

Cress Common - Seeds - buy 1 get 1 free



1 packet contains Cress Common - 100 seeds.

Rating: Not Rated Yet

Price

Sales price R 125

Discount

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Description Winter hardy to USDA Zones 7-10 where plants may be easily grown in average, medium moisture, well-drained soils in full sun to part shade.

Common name: Chinese violet cress

Color: Violet

Bloom time: May to June

Height: 1.00 to 2.00 feet

Difficulty level: easy to grow

Planting & Care

Plant cress every two weeks if you want to have a continuous harvest. When using soil to grow cress, choose soil pH of 6.0 to 6.8. Plant the cress in early spring as early as you can work soil. Cover the seed lightly with soil or compost. You only need a 1-2 foot square to plant cress. That should deliver enough of the plant.

Sunlight: Full Sun to Partial Shade

Soil: well-drained soil

Water: Medium

Temperature: 20 degrees F

Fertilizer: Apply any organic fertilizer

Care:

- You will be able to harvest the cress 15 to 20 days after sowing the cress.
- Plant more crops until mid summer.
- You can also plant the cress yet again in early fall and during winter.
- Sow cress ¼ inch deep.
- Sow the seeds thickly in wide rows.

- Space each row between 18 and 24 inches apart.
- You will want to keep the cress in even moisture.
- You can plant cress with carrots or radishes.
- Try to keep the soil weed free when growing cress.

Harvesting: it will be ready for harvest 15 to 20 days after sowing.

Care:

- Water the container or tray gently with a water sprayer on a regular basis to keep the soil or the paper towels moist.
- Note that you will have to add moisture more frequently if you are growing your cress on paper towels instead of soil.
- Under normal conditions, the seeds will sprout in about 2-3 days.
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Special Feature:

Herb gardens. Containers.

Use

Medicinal use:

- Unverified information The leaves and flower heads contain analgesic, antifungal, anthelmintic, and antibacterial agents, but some of the compounds are destroyed by desiccation or freezing.
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Note:

for medicinal use, please consult appropriate doctor before use.

Reference:

<http://www.healwithfood.org/grow-indoors/garden-cress.php> <http://www.wikihow.com/Grow-Cress>

<http://www.missouribotanicalgarden.org/PlantFinder/PlantFinderDetails.aspx?taxonid=278083&isprofile=0&>