

## YAC Attack!: Cress Knot Garden

Are you inspired by the knot gardens at Kenilworth Castle? Do you want to try and make your own? Have a go at our YAC Attack activity and grow your own knot garden... from cress!



Young Archaeologists' Club®

### You will need:

- Compost
- Seed tray
- Cress seeds
- Squared or graph paper
- Tracing paper
- A4 cardboard
- Pencil and rubber
- Ruler
- Scissors
- Old newspaper
- Clingfilm
- Water
- Play sand or coloured gravel (optional)
- An adult to help

### Method

1. Choose a design for your garden. Check out the YAC website at [www.yac-uk.org](http://www.yac-uk.org) for some ideas and downloadable templates – but designing your own is great fun! Your design should be simple, but include some 'knots' and/or symmetrical borders. We chose a design of a central figure-of-8 knot, with a border, and a circle at each outside corner.
2. Using a pencil and ruler, draw out your design for your knot garden on squared or graph paper. **Tip:** You may find drawing dots on your squared paper helps to make your curved edges smoother.
3. Trace your design onto tracing paper (greaseproof kitchen paper works too!)
4. Transfer your tracing onto A4 cardboard by turning your tracing face down on top of your cardboard and scribbling over the back with your pencil.
5. Your design will have magically appeared onto your cardboard to make your template! Mark each piece that will be grown in cress in your actual garden; this will help you cut the right pieces out.
6. It is now time to cut out your template. You must make sure that the pieces of your template which are not going to be grown in cress are cut out whole. It is quite fiddly, so you might want to ask an adult to help.
7. Line the bottom of your seed tray with old newspaper and fill it with compost or soil. Water the compost well so that it is very damp.

8. Lay the pieces of your template out in the tray to recreate your design. The spaces where you can see the soil are where the cress will grow.
9. Sprinkle cress seeds over the exposed soil.
10. Water your planted seeds and cover the tray with clingfilm. Put it somewhere warm and light; a windowsill is perfect!
11. Sit back and wait for your seeds to grow! Once the first shoots appear, remove the clingfilm and keep the cress well watered.
12. When all your cress has grown, carefully remove the cardboard template to reveal your knot garden!
13. If you want to, you can now fill the spaces between your cress borders with play sand or coloured gravel to create paths. Your garden is complete!!

### **Free Seeds!**

Do you need some cress to grow your knot garden? Send YAC a stamped addressed envelope marked 'Free cress' to the usual YAC HQ address and we'll send you some for free (whilst stocks last).

### **Ideas and Tips!**

Cress grows on most things, so you could plant your garden on damp kitchen paper or blotting paper

Got some space in your garden? Why not try growing a bigger knot garden using herbs and flowers? You can use string tied to stakes to help you mark out where your borders will be.

Send YAC HQ photos of your knot gardens and we'll create a gallery of your pictures on our website! Anything we publish will win a mystery prize!!