

## Kawandi – Stories in Stitches

#306

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Kawandi – A utilitarian quilt made with found and collected scraps by African Diaspora of India.

Document the memories and special events of life with stitches. From start to finish this is a complete hand stitching project. Focus of this workshop will be on being spontaneous while selecting scraps and learn to personalize simple patchwork by using colors and fabric of your life. Sujata will share how to find rhythm of your own between your mind and body and practice mindful stitching.

Technique: Hand stitching and Skill level: beginning quilter

### **Supply List:**

Neutral color thread for basting

Fabric scissors

Thimble

Needle grabber (optional)

Embroidery needles Bohin #7 OR of your choice

Wonderfil Specialty Thread - Spaghetti - Weight 12 Color: White or Ecu OR of your choice

One 22" x 22" piece of lightweight fabric for backing

21" X 21" square, thin batting - Quilter's Dream (request) Or loosely woven fabric

3" wide cut or torn strips of bright and lightweight fabrics and scraps

### **Fabric Suggestion:**

To make the process interesting and engaging, please include random scraps of many different size, colors, and textures in your scraps bag. Lightweight fabrics will make it easier to stitch through multiple layers of fabrics. Add some shot cottons, plaid, prints and stripes to the mix. Make sure to add a scrap from a personal clothing item.

Do not use batiks or heavy weight fabrics for this project for a better experience.

Sujata Shah, author of Cultural Fusion

Blog: <http://therootconnection.blogspot.com/>

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