



Sprouting

by Beata Jezek

Finished measurements:

Leg circumference - 8'' (20.5cm)

Foot circumference - 8'' (20.5cm)

The pattern is very stretchy and will fit most people.

Yarn: Hedgehog fibres, Superwash sock yarn (85% superwash merino, 15% nylon), 350m [382yd]/100g), color: Opalite; 1 skein.

Needles: 2.5mm, 24'' or 32'' circular, or double-pointed. The pattern is written for magic loop technique.

Gauge: 28 stitches and 23 rounds = 2'' in pattern in the round - when not stretched over foot.

14.5 stitches and 24 rounds = 2'' in stockinette in the round.

Notions: cable needle in a size similar to 2.5mm



Cuff

Ribing

With 2.5mm cir. needle cast on 80 stitches using the Magic loop method. Arrange the stitches in half, and join in the round, be careful not to twist. The tail indicates the beginning of the round. Work ribbing as follows: p1, *k2, p2,* k2, p1 for each needle (2x for each round) for about 4cm or 20 rounds

Setup for leg

Work last round of ribing as follows: p1, k2, p2tog, (k2, p2) 7x, k2, p2tog, k2, p1 on each half - decreasing 4 stitches along the round. You now have 38 stitches on each needle, 76 in total.

Leg

Start with the first row of the chart. The chart shows one half and should be repeated 2 times for one round, on each needle.

Repeat the chart 3 times + 7 rows (end on row 7).



Heel

Heel flap

Do not rearrange stitches. Work on half of the stitches (38) back and forth in ribbing as follows: sl1p1 with yarn in back, k1, *p2, k2* to the end of needle, turn and continue in ribbing: sl1p1 with yarn in front, p1, *k2, p2*. Repeat until you have 26 rows - 13 slipped chain stitches on the sides of the heel flap.

Turn heel

Work back and forth in short rows

Row 1: (RS) Sl1p1, k20, ssk, k1, turn work

Row 2: (WS) Sl1p1, p5, p2tog, p1, turn work

Row 3: (RS) Sl1p1, knit to 1 stitch before gap, created by turn on previous row, ssk (to close gap, one stitch from each side of gap), k1, turn.

Row 4: (WS) Sl1p1, purl to one stitch before gap, p2tog, p1, turn

Repeat rows 3 and 4 until all stitches have been worked and 22 remain.



Shape gusset

setup:

knit across heel, pick up 13 stitches from the side of heel flap (those slipped chain-like stitches) knit across top of the foot in pattern (knit row 8 of the chart once), pick up 13 stitches on the other side of heel flap, knit across heel.

Rnd 1: knit across gusset until 4 stitches before top (pattern) panel, k2tog, p2, knit across front in pattern, p2, ssk, knit across other gusset, knit across heel stitches

Rnd 2: knit across gusset until 2 stitches before top panel, p2, knit across front in pattern, p2, knit across other gusset, knit across heel.

Repeat Rnds 1 and 2 until you have 26 stitches left on the sole (38 at the top panel and 26 on the sole).



Foot

Work even in pattern until foot measures 2'' (5cm) less than desired length from the back of the heel.
Finish round by knitting across sole.

Toe

Setup

Purl across the top panel (disregard the pattern). Rearrange stitches so you have 32 on each magic loop needle - slip 3 from each side of the front of the foot to the back - to make the decreases align nicely on the sides.

Rnd 1: ssk, knit across sole until you have 2 stitches on the needle, k2tog; on the top ssk, knit across top until you have 2 stitches on the needle, k2tog

Rnd 2: knit around

Repeat these two rounds until you have about 8 stitches left on each needle.

For less square, more rounded tope, decrease every round for the last two rounds.

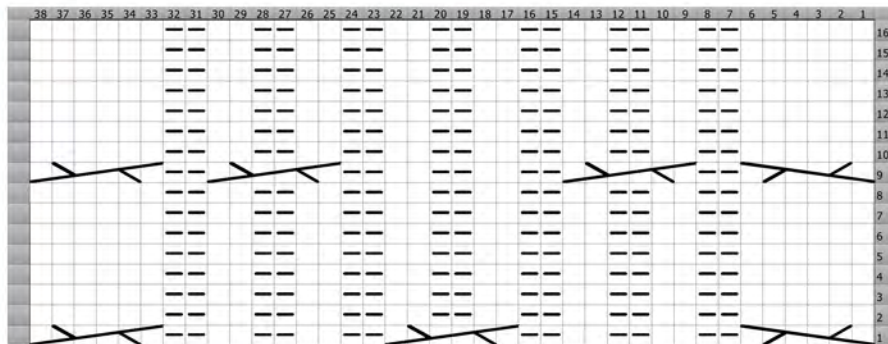
Cut yarn, leaving a 12'' (30cm) tail. Thread tail onto a tapestry needle and use Kitchener stitch to graft stitches together. Weave in ends.



You can mirror the design for the other foot by keeping the horseshoe side cable the same and cabling 6 left the three center cables.



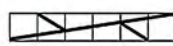
CHART



KEY



cable 6 left
slip 3 stitches onto a cable needle, hold to front, k3, k3 from the cable needle



cable 6 right
slip 3 stitches onto a cable needle, hold to back, k3, k3 from the cable needle

□ knit

▢ purl