

fallen leaves sewing tutorial

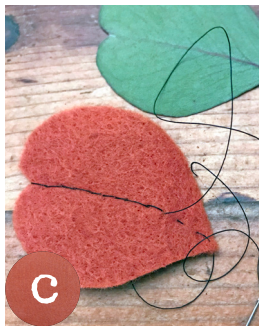
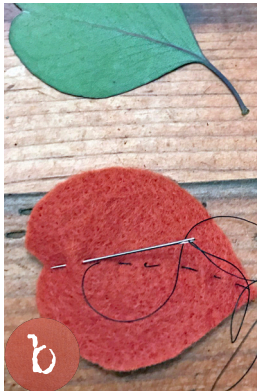


Here is a collection five fallen leaves in five fall leaf colors. Use them for decorating your Thanksgiving table, for making a fall garland, or for sending to a friend or family member that can't be with you this year. You can, of course, use this method for any fallen leaf (just trace or photocopy any leaf and use it as your template). I chose eucalyptus leaves. It is said that eucalyptus heals regret and worry and is good for mental health, stimulation and mental exhaustion.

MATERIALS:

- wool felt in various fall colors: I used moss green, orange, terracotta, ochre, and dusty rose
- sharp scissors
- black cotton embroidery floss
- sewing needle
- straight pins

INSTRUCTIONS:



1. Refer to the Notes and Guide to Basic Stitches on the page 2.
2. Print templates on page 3 and cut out the paper pieces. (photo a) You can play with the size by reducing or enlarging the templates when you print them.
3. Pin the templates to your felt and cut out the pattern pieces. Cut two leaf pieces and one stem piece for each leaf. You can make them all the same color or use a variety of fall colors.
4. On the top side of the leaf, using single ply of embroidery floss and the double running stitch, stitch a line down the center of the leaf that follows the curve of the leaf. (photos b & c)
5. Roll the stem piece into a long tube. At one of the rolled ends, pierce through all of the layers in the roll and tie a knot. (photo d) Wrap your thread around the length of the stem and then tie off at the other end. Bring your needle and thread back through the stem (photo e) and cut the thread.
6. Sandwich the stem end where you tied the first knot between the two leaf layers. Make sure the top stitched side of the leaf is facing out and that the front and back are aligned. Pull your thread through the leaf front, the rolled stem, and the leaf back and then tie a knot. (photo f) Tuck the thread ends of the knot inside the leaf and blanket stitch the entire leaf perimeter. (photo g & h)
7. Tie off at the ends and secure with a knot. To hide your knot, pull the needle between the two layers of felt. Trim the strand as close to the felt as you can, it will sink between the layers and disappear. Repeat for the rest of your leaves. (photo i)

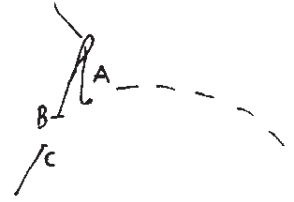


NOTES & GUIDE TO BASIC STITCHES:

- Embroidery floss has 6 plies (threads), and the plies are easily separated. Most embroidery patterns use 1 to 3 plies. Long strands can get easily tangled, cutting them to 18-inch strands helps prevent this. It also helps to very gently separate the pieces from the center of the strand instead of starting at one end.
- If your thread becomes too short while you are sewing, attach a new piece of thread to the end with a knot. Tie it as close to the felt as possible and try to hide the knot.
- Keep stitches even and hide knots.
- Felt is very flexible to work with; it can be pulled and stretched as needed, and because it doesn't fray you can trim as you work if your pieces are not lining up.

RUNNING & DOUBLE RUNNING STITCH

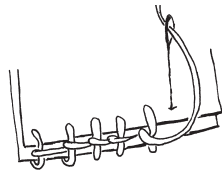
- Start with the threaded needle on the back side of your felt and bring it up through the felt (A) and back down into the front side (B).
- Pull it the whole way through, then bring the threaded needle back up through the felt from the back side (C).
- Try to keep the size of the stitches and the space between them consistent.
- A double running stitch is used to make a solid, connected line.
- Start with a running stitch. When you reach the end, reverse your direction and fill in the space between the stitches with another running stitch so you have a solid line.



BLANKET STITCH

Note: these instructions are much easier to follow with your actual needle and thread in hand. The stitch is simple; the instructions sound complicated.

- Thread your needle and tie a knot at the tail.
- Starting between the sandwiched pieces, poke the needle through your top layer of felt about 1/8" from the edge. The knot will be between the two layers of felt where it will not be seen.
- Bring the thread around the edge of the two stacked pieces of the felt and poke it through the same spot as the first stitch.
- Pull your needle through the stitch you just made at the top edge. This anchors your thread but is not a true stitch.
- TO CONNECT TWO PIECES ALONG THE OUTER EDGES: Start a new stitch through the back side, 1/8" from your first stitch, and 1/8" in from the edge of the felt. Before you pull the stitch all the way, catch the loop through the top with your needle and pull tight. The thread should create a straight line that lies along the edges of your two pieces of felt. Continue your evenly spaced stitching (1/8" over, 1/8" in), pulling each stitch through from the back side and catching the loop as you go.
- TO CONNECT TWO LAYERS ALONG A SINGLE EDGE: push your needle from the top down through both layers. Dip through the back side making a small stitch and bring your needle up through the single layer, just outside where your first stitch went in. Before you pull the stitch all the way, catch the loop through the top with your needle and pull tight. The thread should create a straight line that lies along the edge of your top piece of felt. Continue your evenly spaced stitching (1/8" over, 1/8" in), pulling each stitch through from the back side and catching the loop as you go.
- To finish, connect your last stitch to your first stitch by sliding your needle underneath your first stitch and knotting it at the back. Push your needle between the layers and out through the front about 1 inch from the edge. The thread will be pulled inside, hiding the knot from view. Then cut off the excess thread very close to the top layer of the felt.



ABOUT KATA GOLDA:

Alison Kaplan is the creative force behind Kata Golda, a craft studio in the mossy seaside town of Port Townsend, WA. Kata Golda is a flourishing business that explores crafts such as needlework, letterpress printing, bookbinding, block printing, hand-thrown pottery, hand-dyed textiles, and jewelry making. Alison finds inspiration in the woods, farmlands, and beaches of her Pacific Northwest wonderland. See her work at www.katagolda.com.



TEMPLATES:

