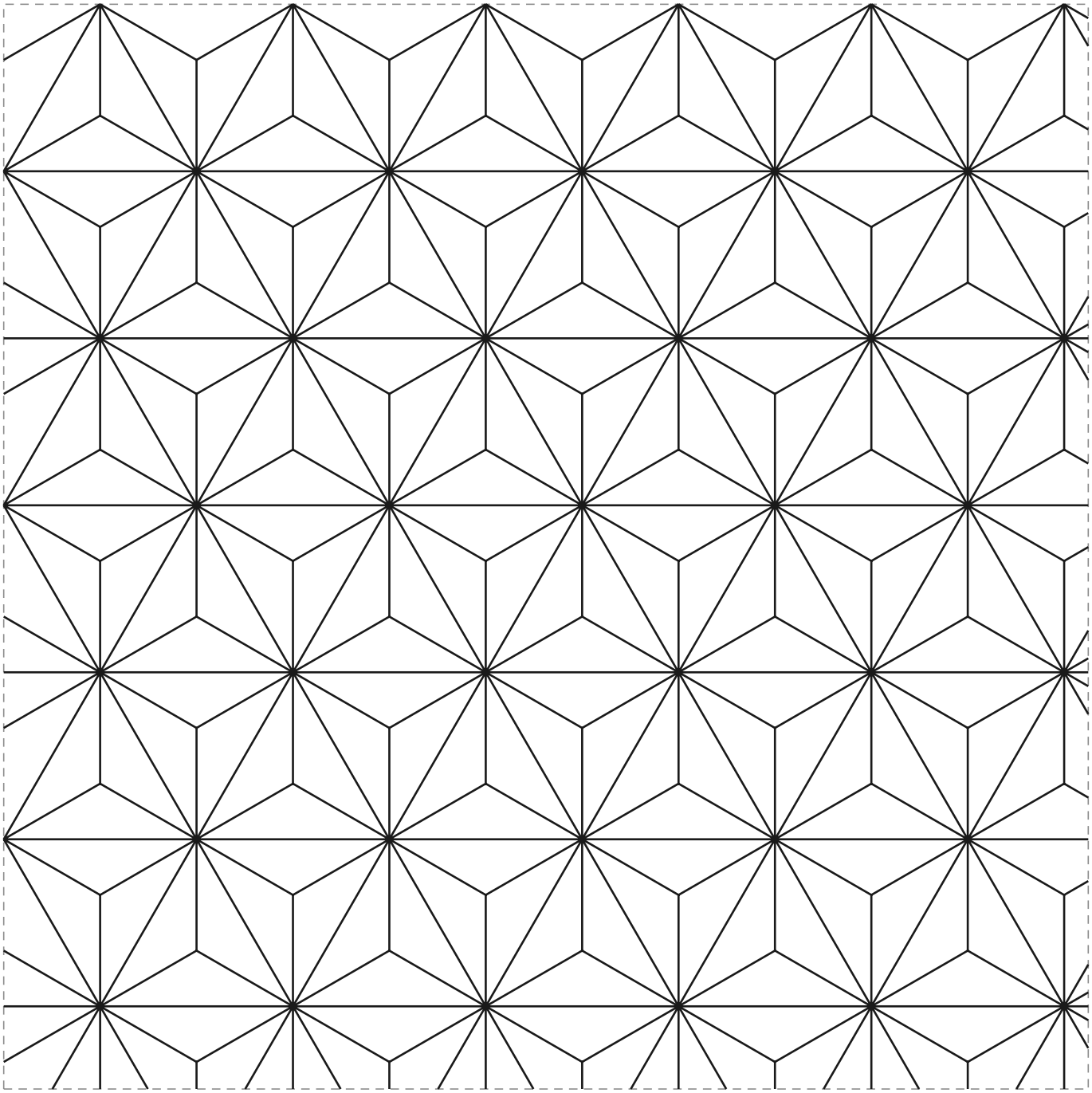
# Asanoha (Hemp Leaf) - Sashiko Template

Intermediate - triangle side 32 mm - panel 18 x 18 cm - US Letter



<- must measure exactly 5 cm. Print at "Actual size" / 100%, not "Fit to page".

Stitches about 3 mm with 1.5 mm gaps; leave every crossing point open.

About 1502 stitches; thread about 8 m (estimate, front + back + 15%).

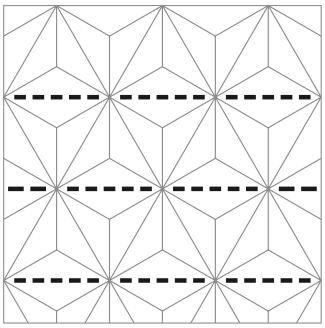
Free pattern from embroideryideas.com - for personal use and gifts.

# Asanoha (Hemp Leaf) - How to Stitch

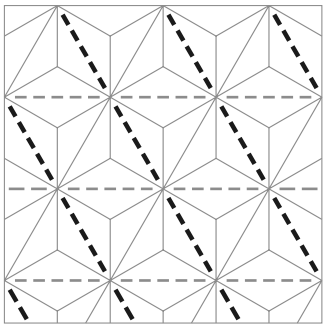
Stitching order (diagrams not to scale: trace from page 1) - 32 mm template - US Letter

## Stitching order

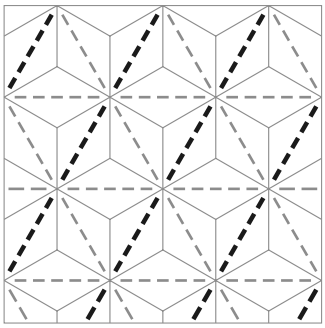
1. Trace the template onto the fabric with a light box or a sunny window. On dark fabric such as indigo, use white dressmaker's carbon paper instead.



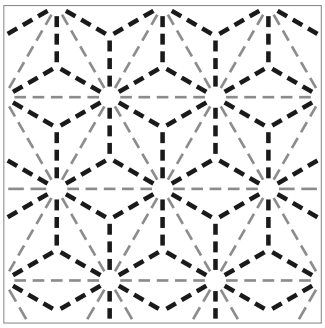
2. Stitch all horizontal lines, row by row.



3. Stitch every diagonal that runs from top left to bottom right.



4. Stitch every diagonal that runs the other way, from top right to bottom left.



5. Finish with the short spokes from each triangle centre, working one star at a time.

Black: the stitches for this step. Grey: stitches already done. Thin grey: lines still to stitch.
6. Keep every crossing point open: stop short of where lines meet and start again just past it.

## What you need

- Fabric: a 25 cm (10 in) square of medium-weight cotton or linen with a soft, even weave. That is the 18 cm panel plus room to hold it.
- Thread: about 8 m of sashiko thread for this template, used as a single strand (check the length on your skein). Perle cotton no. 8 works too.
- Needle: a sashiko needle (long, with a large eye), or a long darning needle.
- Marker: a water-soluble fabric pen or a chalk pencil for tracing. Test it on a scrap first.
- Optional: a thimble. Sashiko is usually stitched in the hand, without a hoop, so the needle can take several stitches at once.

<- must measure exactly 5 cm. Print at "Actual size" / 100%, not "Fit to page".

Time: about 2.5-5 hours for this template (our estimate at 5-10 stitches a minute).

Free pattern from embroideryideas.com - for personal use and gifts.