

# The Green Stitch, Hera Gallery & Hera Educational Foundation

## February 2021 Mittens Project

### Upcycling and Caring for our Clothes

In conjunction with our speaker, Reed McLaren of The Sustainable Garment on February 27th, we'll be making mittens and gifts from used clothing for Valentine's Day.

#### Supplies

sweatshirt or sweater\* from the give away pile

scissors

sewing pins

needle and thread

#### Directions

1. Flip sweatshirt or sweater inside out and lay on a flat surface.
2. Place hand flat in mitten shape on sweatshirt and sweater, using side seam as one side and ribbed edge as your cuffs.
3. Trace your hand using a marker.
4. Using a ruler, mark 1/2" around your mitten line, pin mittens together, cut at outer edge.
5. Thread needle, tie an overhand knot (regular knot) at end of threads.
6. Push needle through wrong sides of fabric and use basic stitches to sew the two fabrics together 1/4" outside of handprint.
7. Flip mitten inside out and repeat on other side.
8. Stitch demos, other accessories, and ways to embellish our mittens will be shared on Saturdays during our Zoom meeting.

Here's a good quick video if you miss our Saturday meetings.

<https://www.youtube.com/watch?v=OEhOP3fstC0>

\*If you're using a wool sweater, it will need to be felted before making. If using a knit sweater be careful of stitches unraveling.

#### *Feeling Fancy?!?!?*

Use 2 different sweatshirts or sweaters to have different color pattern pieces.

Our craft meeting will be held from 2pm-3pm on Saturdays on our Zoom platform (<https://bit.ly/GreenStitch>) through January. Our guest speakers will be educating us on February 20th through Zoom. Stay tuned for our March Program about Salt Marshes and more local environmental programming through June 2021.

+++More info and photos on Hera's Facebook and Instagram accounts and through our website, [www.heragallery.org](http://www.heragallery.org)+++