

Traditional Plants



Developed by Métis Youth, Erin Mingay

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Supplies

Your kit should contain the following:

- Embroidery floss
- Needle
- Hoop
- Two fabric sheets: one for practicing stitches and one for the final piece
- Pattern book

These supplies can be purchased from most craft stores. Please note: Threads may vary in colour and may not match image shown.

TIP: *When looking for fabric to embroider, stick to light, open fabrics – you don't need to spend money on expensive cross stitch fabric.*

Embroidery scissors and a fabric pen are handy, but not necessary.

TIP: *A pencil and regular scissors work just fine.*

Get creative and try embroidering something different, like a denim jacket or a pillowcase!

Let's Get Started!

If you're experienced at embroidery, go ahead and skip to page 13 for the traceable pattern.

If you're new to embroidery, welcome to a fun new hobby! It's a good idea to do some practice stitches before you get started. Follow the **Stitch Guide** on **pages 4-12**. Along with the Stitch Guide, you can find a beginner stitch tutorial video on the MNA Youth Facebook page **@ABMetisyouth** and YouTube channel **AB Métis Youth**.

Begin by twisting open the clasp on your hoop and pulling one sheet of fabric around the inner circle. Put the outer circle on top of your fabric and tighten the clasp. Gently pull the fabric to tighten it. There should be no wrinkles.

Next, cut a piece of embroidery floss, about an arm's length, tying a knot at one end and threading the other end through your needle.

Stitch Guide

RUNNING STITCH

The running stitch is a basic stitch used to make outlines, graphic designs, and more. It looks like a dashed line, where the length of the dashes and space between them vary to make different effects.

Step One

Begin the stitch by pulling your needle through the back of your hoop towards the front.

TIP: Draw a line to keep your running stitch straight.

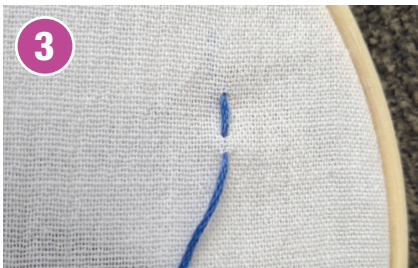
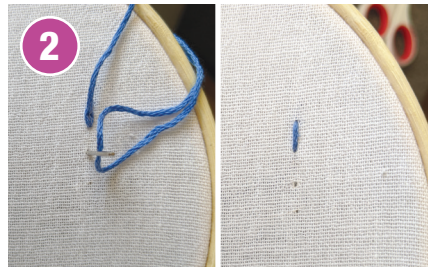
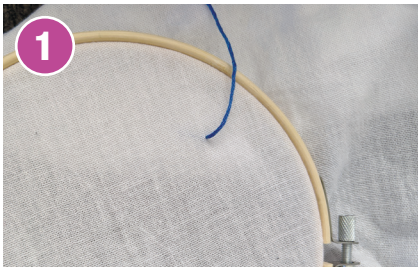
Step Two

Leaving a gap from where your needle came up, pull it down through the fabric to the backside of your hoop.

Step Three

To continue your line, leaving the same amount of space between your first stitch and pull the needle to the front side and continue.

TIP: Practice making different lengths of stitches and spaces, but remember to leave a gap between stitches or they will come undone.



RUNNING BACK STITCH

The running back stitch is similar to the running stitch, but there's no gap between stitches. It is a simple stitch used for lettering and outlining.

TIP: Draw a straight line, like the running stitch.

Step One

Make your first stitch like your running stitch, starting from the back of the hoop.

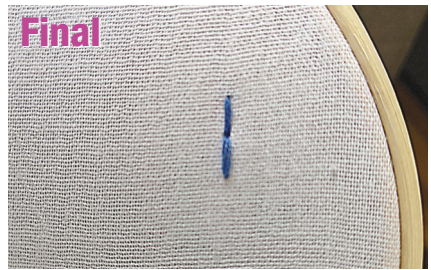
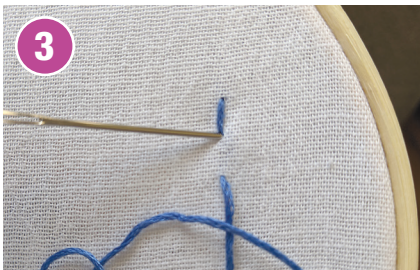
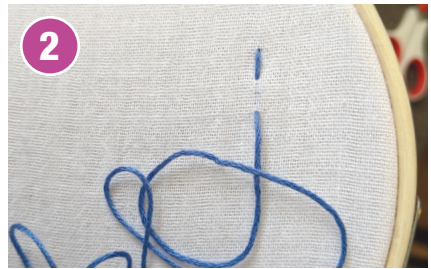
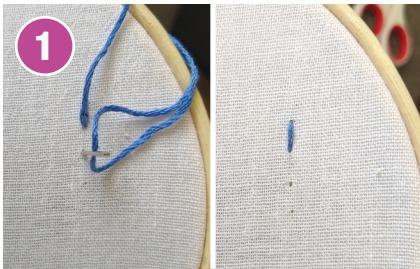
Step Two

Leave a space the length of where your next stitch will end and pull your floss to the front of your hoop.

Step Three

Put your needle through the same hole as your first stitch.

TIP: Continue as many stitches as you need to feel comfortable with the stitch.



Stitch Guide

CHAIN STITCH

The chain stitch is a great stitch for lettering, as it makes a beautiful pattern and is easy to make curved edges.

Step One

The chain stitch begins with a simple running stitch.

Step Two

Bring the needle up in between your stitch and split the floss in half.

Step Three

Your first chain stitch will be created when you pull your needle through to the backside.

TIP: Continue as many stitches as you need to feel comfortable with the stitch.



FRENCH KNOT

The French knot can be used to create flowers, pollen, leaves, the dot on the letter “i”, and other creative ways.

Step One

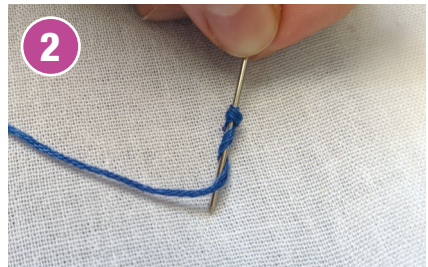
Begin the stitch by pulling your needle through the back of your hoop towards the front.

Step Two

Holding the needle in your right hand, use your left hand to wrap the working thread clockwise around your needle three times.

Step Three

While keeping the working thread (in your left hand) tight, pull the needle through to the backside, which will create a small knot on the front side.



Stitch Guide

LAZY DAISY

The lazy daisy stitch makes flowers and leaves easy.

TIP: Put the lazy daisy stitches together in a circle connected by a French knot in the centre to make a cute daisy.

Step One

Begin the stitch by pulling your needle through the back of your hoop towards the front.

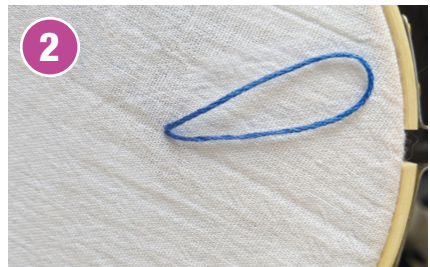
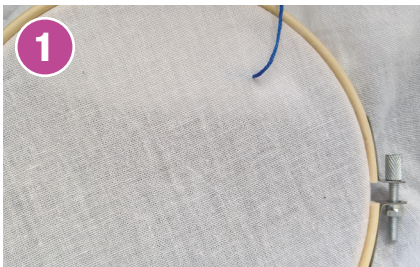
Step Two

Leave a little space in between where you came up and where you go back down. Do not pull the stitch all the way through – leave a loop.

Step Three

Come up through the back where you would like the end of your petal to be. Hook your needle on the loop and hammer the stitch down behind it.

If you are making a daisy, continue making five daisy stitches in a circle. Remember, you can put a French knot in the middle!



SATIN STITCH

The satin stitch is a great filler stitch and uses a lot of floss. If your floss is getting a little short, now would be a good time to start a new piece.

Step One

Draw a small shape to practice, like a triangle or square.

TIP: *Don't make the shape too big as satin stitch is time consuming.*

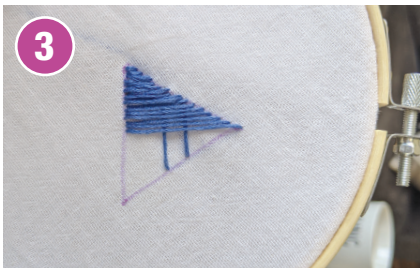
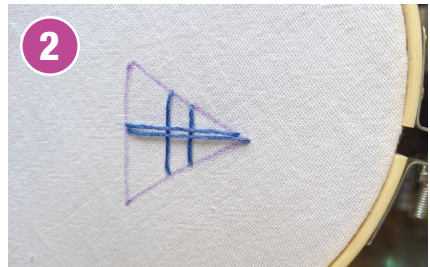
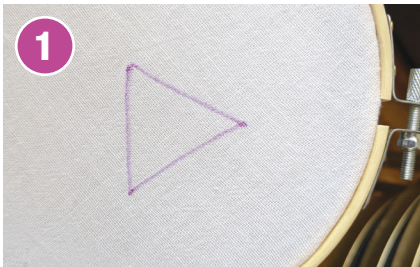
Step Two

Begin by making two stitches in the middle of your shape from one end to the other, going the opposite direction of how you want your final stitches to go.

TIP: *The direction of the floss changes the appearance of your project.*

Step Three

Split your shape in half and begin filling in your shape, working outwards. Once half is filled in, start in the middle again and fill in the other half.



Stitch Guide

LEAF STITCH

As the title suggests, the leaf stitch is used to make leaves.

TIP: *This one is best to trace out first.*

Step One

Draw a leaf on your fabric.

Step Two

Start at the tip of your leaf and make your first line three-quarters of the way down your leaf.

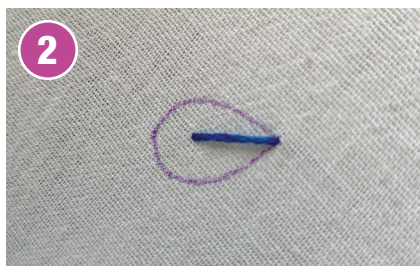
Step Three

Come up one side of your first stitch by the top. Cross the stitch over your first stitch and come down beside it through to the back.

Step Four

Repeat step three, alternating sides of the leaf and moving down as you go.

TIP: *Add details to your leaf by repeating the leaf stitch over top in another colour.*



ROSE STITCH

The rose stitch is a popular way to create a beautiful flower.

TIP: *Play around with the size and tightness of this stitch for different effects.*

Step One

Draw a five-point star and try to keep your points at equal length.

Step Two

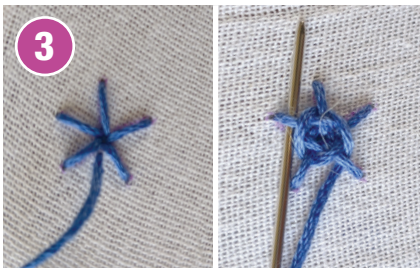
Bring your needle up through the tip of one of the triangles in the star and bring down to the back through the centre of the star. Repeat until all five points are completed.

Step Three

Once you have your star shape, come to the front from the centre of the star and weave the needle under one stitch, over the next. Continue weaving over-under-over until you've covered all five points.

Step Four

Tuck your needle under one of the star's points and through to the back to complete your rose.



Stitch Guide

FINISHING A THREAD

Step One

Flip your hoop over to view the back side of your stitches.

Step Two

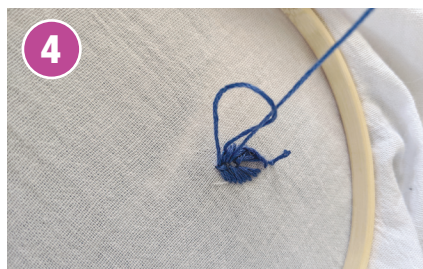
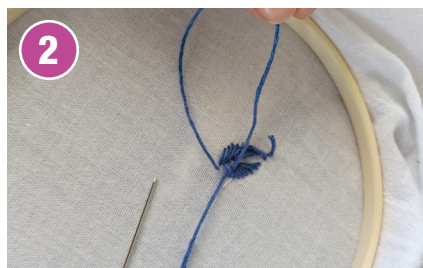
Weave your needle under a stitch on the backside to create a loop.

Step Three

Pull your needle through the loop.

Step Four

Tighten the string, tie, and trim the excess.



Pattern

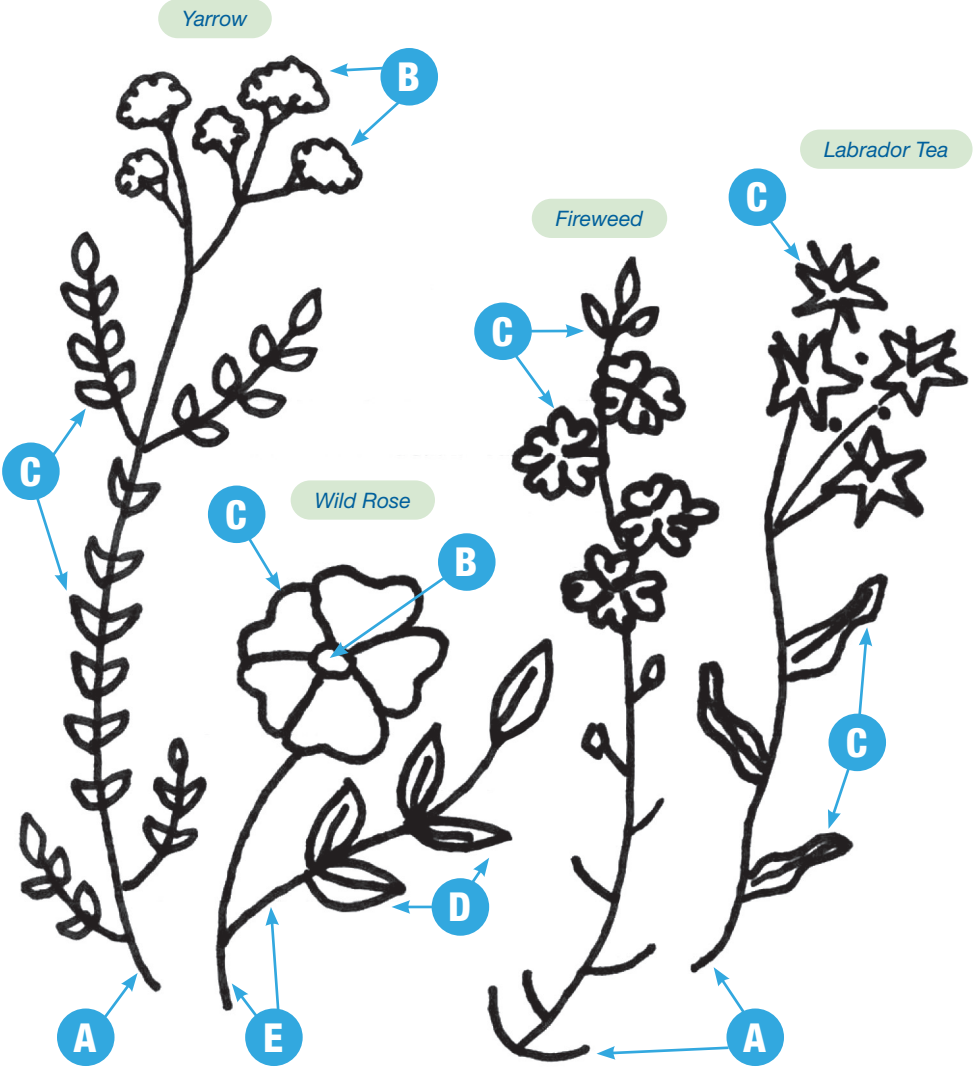
A Running Back Stitch

B French Knot

C Satin Stitch

D Leaf Stitch

E Chain Stitch



Instructions

GET ORGANIZED

Set up your hoop with the fabric and trace your pattern. Begin with the first flower on the left, the yarrow flower.

YARROW

The yarrow flower is made up of three stitches: running back for the stem, French knot for the flowers, and leaf or satin stitch for the leaves.

Step One

Choose a floss for your stem and separate into four strings before threading your needle. Start at the base of the flower and use running stitch to trace over the stems.

Step Two

Using four strings of the same colour, fill in the leaves using satin or leaf stitch. The picture on the front uses three leaf stitches.

Step Three

Use a light-coloured floss to create flowers with French knots.



WILD ROSE

The wild rose consists of four stitches: French knot for the centre, satin stitch for the petals, chain stitch for the stem, and leaf stitch for the leaves.

Step One

Use a bright floss to fill in the centre of the rose with French knots.

Step Two

Choose a different coloured floss and fill the rose petals with satin stitch.

Step Three

Use a dark floss to trace the rose stem with chain stitch.

Step Four

With the same colour, fill in the leaves with leaf stitch.

TIP: To give the flower more dimension, fill in gaps with a darker coloured floss and use one or two strands of a lighter floss to highlight the centre of each petal.



Instructions

FIREWEED

The fireweed flower consists of two stitches: running back for the stem and satin stitch for the flowers.

Step One

Choose a colour and separate into four strings before threading your needle. Start at the base of the flower and use running stitch to trace over the stem and the leaves.

Step Two

Using a different floss for your petals, separate into four strings before threading your needle. Fill in the petals with satin stitch.

TIP: *To give the flower more dimension, fill in gaps with a darker coloured floss and use one or two strands of a lighter floss to highlight the centre of each petal.*



LABRADOR TEA

The Labrador tea flower consists of two stitches: running back for the stem, and satin stitch for the leaves and flowers.

Step One

Using a dark coloured floss, separate into four strings before threading your needle. Start at the base of the flower and use the running stitch to trace over the stems.

Step Two

With the same colour, fill in the leaves with satin stitch.

Step Three

Using a light-coloured floss, separate into four strings before threading your needle. Fill in the petals with satin stitch.

TIP: To give the flower more dimension, use one or two strands of a different colour and have them come out of the centre of each flower.



Featured Traditional Plants



Wild Rose

All parts of the wild rose, including its root and stem, can be used medicinally. There are 35 different species of this plant and it is known to have more vitamin C than oranges. Métis people use parts of this plant to make jellies, syrups, and ice cream flavouring.



Fireweed

Fireweed flower has anti-inflammatory properties, as well as antiseptic compounds. It is used to aid the treatment of colds, tonsillitis, cramps and protects wounds from infection. This edible plant is rich in vitamin A and C.



Labrador Tea

Labrador tea flower is known as “Muskego” to Métis people.

Commonly used as a hot beverage, this plant provides relief from stomach aches, colds, and can soothe the nerves. Externally, it can be used as an insect repellent.



Yarrow

The whole plant can be used medicinally. Dried roots can be chewed to relieve muscle sprains and strains. The leaves can be placed on wounds to stop bleeding. Tea made from the flowers helps with colds and influenza, encouraging perspiration which releases toxins. Known as “women’s medicine,” it is also said to help regulate the menstrual cycle.



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