Plant seeds of kindness

6 inch (15 cm) hoop, 4.9 × 4.9 in (12.4 × 12.4 cm)



Colors by number: page 2.

What you need

A 6 inch (15 cm) hoop.

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

An embroidery needle, size 9.

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

A water-soluble pen, and small scissors.

Onto the fabric

Fabric you can see through: page 3 taped to a sunny window, the fabric over it; trace.

Other fabric: dressmaker's carbon paper, colored side down, page 3 on top; trace with a ballpoint.

Iron-on pen: go over page 4, the mirrored page, and press it ink side down as the pen's packet says. The lines stay.

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. **Stem stitch**, 1 strand
   Grasses, stems, antennae

2. **Straight stitch**, 2 strands
   Clover heads



3. **Satin stitch**, 2 strands
   Leaves, buttercup petals, cosmos petals, poppy petals, poppy buds, cups, harebells, fern leaves, butterfly wings, butterfly body



4. **Split stitch**, 1 strand
   Buttercup edges, cosmos edges, poppy edges, harebell edges, butterfly edges (color 13)

5. **Straight stitch**
   1 strand: grass leaves, forget-me-not stalks, lace umbels, cornflower petals, lines of the oat grass, butterfly edges (color 13)
   2 strands: lavender



6. **Stem stitch**, 3 strands
   Lines of the words

7. **Lazy daisy stitch**
   1 strand: open leaves, loops of the oat grass
   2 strands: aster petals



8. **French knot**, two wraps
   1 strand: buttercup centers, forget-me-nots, forget-me-not eyes, cosmos centers, aster centers, poppy centers, lace florets, harebell caps
   2 strands: knots of the words



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

In a 6 inch hoop the shortest lazy daisy loops are drawn smaller than about 2 mm (a little over 1/16 in). Use one strand of floss for them there, or choose a larger hoop.

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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 3364 Pine Green	7	DMC 3820 Dark Straw	13	DMC 823 Dark Navy Blue
2	DMC 3363 Medium Pine Green	8	DMC 3688 Medium Mauve	14	DMC 798 Dark Delft Blue
3	DMC 3362 Dark Pine Green	9	DMC 3687 Mauve	15	DMC 799 Medium Delft Blue
4	DMC 726 Light Topaz	10	DMC 209 Dark Lavender	16	DMC 3041 Medium Antique Violet
5	DMC 782 Dark Topaz	11	DMC 3712 Medium Salmon	17	DMC 3045 Dark Yellow Beige
6	DMC 809 Delft Blue	12	DMC 3328 Dark Salmon	18	DMC 3740 Dark Antique Violet

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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.



1 in
25.4 mm

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

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6 inch hoop

For an iron-on pen only. Go over the lines, press ink side down.



1 in
25.4 mm

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

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