FREE EMBROIDERY TUTORIAL + PATTERN

Fly Stitch Embroidery

How to do fly stitch, short or long tacks, rows and ferns, plus a wheat & fern hoop

SKILL LEVEL **Beginner**	HOOP **5 in (13 cm)**	DESIGN **3 wheat stalks + 2 ferns**
FLOSS **DMC 729, 3047, 3363**	STITCHES **Fly stitch, backstitch**	TIME **About 2–3 hours**

Materials

- DMC stranded cotton: 729, 3047, 3363 (1 skein each)
- 8 × 8 in (20 cm) oatmeal linen, a 5 in (13 cm) hoop, a size 7 embroidery needle, a water-soluble pen

Key

A, B	top corners of the V	**D**	end of the tack
C	point of the V	**3 strands**	separate 3 of the 6

Wheat ears: fly stitches 4 mm wide, 3 mm apart. Fern leaves shrink from 13 mm to 4 mm towards the tip.

Fly stitch

1	Up at A.	
2	Down at B, up at C with the thread under the needle.	
3	Pull to a V.	
4	Down at D to tack it.	**(1 st)**

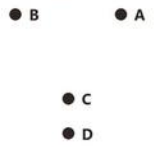
The hoop

Trace	Print the template at 100%, check the 1 in (2.5 cm) bar, trace the stems.	
Stalks	DMC 3047: backstitch the 3 stalks and make the tie with 3 straight stitches.	
Wheat	DMC 729: fly stitches down each ear from the tip, tacks short.	**(24 sts)**
Ferns	DMC 3363: fly stitches from the tip down, long tacks that form the stem.	**(18 sts)**
Finish	Rinse out the pen, dry face down, press and frame.	

How to Do Fly Stitch

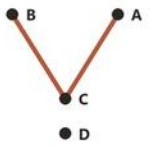
An open V held by a small stitch · 3 strands

1 · Up at A



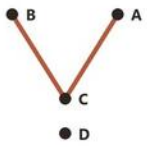
Bring the needle up at A, the top left of the V.

2 · Down at B, up at C



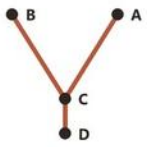
Go down at B (top right) and come up at C, the point of the V, with the thread under the needle.

3 · Pull



Pull gently: the thread forms a V caught at C.

4 · Tack at D



Go down at D, just below C. The tack can be tiny or long (a long tack makes a Y).

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Wheat & Fern · Fly Stitch Plan

5 in hoop · 24 wheat fly stitches · 18 fern fly stitches · drawn to scale, enlarged



DMC 729 · wheat **DMC 3047 · stem** **DMC 3363 · fern**

Stems first (backstitch), then the wheat ears from the tip down, then the ferns from the tip down. The tie: 3 straight stitches.

Wheat & Fern · Floss

3 strands · fabric: oatmeal linen 8 × 8 in (20 cm) in a 5 in (13 cm) hoop

DMC	Colour	Part	Stitches	Thread (3 strands)
DMC 729	medium old gold	wheat ears (fly stitch)	24	0.8 yd
DMC 3047	light yellow beige	stalks + tie	9	0.7 yd
DMC 3363	medium pine green	fern fronds (fly stitch)	18	1.0 yd

One skein of each colour is plenty. Time: about 2–3 hours.

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Wheat & Fern · print at 100% (actual size)

Trace the stems and a dot at the top of each wheat ear and fern. The fly stitches are spaced by eye along the stems.



dark lines = stems to trace · light V's = where the fly stitches go (trace them too if you like)

1 in check bar: measure it after printing