, squeezing out the excess.
- Place a ball of cotton wool in the shell and add 1 teaspoon of the cress seeds.
- Sit the shell in an egg cup or egg box and place in a well-lit spot, such as a windowsill.
- Watch your seeds grow, they will be ready to eat in 7 to 14 days – simply cut with scissors and enjoy.

