

CRESS (Chamsoor)



SOIL

All rich soils

- Mix the soil
- Take off the rocks
- Put compost or natural fertilizer

COMPANIONS



Cauliflower
Radish



SEEDLING & SUN

Cress likes the sun

- Put the seeds everywhere on the soil
- Recover a little bit with soil or compost
- Put water
- After 2 days, the plant will come up from the soil



WATER

- Water in the morning and evening
- The soil has to be wet all the time during the first week



PLANT CARE

- Take off the weeds
- When the flowers come, cut them to have more leaves



HARVESTING

Duration of growing: 1 month

- Before taking off the cress, cut the flowers
- Take off the cress with the roots
- Harvest cress when you need it