

The Green Stitch, Hera Gallery & Hera Educational Foundation

March 2021 Project

In conjunction with our speaker, David Prescott of Save The Bay on March 13th, we'll be stitching (in the *sashiko* style) denim patches reflective of the colors of our beautiful salt marshes and seascapes this month.

Supplies

denim square
needle and embroidery thread
thimble
tailors chalk pencil
sewing pins
ruler
scissors

Directions

1. First things first- let's understand and appreciate *sashiko* mending by learning its history. <https://www.japancrafts.co.uk/sashiko.html#/> This also has some helpful tips if you miss our Saturday zoom meeting.
2. Think about how you'd want to use your denim patch- as a large square? Or to repair a hole? This will help decide the placement of your design.
3. Use your white tailor's pencil and ruler to draw a grid, then design or transfer pattern on the wrong side of your fabric.
4. Thread your needle with a single thread, knot the end, and put your thimble on.
5. Push needle through the wrong side of the fabric and use a running stitch to sew.
6. Pierce the fabric and have 3-4 stitches on your needle (loading and pleating the fabric) before pulling the needle and thread through.
7. Continue stitching in a pattern that does not create long floats (thread between stitches) on the wrong side.
8. Take a break and admire your work!

Feeling Fancy?!?!?

Add a small, colorful scrap and stitch it on to your patch!

+++More info and photos on Hera's Facebook and Instagram accounts and through our website, www.heragallery.org+++