Avocados in a blue and white bowl

Sized for a 6 inch hoop (15 cm). The stitched design is about 4.7 × 4.7 in (11.9 × 11.9 cm).



Which color goes where: by number on page 2.

Stitch in this order

Filled parts from the back of the picture forward, then lines and knots.

1. **Long and short stitch**, 1 strand
   Table, bowl inside, avocado skins, bowl foot, bowl, bowl rim, cut half skin, flesh
2. **Satin stitch**, 2 strands
   Cilantro leaves, stem ends, blue leaves, blue flower, pit shadow, lime rind, lime pith, lime flesh, chili, chili stem
3. **Padded satin stitch**, 2 strands
   Pit
4. **Split stitch**, 1 strand
   Plank lines, avocado skins, bowl foot, bowl edge, pit, chili
5. **Stem stitch**, strands by part on page 2
   Table edge, rim line, cilantro stems, bowl edge, blue bands, blue scroll, flesh edge, chili stem, ring
6. **Straight stitch**, strands by part on page 2
   Cilantro veins, pit shine, chili shine
7. **Back stitch**, 1 strand
   Stem ends
8. **French knot**, 2 strands, two wraps
   Skin texture, blue flower

Floss

- **1 DMC 738 Very Light Tan** Table (lightest)
- **2 DMC 3740 Dark Antique Violet**
  Table and bowl foot (darkest), avocado skins and skin texture (shade 5 of 8)
- **3 DMC 3041 Medium Antique Violet**
  Bowl inside (darkest), table and bowl foot (dark), bowl edge and 2 more parts
- **4 DMC 435 Very Light Brown**
  Table (middle), plank lines and table edge, pit (light), stem ends (lighter)
- **5 DMC 437 Light Tan** Table (light), pit shadow, pit (lightest)
- **6 DMC 3042 Light Antique Violet**
  Bowl inside, bowl and bowl rim (dark), bowl foot (middle), rim line (light)
- **7 DMC 3743 Very Light Antique Violet**
  Bowl and bowl rim (middle), bowl inside and bowl foot (light)
- **8 DMC 3865 Winter White**
  Bowl and bowl rim (light), lime pith, bowl inside (lightest) and 2 more parts
- **9 DMC 798 Dark Delft Blue**
  Blue leaves, blue bands and blue flower (lighter), rim line (middle)
- **10 DMC 470 Light Avocado Green**
  Cilantro leaves (light), flesh (darkest), skin texture (shade 8 of 8) and 5 more parts
- **11 DMC 3346 Hunter Green**
  Avocado skins and skin texture (shade 6 of 8), cilantro leaves (dark) and 2 more parts
- **12 DMC 500 Very Dark Blue Green**
  Avocado skins and skin texture (shade 4 of 8), cilantro veins and 2 more parts
- **13 DMC 3371 Black Brown**
  Avocado skins and skin texture (shade 1 of 8), cut half skin (dark)
- **14 DMC 154 Very Dark Grape**
  Avocado skins and skin texture (shade 2 of 8)
- **15 DMC 801 Dark Coffee Brown** Pit (darkest), stem ends (darker)
- **16 DMC 934 Black Avocado Green**
  Cut half skin (middle), avocado skins and skin texture (shade 3 of 8)
- **17 DMC 796 Dark Royal Blue**
  Ring and blue scroll, blue leaves, blue flower and blue bands (darker), rim line (dark)
- **18 DMC 3823 Ultra Pale Yellow** Flesh (lightest), pit shine
- **19 DMC 472 Ultra Light Avocado Green**
  Flesh (dark), lime flesh (lighter), cilantro leaves (lightest)
- **20 DMC 745 Light Pale Yellow** Flesh (light)
- **21 DMC 433 Medium Brown** Pit (dark)
- **22 DMC 666 Bright Red** Chili (lighter)
- **23 DMC 498 Dark Red** Chili (darker)

Three ways to transfer the pattern

1. **Fabric you can see through**
   Tape page 3 to a sunny window or lay it on a light box, tape the fabric over it and trace the lines with a sharp pencil or a water-soluble pen.
2. **Fabric you cannot see through**
   Lay dressmaker's carbon paper colored side down on the fabric with page 3 on top, tape the layers and trace the lines firmly with a ballpoint pen.
3. **Iron-on: the lines stay**
   Go over the lines of page 4, the mirrored page, with an iron-on transfer pen, lay it ink side down on the fabric and press with a dry iron, as the pen's packet says.

Pages 3 and 4 are the pattern at actual size. Print them at 100% with scaling turned off. Then put the fabric in the hoop: inner ring under, drawing up, tight as a drum.

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Avocados in a blue and white bowl

6 inch hoop

How to read it

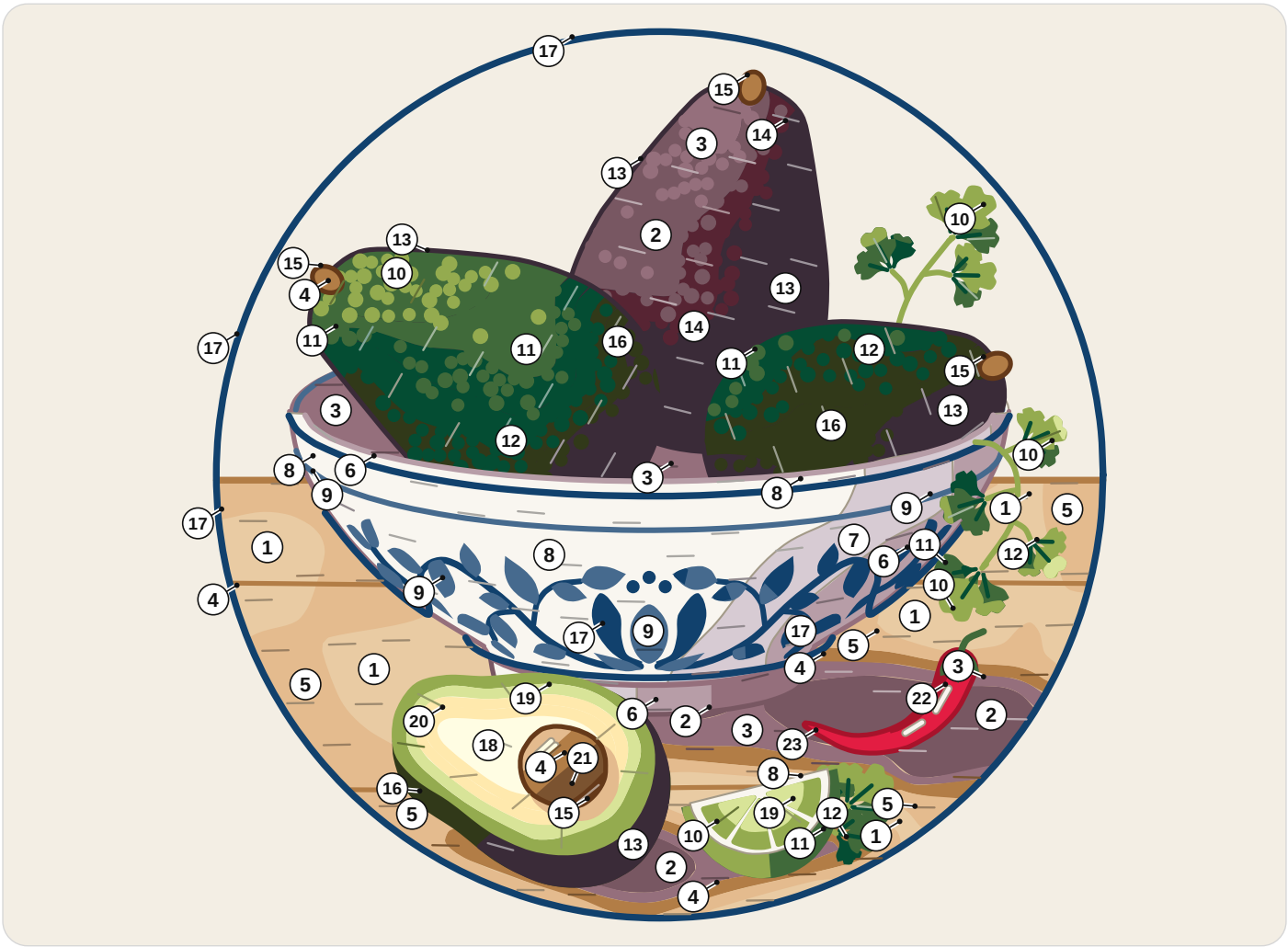
Floss is six strands. Cut 18 inches (45 cm), pull out the number given one at a time, and lay them together.

Inside a filled shape start with two or three tiny stitches, which the filling covers. Start a line with a small knot on the back. End each thread by running the needle under the backs of a few stitches.

Each small ring is one French knot. A fine broken line inside a shape is where two shades meet: trace it, do not stitch it.

A number on the picture is a color of the list of floss on page 1. The fine lines on the colors show which way the stitches lie.

Every stitch in pictures: flossfield.com/embroidery/stitches. The first time: flossfield.com/embroidery/guides/how-to-start.



1	DMC 738 Very Light Tan	**9**	DMC 798 Dark Delft Blue	**17**	DMC 796 Dark Royal Blue
2	DMC 3740 Dark Antique Violet	**10**	DMC 470 Light Avocado Green	**18**	DMC 3823 Ultra Pale Yellow
3	DMC 3041 Medium Antique Violet	**11**	DMC 3346 Hunter Green	**19**	DMC 472 Ultra Light Avocado Green
4	DMC 435 Very Light Brown	**12**	DMC 500 Very Dark Blue Green	**20**	DMC 745 Light Pale Yellow
5	DMC 437 Light Tan	**13**	DMC 3371 Black Brown	**21**	DMC 433 Medium Brown
6	DMC 3042 Light Antique Violet	**14**	DMC 154 Very Dark Grape	**22**	DMC 666 Bright Red
7	DMC 3743 Very Light Antique Violet	**15**	DMC 801 Dark Coffee Brown	**23**	DMC 498 Dark Red
8	DMC 3865 Winter White	**16**	DMC 934 Black Avocado Green		

How many strands

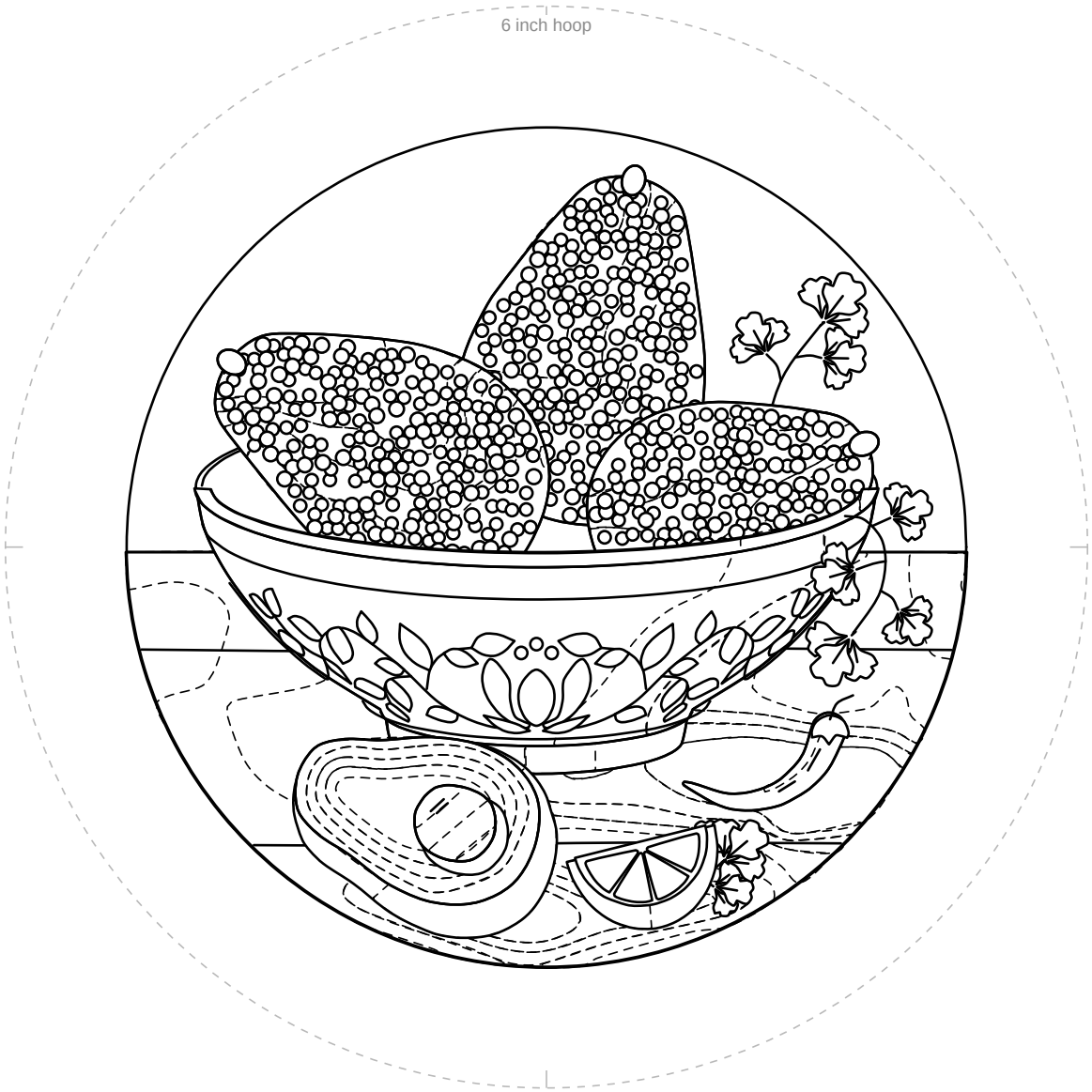
Stem stitch. 3 strands: table edge, chili stem, ring; 2 or 3 strands: rim line, blue bands, blue scroll; 2 strands: cilantro stems, bowl edge, flesh edge.
Straight stitch. 2 strands: pit shine; 1 strand: cilantro veins, chili shine.

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Avocados in a blue and white bowl

6 inch hoop

Print at 100% and check the square below with a ruler. Fold the fabric in four: the folds meet the four ticks of the ring.



1 in
25.4 mm

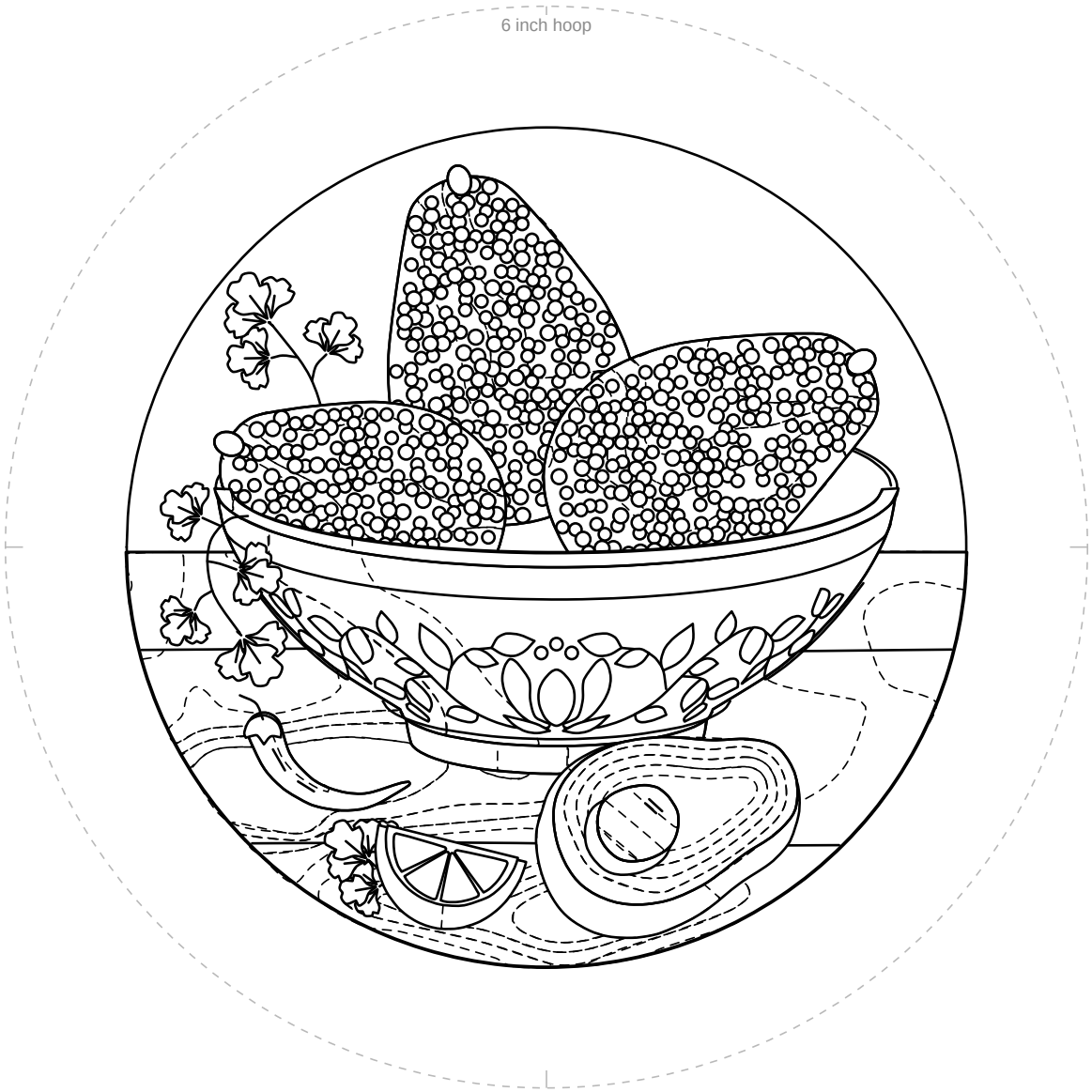
Check square: 1 inch (25.4 mm) on each side.
If it measures anything else, print again at 100% with scaling off.

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Avocados in a blue and white bowl

6 inch hoop

Mirrored. Trace this page with an iron-on transfer pen or pencil, then press it ink side down on the fabric.



1 in
25.4 mm

Check square: 1 inch (25.4 mm) on each side.
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