Eat well in laurel

Sized for a 6 inch hoop (15 cm). The stitched design is about 4.8 × 4.8 in (12.2 × 12.2 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**, 2 strands
   Pale leaves, bay leaves, shallots, artichoke, radish leaves, radishes, beet rings, bloom sepals, squash bloom
2. **Satin stitch**, 2 strands
   Artichoke stem, radish stems, radish tails, beet stems, beet skin, bloom throat, ladybird head, ladybird
3. **Split stitch**, strands by part on page 2
   Leaf veins, shallot lines, bract edges, tail shadow, radish edges, bloom edges, bloom veins, letters
4. **Stem stitch**, strands by part on page 2
   Boughs, beet tail, tendril
5. **Straight stitch**, strands by part on page 2
   Shallot roots, bract tips, radish lights, radish tie, ladybird feelers
6. **Back stitch**, 1 strand
   Ladybird line

Floss

- **1 DMC 3013 Light Khaki Green** Pale leaves and leaf veins (light)
- **2 DMC 3364 Pine Green**
  Pale leaves (middle), radish leaves (light), radish stems and 2 more parts
- **3 DMC 3346 Hunter Green**
  Bay leaves (light), pale leaves, bloom sepals and radish leaves (dark)
- **4 DMC 934 Black Avocado Green**
  Bay leaves and artichoke (darkest), bract edges and boughs
- **5 DMC 3347 Medium Yellow Green**
  Bay leaves (lightest), leaf veins (dark), radish leaves (middle) and 2 more parts
- **6 DMC 3345 Dark Hunter Green** Bay leaves (dark)
- **7 DMC 3826 Golden Brown**
  Bloom edges, bloom veins and shallot roots, shallots (light)
- **8 DMC 3827 Pale Golden Brown** Shallots (lightest), radish tie
- **9 DMC 3857 Dark Rosewood**
  Shallot lines and bloom throat, shallots (darkest)
- **10 DMC 3830 Terra Cotta** Shallots (dark)
- **11 DMC 522 Fern Green** Artichoke (light), artichoke stem
- **12 DMC 520 Dark Fern Green** Artichoke (dark)
- **13 DMC 524 Very Light Fern Green** Artichoke (lightest)
- **14 DMC 3042 Light Antique Violet** Bract tips
- **15 DMC 3865 Winter White** Radish tails and radish lights
- **16 DMC 3833 Light Raspberry** Radishes (light), tail shadow
- **17 DMC 3832 Medium Raspberry**
  Radishes (middle), beet rings (light), beet stems
- **18 DMC 3831 Dark Raspberry** Radishes (dark), radish edges
- **19 DMC 3803 Dark Mauve** Beet rings (middle), beet tail
- **20 DMC 154 Very Dark Grape**
  Letters, beet skin, ladybird head, ladybird line and ladybird spots and 2 more parts
- **21 DMC 743 Medium Yellow** Squash bloom (light), bloom heart
- **22 DMC 741 Medium Tangerine** Squash bloom (dark)
- **23 DMC 742 Light Tangerine** Squash bloom (middle)
- **24 DMC 666 Bright Red** Ladybird

Stitches, continued

7. **French knot**, strands by part on page 2, two wraps
   Bloom heart, ladybird spots

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.

For your own stitching, gifts and handmade pieces you sell. Do not resell or share this PDF or copies of it.

Eat well in laurel

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 3013 Light Khaki Green	9	DMC 3857 Dark Rosewood	17	DMC 3832 Medium Raspberry
2	DMC 3364 Pine Green	10	DMC 3830 Terra Cotta	18	DMC 3831 Dark Raspberry
3	DMC 3346 Hunter Green	11	DMC 522 Fern Green	19	DMC 3803 Dark Mauve
4	DMC 934 Black Avocado Green	12	DMC 520 Dark Fern Green	20	DMC 154 Very Dark Grape
5	DMC 3347 Medium Yellow Green	13	DMC 524 Very Light Fern Green	21	DMC 743 Medium Yellow
6	DMC 3345 Dark Hunter Green	14	DMC 3042 Light Antique Violet	22	DMC 741 Medium Tangerine
7	DMC 3826 Golden Brown	15	DMC 3865 Winter White	23	DMC 742 Light Tangerine
8	DMC 3827 Pale Golden Brown	16	DMC 3833 Light Raspberry	24	DMC 666 Bright Red

How many strands

Split stitch. 3 strands: letters; 1 strand: leaf veins, shallot lines, bract edges, tail shadow, radish edges, bloom edges, bloom veins.
Stem stitch. 4 strands: boughs; 3 strands: beet tail; 2 strands: tendril.
Straight stitch. 3 strands: radish tie; 2 strands: bract tips, radish lights; 1 strand: shallot roots, ladybird feelers.
French knot. 2 strands: bloom heart; 1 strand: ladybird spots.

For your own stitching, gifts and handmade pieces you sell. Do not resell or share this PDF or copies of it.

Eat well in laurel

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.

For your own stitching, gifts and handmade pieces you sell. Do not resell or share this PDF or copies of it.

Eat well in laurel

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.
If it measures anything else, print again at 100% with scaling off.

For your own stitching, gifts and handmade pieces you sell. Do not resell or share this PDF or copies of it.