

GROWER'S FACTS

W.H.PERRON 

Cress

CRESS

CULTURAL PRACTICES: it is recommended to sow every 10 to 14 days, both indoors and outdoors. It is sown in the ground from April to September.

SOIL: it requires a very moist soil, rich in humus and a place in the shade.

HARVEST: it is best harvested at the three to four leaf stages.



WINTERCRESS

CULTURAL PRACTICES: the sowing of watercress is done from May to July in a humus-bearing substrate saturated with water, burying the seeds less than 1cm. When the seedlings have 4 or 5 leaves, they should be transplanted.

SOIL: needs a soil covered with at least 20 to 25 cm of water that is clear, unpolluted and lively.

SPACING: sow each 3-5 plants, in mounds 1.5 to 2 m apart. Thin out later keeping the best two or three plants.

GROWING TIPS: always keep the soil saturated with water and change the water in the pond twice a week if you do not install the watercress on the edge of a stream or pond equipped with a pump allowing having running water.

HARVEST: It is best to harvest it before flowering.

