

Sprouty Spud Head

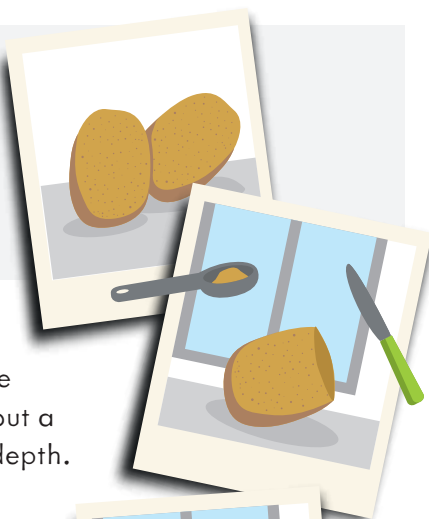
You will need...

- One large spud
- Base support (strip of card around 25cm long x 4cm wide)
- Glue / double-sided tape
- Cotton wool ball
- Cress seeds
- Felt pens or stickers or items to decorate your Spud Head.
(You can be as creative as you like – you may want to use lolly sticks, small twigs, scraps of fabric, etc or shape pieces of plasticine into features.)

Remember to
post your Sprouty
Spud Head photos
@seasonalSpuds



1 Choose your spud.

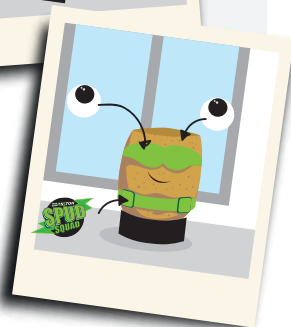


2 (Get an adult to) cut the top off the spud and scoop out a hole to a 2-3cm depth.

3 Fasten the support strip around the base of your spud so that it stands up.



4 Decorate your spud, adding features - eyes, ears, arms, hair, etc.



5 Put the cotton wool in the cavity and wet it thoroughly.



6 Sprinkle in the cress seeds so that they are evenly spread.

7 Place in a light place out of direct sunlight and water regularly.



8 Your sprouty cress should be ready to harvest in a week or two. Just snip off what you need.

