Easy sunflower with a ribbon bow

Sized for a 6 inch hoop (15 cm). The stitched design is about 4.3 × 4.6 in (10.9 × 11.7 cm).



Which color goes where: by number on page 2.
Fabric: teal cotton or linen.

Three ways onto dark fabric

1. **Light shines through it**
   Lay page 3 on a bright light box, tape the fabric over it and trace the lines with a white marking pencil or pen.
2. **No light shines through**
   Print page 3 on a sticky wash-away sheet, smooth it onto fabric that can be washed, stitch through both and rinse it away.
3. **White or yellow carbon paper**
   Lay it colored side down on the fabric with page 3 on top, tape the layers and trace firmly with a ballpoint pen. Go over a faint line with a white pencil.

Page 3 is the pattern at actual size (page 4 is its mirror, for an iron-on pen on a light fabric). Print it at 100% with scaling turned off. Then put the fabric in the hoop: inner ring under, drawing up, tight as a drum.

Floss

- **1 DMC 469 Avocado Green**
  Leaves and stem (darker), sprig stems
- **2 DMC 471 Very Light Avocado Green**
  Leaves and stem (lighter), sprig leaves
- **3 DMC 3853 Dark Autumn Gold**
  Back petals and flower heart knots
- **4 DMC 725 Medium Light Topaz**
  Front petals
- **5 DMC 898 Very Dark Coffee Brown**
  Flower heart ground and flower heart rounds
- **6 DMC 349 Dark Coral**
  Bow loops and bow tails
- **7 DMC 815 Medium Garnet**
  Bow inside and bow knot

Stitch in this order

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

1. **Fishbone stitch**
   strands by part on page 2
   Leaves, sprig leaves, back petals, front petals



2. **Satin stitch**, 3 strands
   Flower heart ground, bow tails, bow loops, bow inside, bow knot



3. **Stem stitch**
   strands by part on page 2
   Stem, sprig stems

4. **Chain stitch**, 4 strands
   Flower heart rounds



5. **French knot**
   2 strands, two wraps
   Flower heart knots



What you need

Easy. A 6 inch (15 cm) hoop, and a 9 inch (23 cm) square of plain cotton or linen, in teal. Embroidery needle: size 7 for 2 or 3 strands, size 3 for 4 or 5 (a lower number is a thicker needle). Skeins: one of each color is enough. An estimate for the 6 inch hoop, from the length of each line and the area of each filled shape, with a fifth added for tails.

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6 inch hoop

How to read it

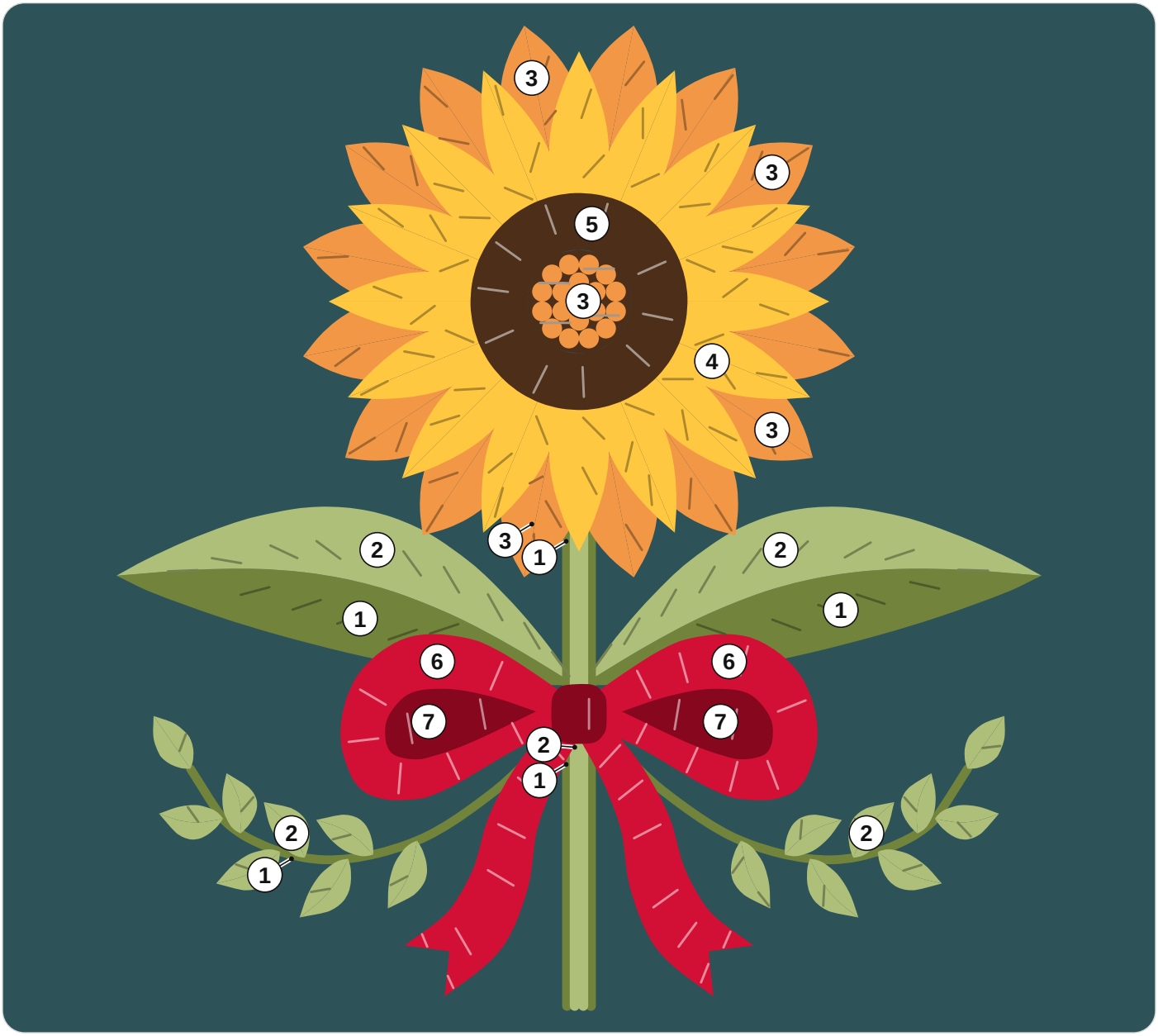
Floss is six strands. Cut 18 inches (45 cm), pull out the number given one at a time, and lay them together.

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 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 469 Avocado Green
2 DMC 471 Very Light Avocado Green
3 DMC 3853 Dark Autumn Gold
4 DMC 725 Medium Light Topaz
5 DMC 898 Very Dark Coffee Brown
6 DMC 349 Dark Coral
7 DMC 815 Medium Garnet

How many strands

Fishbone stitch. 4 strands: leaves, sprig leaves; 3 strands: back petals, front petals.
Stem stitch. 5 strands: stem; 4 strands: sprig stems.

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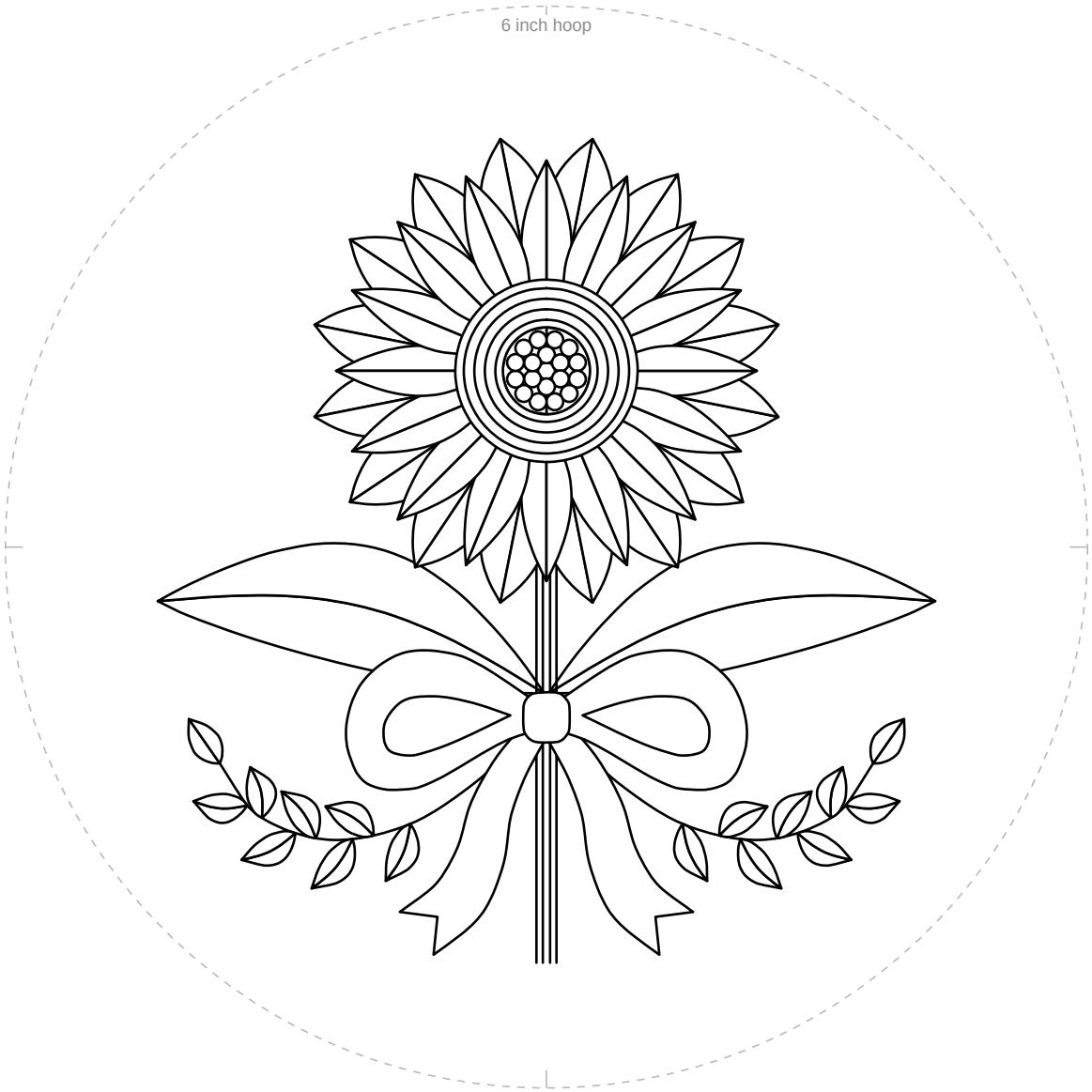
Easy sunflower with a ribbon bow

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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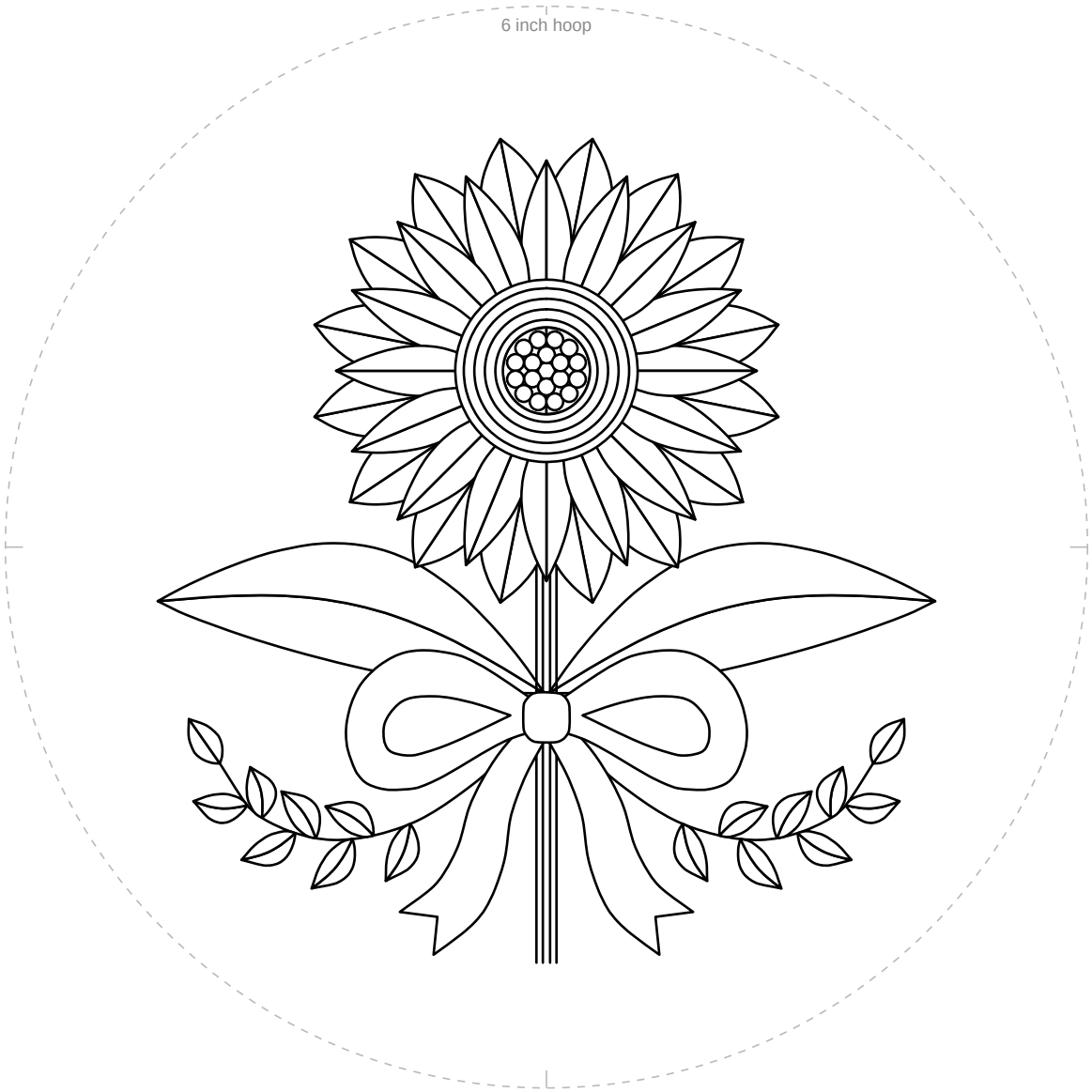
Easy sunflower with a ribbon bow

6 inch hoop

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



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