

Free Design

Sweetheart Sweet Pea



Print off this page and trace your design below onto your fabric. Go over the design with a black pen first if you can't see it clearly through the fabric (try one of our bio-washed cottons, available in our online shop!). Frame the fabric into your embroidery hoop.

Outline design for transfer



Materials I used:

Stranded embroidery cotton (any make!):

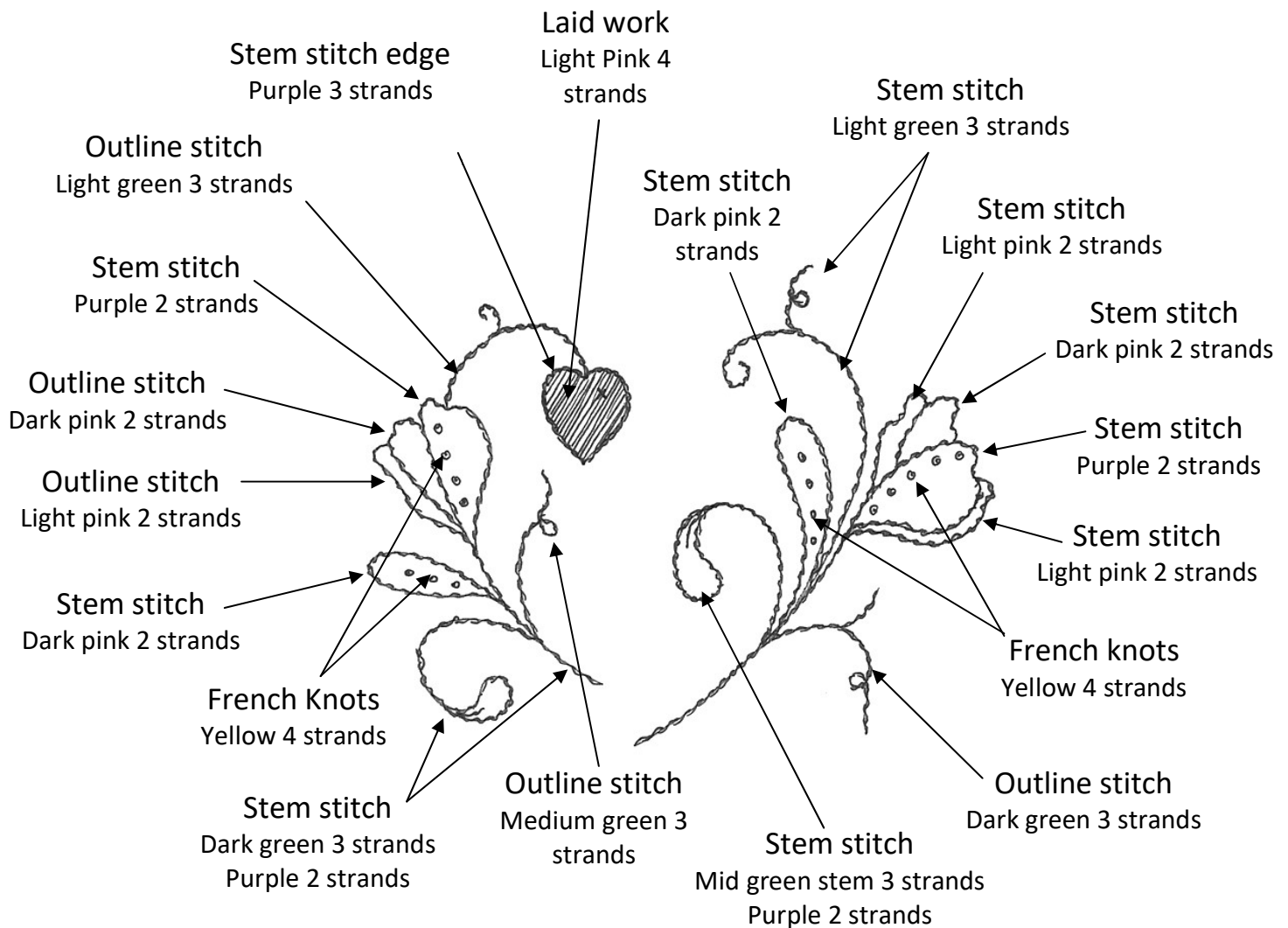
- Light, medium and dark green
- Light and dark pink
- Purple
- Yellow

Fabric:

- Antique Bio washed cotton

Embroidery stitch plan suggestion

Use the same colours and stitches as me or choose your own!



Note:

- Work **stem stitch** sections in an anti/counter clockwise direction
- Work **outline stitch** sections in a clockwise direction
- Work the elements at the back first and the ones on top last

Visit the 'How to...' section of the website to see videos on all of the techniques above:

<https://www.sarahhomfray.com/howtovideos.html>

Sarah is happy for you to use this design for your own personal use but not for any commercial use please
(e.g. selling it on, selling the finished embroidery, teaching etc).