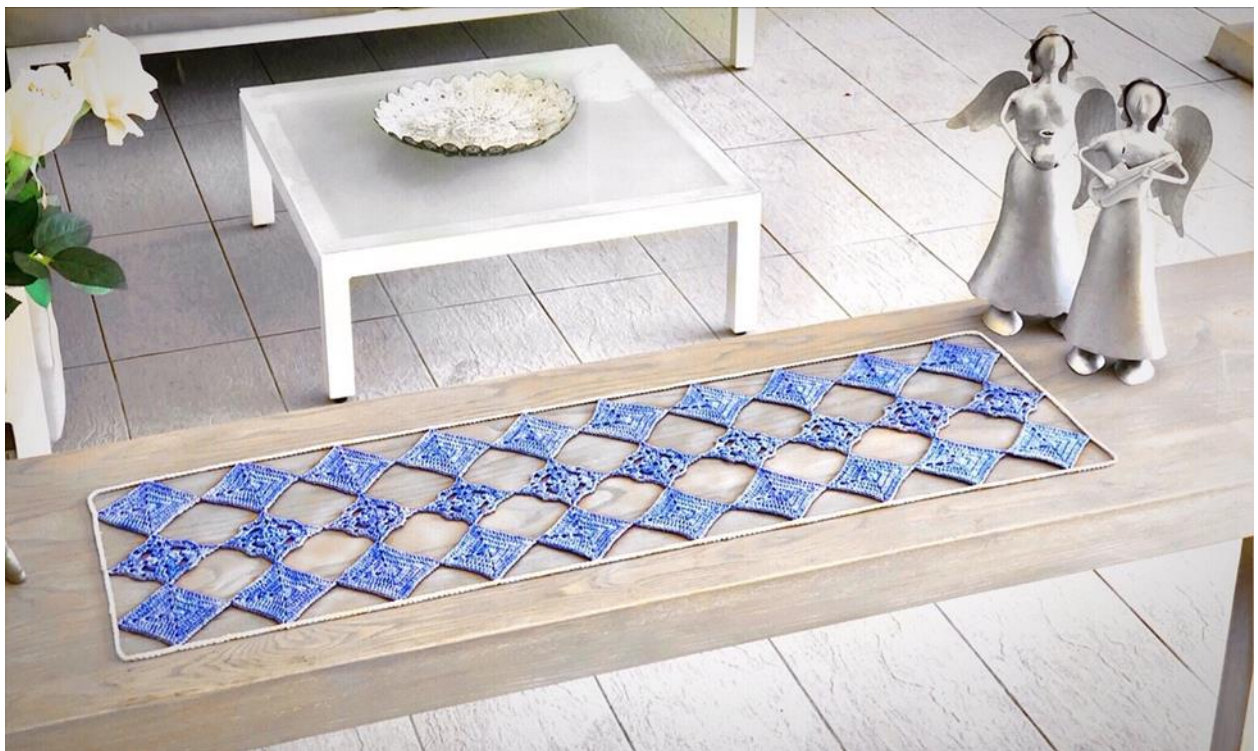


NURTURING FIBRES



La Med Table Runner



Colour used: Eco-Lush in Cornflower & Mist
Designed by Tamara Bollo for Nurturing Fibres

NURTURING FIBRES

PATTERN DIFFICULTY

Beginner

MEASUREMENTS

Pattern Sizes:

One Size Only

Completed measurements:

1m x 30cm

MATERIALS

Nurturing Fibres Eco-Lush

(200m/50g)

1x Cornflower

1x Mist

Hook: 3mm

Tapestry needle

Scissors

ABBREVIATIONS

ch – chain

ch-sp – chain space

dc – double crochet

dc4tog – double crochet 4 together

hdc – half double crochet

mr – magic ring

sc – single crochet

slst – slip stitch

- - repeat section of pattern

(-) work all stitches in same stitch

IMPORTANT!

PATTERN NOTES

- Pattern is written in US terminology
- This pattern is made up of 30 granny squares – 10 flower squares & twenty solid squares.

INSTRUCTIONS

FLOWER GRANNY SQUARE

Make 10 of these squares using Eco-Lush in Cornflower.

MR

Round 1: 8sc into the mr, join with a slst to the first sc.

Round 2: *dc4tog in first sc, ch 3*, repeat *-* in each sc (8 groups of dc4tog), join with a slst to the first dc4tog.

Round 3: *(3dc, ch3, 3dc) in the same 3ch as the previous round, ch4, skip the next 3ch space*, repeat *-* all around, join with slst to the first dc.

Round 4: *(3dc, ch3, 3dc) in the same 3ch as previous round, (3dc, ch3, 3dc) around the next ch4 space*, repeat *-* all around, join with slst to the first dc. Fasten off.

SOLID GRANNY SQUARES

Make 20 of these squares using Eco-Lush in Cornflower.

MR

Round 1: ch5, *4dc into mr, ch2* repeat *-* 3 times, 3dc into mr, slst into 3rd ch.

Round 2: slst into the first corner space, ch5, 2dc into the same corner space *1dc in each of the next 4dc stitches, (2dc, ch2, 2dc) into the next ch2 space*, repeat from *-* twice. 1dc in each of the next 4dc stitches, 1dc in the first corner space, slst into the 3rd ch.

Round 3: slst into the next corner space, ch5, 2dc in the same corner space, *1dc in each of the next 8dc stitches, (2dc, ch2, 2dc) in the next ch2 corner space* repeat *-* two more times, 1dc in each of the next 8dc stitches, 1dc in the first corner space, slst into the 3rd ch.

Fasten off.

Using Cornflower and a sewing needle, sew the squares together corner to corner. (use photo as guide)

BORDER

Using Mist crochet a Romanian cord. (instructions available via the YouTube video; [Make & Do Crew, How to crochet a Romanian Cord.](#))

FINISH UP

Using Mist, sew the cord around the already attached granny squares. Block your work to ensure a neat and even finish!

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ABOUT THE YARNS

Eco-Lush is a uniquely spun yarn with 200 meters to a ball. It is 40% bamboo and 60% cotton and is lovingly hand-dyed in South Africa.

Stockists of our yarn are listed on our webpage

www.nurturingfibres.com



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