Flower-filled apple

6 inch (15 cm) hoop, 3.8 × 4.2 in (9.7 × 10.7 cm)



Colors by number: page 2.
Fabric: navy cotton or linen.

What you need

A 6 inch (15 cm) hoop.

A 9 inch (23 cm) square of navy cotton or linen.

Embroidery needles, size 9, and size 3 for 4 or 5 strands.

16 colors of floss (page 2): one skein of each color (an estimate from the drawing's lines and shapes).

A white pencil, and small scissors.

Onto the fabric

Fabric that lets light through: page 3 on a bright light, the fabric over it; trace with a white pencil.

Other fabric: print page 3 on a sticky wash-away sheet, stick it on, stitch through it and rinse it away.

Or white or yellow carbon paper, colored side down, page 3 on top; trace with a ballpoint and go over a faint line with a white pencil.

Then hoop it, inner ring under, tight as a drum.

How to read it

Floss has six strands: cut 18 inches (45 cm), pull out the number named one at a time, and lay them together.

Start a filling with tiny stitches, a line with a small knot; end under stitches on the back.

Every stitch in pictures: flossfield.com/embroidery/stitches.

New to this: flossfield.com/embroidery/guides/how-to-start.

Stitch in this order

Where a stitch page says otherwise, follow this list.

1. **Fishbone stitch**
   2 strands, colors 3, 4, 5
   Apple leaf, sage leaves



2. **Long and short stitch**
   3 strands, colors 6, 7, 9, 11, 12, 13, 14, 15
   Poppy cups, layered rose, blossom petals, anemone petals



3. **Woven wheel stitch**
   5 strands, colors 6, 7, 9, 11, 12, 13, 14, 15
   Woven roses

4. **Satin stitch**
   2 strands, colors 1, 2, 3, 6, 7, 8, 9, 10, 11, 12, 13, 16
   Stem, buds, small blossoms, daisy petals, poppy sepals, anemone eyes, bee wings, bee, bee stripes, bee head



5. **Stem stitch**, 1 strand, color 5
   Lines of the apple leaf

6. **Split stitch**
   colors 2, 6, 7, 9, 11, 12, 13, 14, 15
   1 strand: stem grain, bee wing edges
   2 strands: petal edges

7. **Straight stitch**
   1 strand, colors 2, 10
   Lines of the blossom stamens, bee feelers



8. **Lazy daisy stitch**
   colors 4, 11, 12, 15
   2 strands: bud sepals
   3 strands: loops of the little daisies



9. **French knot**
   two wraps, colors 2, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15
   1 strand: knots of the small blossoms, knots of the blossom stamens, anemone stamens
   2 strands: daisy centers, knots of the little daisies, knots of the layered rose
   3 strands: knots



Take out lines that still show, press face down, finish the hoop or sew a pillow.

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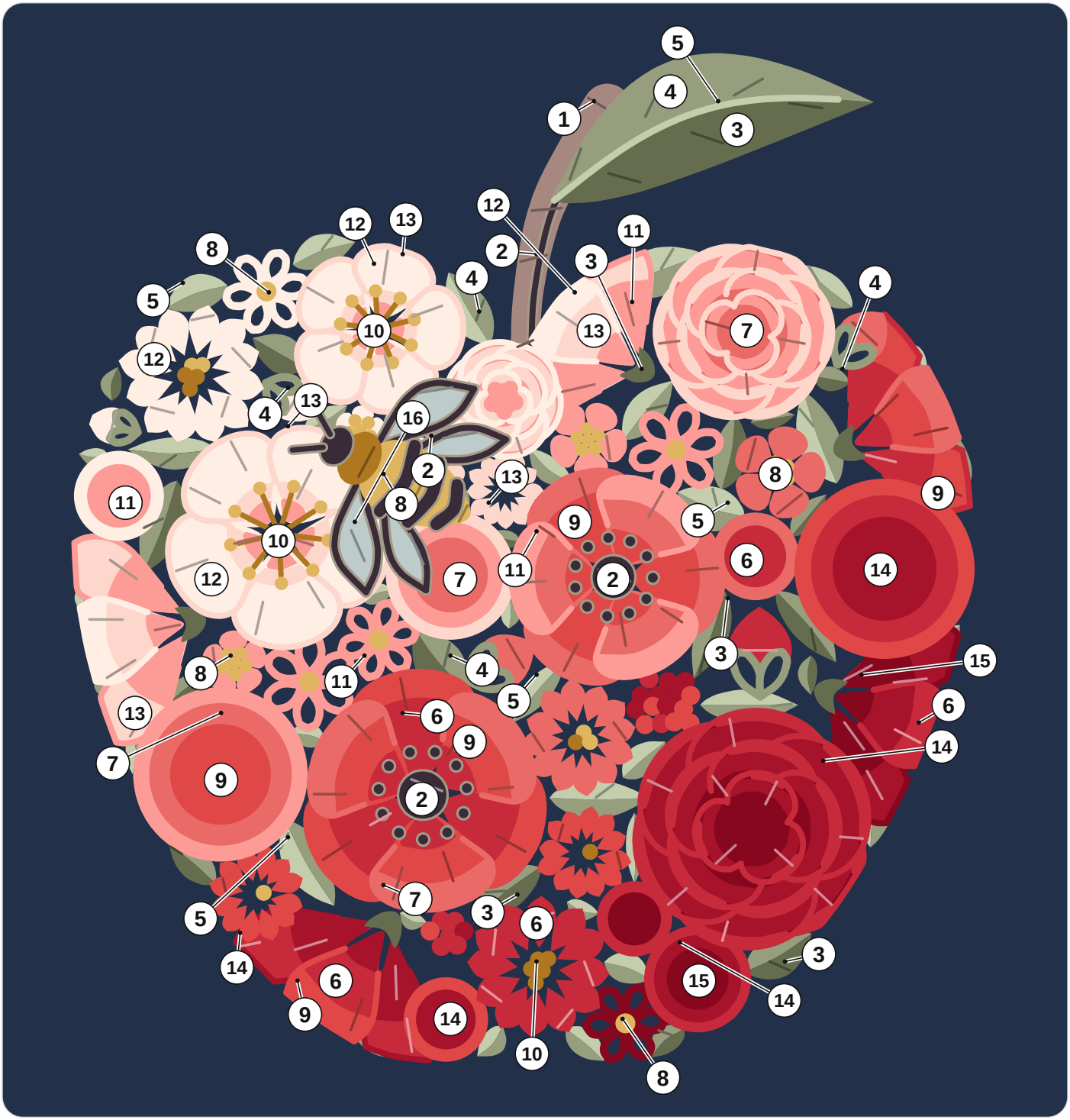
6 inch hoop

A number is a color of the list. Fine lines show which way the stitches lie: do not stitch them.



1	DMC 3861 Light Cocoa	**7**	DMC 351 Coral	**13**	DMC 353 Peach
2	DMC 3371 Black Brown	**8**	DMC 3820 Dark Straw	**14**	DMC 498 Dark Red
3	DMC 520 Dark Fern Green	**9**	DMC 350 Medium Coral	**15**	DMC 815 Medium Garnet
4	DMC 522 Fern Green	**10**	DMC 782 Dark Topaz	**16**	DMC 927 Light Gray Green
5	DMC 524 Very Light Fern Green	**11**	DMC 352 Light Coral		
6	DMC 321 Red	**12**	DMC 3770 Very Light Tawny		

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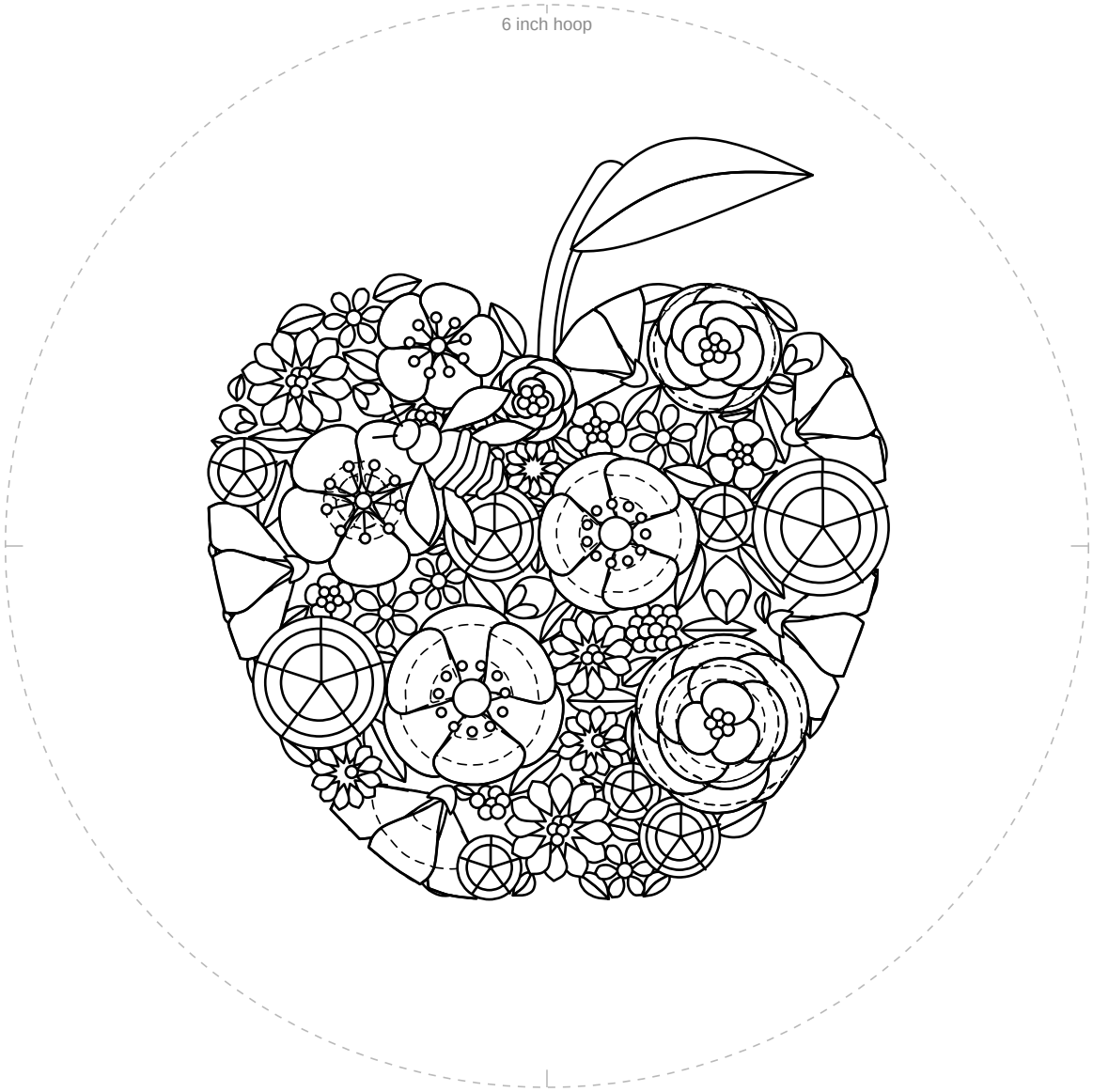
6 inch hoop

Print at 100% and measure the square. Trace the black lines only. The gray ring is the hoop: fold the fabric in four and lay the folds on its ticks.

On the drawing a ring is one French knot: mark a dot; a loop is one lazy daisy, begun at its point; a broken line inside a shape is where two shades meet: trace it, do not stitch it.



1 in
25.4 mm

Not 1 inch (25.4 mm)? Print again at 100%.

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