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Espiga Socks



DESIGN NANÁ OLIVEIRA DESIGNS ©maosdevera

Espiga Socks

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Although I was born in the city, on weekends, I was a country girl. I come from a family of farmers, that lived from the land and their proceeds, so I grew up playing around in the countryside, picking wild flowers and helping my parents and my grandfather during harvest time.

These socks are inspired by the harvesting season, when we would pick the crops of barley and the wheat by the river stream, made golden by the summer sun and ready to be food and sustenance for the farm animals.

Designed to be knit in the round using the magic loop method, they are knit cuff down, with a pattern that tries to replicate the wheat and barley kernels.

For a perfect combination, I used Rosários 4 Meia yarn, a very soft and smooth merino wool sock yarn.

YARN

2 balls of Rosários 4 **MEIA** yarn (70% merino wool, 30% polyamide; 50g/185m).

GAUGE

32 st x 34 rows = 10 cm

NEEDLES

2,5 mm circular needles (preferably with an 80 cm cable).

NOTIONS

Stitch markers, tapestry needle, scissors, row counter (optional).

SIZES

S.

INSTRUCTIONS

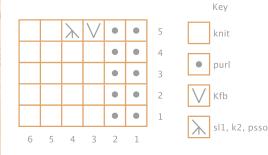
By using the long tail cast on or the german twisted cast on, cast on 54 sts on your needles. Divide your sts evenly by the two needles.

Leg ribbing

Knit a 1x1 twisted rib for 16 rnds (k1tbl, p1).

After you have completed the ribbing section, knit 1 rnd. Continue knitting, by following the chart or the written instructions for the textured pattern that represents the kernels.

Kernels stitch pattern (chart)



Kernels stitch pattern (written instructions)

Rnd 1: p2, k4. Rnd 2: p2, k4. Rnd 3: p2, k4. Rnd 4: p2, k4. Rnd 5: p2, Kfb, sl1, k2, psso.

Repeat the last 5 rnds 5 times, in a total of 25 rnds.

Heel setup row: knit all the stitches on needle one. Make sure that you have on your second needle 27 sts. k8, pm, k11, pm, k8. Turn your work.

Special Techniques

DS (WS): with the yarn in front of the work, pass the needle through the st, slipping it as if to purl. Pull the yarn over the needle to the back of the work. This will pull the yarn making the st look like it has 2 loops, thus creating a double stitch. Bring the yarn between the needles and keep purling the next stitches.

DS (RS): with the yarn in front of the work, pass the needle through the st, slipping it as if to purl. Pull the yarn over the needle to the back of the work. This will pull the yarn making the st look like it has 2 loops, thus creating a double stitch. You should keep some tension on the yarn, to keep the double st in place while you knit the next stitch.

Knitting a DS: when the instruction tells you to knit (or purl) a DS, you must always knit it as if it was a single st, which means you will knit both legs of the DS.

From now on you will be knitting back and forth, by knitting on the RS and purling on the WS all the stitches on your second needle, until you have completed the heel and can go back to knitting in the round, with your RS facing you.

R1 (WS): DS, p7, sm, p11, sm, p8. Turn your work.

R2 (RS): DS, k7, k11, knit to the st before the DS. Turn your work. **R3 (WS):** DS, purl all the sts, slipping the markers as you go, until you reach the DS that you have on your left needle. Turn your work.

R4 (RS): DS, knit all the sts, slipping the markers as you go, until you reach the DS you have on your left needle. Turn your work.

Repeat rows 3 and 4 until you have 8 DS, 11 sts, 8 DS. The last DS made should be on the RS, which means you should have 11 sts between markers and 8 DS on your left.

k11, sm, k8 DS as if they were a single stitch.

Knit the instep sts, making sure to keep in pattern, and proceed to needle 2, where you still have 8 DS. Knit them as if they were single st just like you did before.

Knit one row of the instep st once again, making sure to keep in pattern.

k8 until the marker, sm, k1. Turn your work.

You will be working again back and forth from here on, working in rows, until the heel is completed.

R 1 (WS): DS, rm, p11, rm, p1. Turn your work.

R 2 (RS): DS, knit to the DS on your left needle and knit it as if a single st, k1. Turn your work.

R 3 (WS): DS, purl to the DS on your left needle and purl it as if a single st, p1. Turn your work.

Repeat rows 2 and 3 until all the DS have been worked. The last DS worked is on the RS of your work.

Purl to the DS on your left needle.

You will now go back to knitting in the round.

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Knit the instep sts, making sure to keep in pattern, and proceed to needle 2, where you still have 1 DS. Knit it as if it was a single st just like you did before and knit the remaining sts. That concludes the heel.

Foot

Knit 1 rnd.

Rnd 1 (decrease row): [k1, ssk, k to 3 sts on needle 1, k2tog, k1] rep on the needle 2. You will have 50 sts, meaning each needle will have 25 sts.

Rnd 2: k all the sts.

Rnd 3: k all the sts.

Rnd 4 (decrease row): [k1, ssk, k to 3 sts on needle 1, k2tog, k1], rep on the needle 2. You will have 46 sts, meaning each needle will have 23 sts.

Rnd 5: k all the sts.

Rnd 6 (decrease row): [k1, ssk, k to 3 sts on needle 1, k2tog, k1], rep on the needle 2. You will have 42 sts, meaning each needle will have 21 sts.

Rnd 7: k all the sts.

Rnd 8 (decrease row): [k1, ssk, k to 3 sts on needle 1, k2tog, k1], rep on the needle 2. You will have 38 sts, meaning each needle will have 19 sts.

From here on, you will work a decrease rnd every rnd, until you are left with 30 sts, 15 sts each needle.

Cut your yarn, making sure to leave at least a 20 cm tail. Thread it in a tapestry needle, and graft the sts using kitchener st method. Weave in the ends with a tapestry needle.

ABBREVIATIONS

k: knit

- p: purl st (sts): stitch (es)
- Rep: repeat
- RS: right side
- WS: wrong side
- m: marker
- BOR: beginning of row marker
- pm: place marker
- sm: slip marker
- rm: remove marker
- k2tog: knit two together

yo: yarn over

Kfb: knit front and back

sl1, k2, psso: slip one stitch knitwise, knit two stitches and pass the slipped stitch over them

Ktbl: knit through the back loop

ssk: slip 2 stitches knitwise to your right needle, put them back on your left needle, and knit them together through the back loop **DS:** double stitch

SUPPORT

Where can I find this yarn? Send an email to: geral@rosarios4.com If you need help with this pattern, please send an email to: maosdevera@gmail.com We love to see your garments; share them on social media using: #ROSARIOS4 #MAOSDEVERA #MEIASESPIGA #ROSARIOS4MEIA



MEIA Colour 15 (70% Merino Wool | 30% Polyamide)