

Cress Cups



Photos & Instructions provided by: <http://bit.ly/cresscups>

- ❖ Cress is a little herb that is easily grown at home and tastes great on a sandwich with cheese or cream cheese!

Supplies Needed:

- 1 white sake cup
- black paint pen
- oven
- 5 cotton pads
- cress seeds

Instructions:

1. Wash and dry your sake cup well.
2. Decorate or draw a face on your sake cup with the included black acrylic painter.
 - **To use the paint pen:** Shake the pen before using. While gripping the pen, use your thumb to press the tip and release the air. (You will see a bit of the black paint rise up in the pen.) Press the tip several times on scratch paper, vertically until the ink fills up the pen tip completely and starts coming out. This takes a while! Now you are ready to decorate!! When you are done, make sure to recap the pen tightly.
 - **These pens are similar to dry erase markers.** If you go back and forth over the same surface, they may erase themselves! The paint can also smear or be rubbed off if the cups are not baked in the oven.
3. For a permanent effect, bake the cup in the oven for 30 minutes at 350 degrees.
4. Place five cotton pads in your sake cup. You will be able to fit all five, but you may need to start with two or three pads, water them down, and then add the rest. You will want to fold them so that the top surface is as flat as possible.
5. Water them well! Make sure the cotton is completely soaked in water.

6. Sprinkle your cress seeds on top of the cotton pads.

7. Place your cress cup in a light area, but not in full sunlight.

8. In the next couple of days, your cress will grow very fast!
Don't forget to water your little plants!! 😊

