FREE EMBROIDERY TUTORIAL + PATTERN

Long and Short Stitch

How to do long and short stitch shading, plus a strawberry trio hoop

SKILL LEVEL	HOOP	DESIGN
Intermediate	5 in (13 cm)	3 strawberries
FLOSS	**STITCHES**	**TIME**
7 DMC colours	Long and short, straight, lazy daisy, st	About 4–5 hours

Materials

- DMC stranded cotton: 3705, 321, 304, 815, 3822, 3346, 3345 (1 skein each)
- 8 × 8 in (20 cm) white cotton, a 5 in (13 cm) hoop, a size 9 embroidery needle, a water-soluble pen

Key

Row 1 alternate long and short stitches along the top edge **2 strands** separate 2 of the 6
Split back come up through the end of the stitch above

Stitches are about 1.4 mm apart; long stitches 7 mm, short 4 mm. Keep them all running from the top of the berry towards the tip.

Long and short stitch

1	Row 1: alternate long and short stitches along the top edge.
2	Row 2 (next shade): come up through the end of each row-1 stitch and make a long stitch.
3	Repeat, changing shade each row, until the last stitches reach the tip.

The hoop

Trace	Print the template at 100%, check the 1 in (2.5 cm) bar, trace the outlines, guide lines, seeds, calyx and stalks.	
DMC 3705	row 1, top edge	**(63 sts)**
DMC 321	row 2	**(57 sts)**
DMC 304	row 3	**(53 sts)**
DMC 815	the last rows to the tip	**(131 sts)**
DMC 3822	seeds on top of the fill	**(53 sts)**
DMC 3346	5 lazy daisy leaves per berry	**(15 sts)**
DMC 3345	stem stitch stalks	**(12 sts)**
Finish	Rinse out the pen, dry face down on a towel, press from the back and frame.	

How to Do Long and Short Stitch

a soft, shaded fill · 2 strands · stitches split back into the row above

1 · Row 1: long, short



Along the top edge, alternate long and short straight stitches, all pointing the way the shape 'grows'.

2 · Row 2: split back



Next shade: come up through the end of a row-1 stitch, splitting it, and make a long stitch.

3 · Keep going



Each row splits back into the stitch above. The last row reaches the edge; shades blend light to dark.

4 · Details on top



Add the seeds, leaves and stalk over the finished fill.

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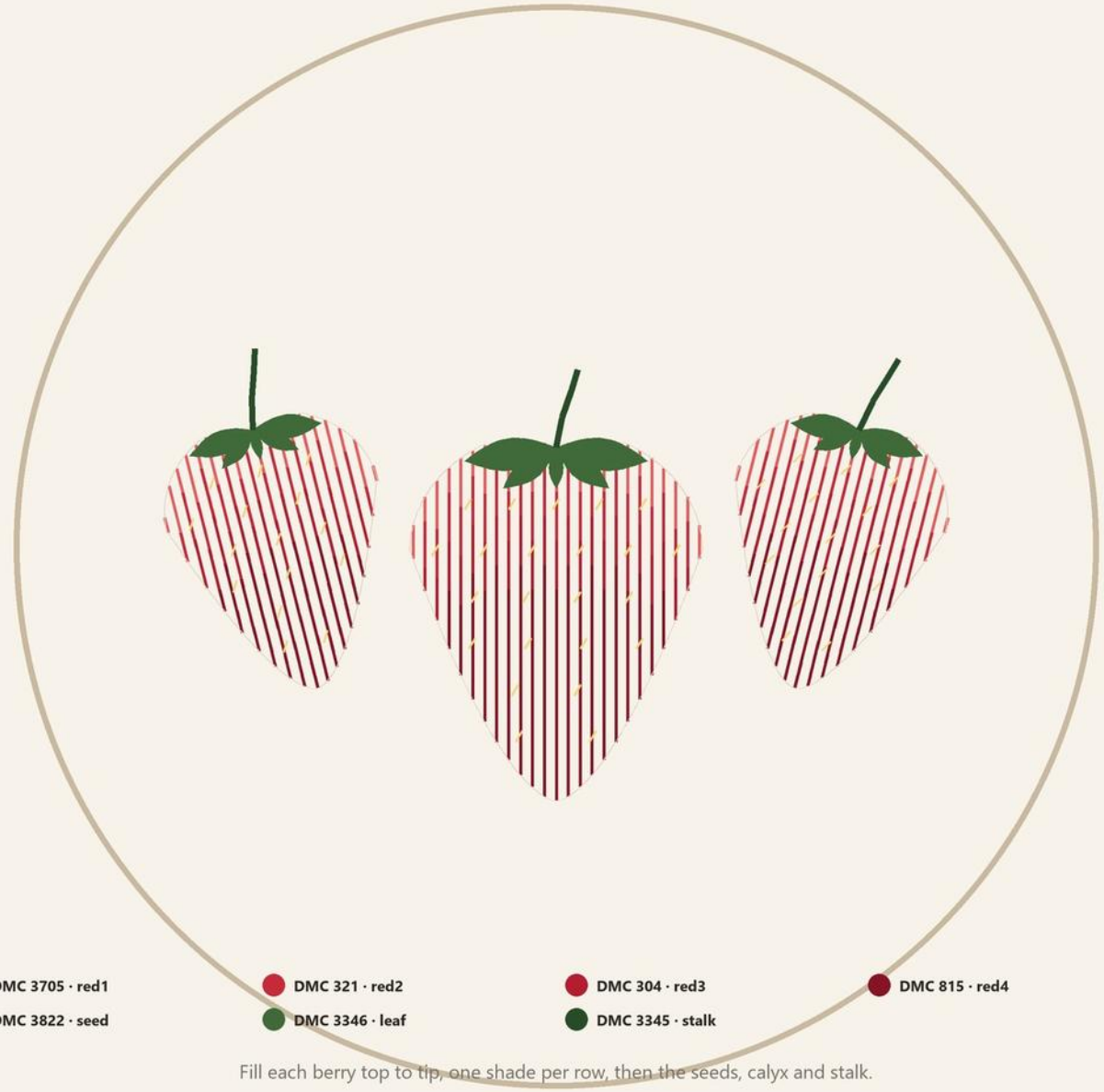
Strawberry Trio · Long and Short Stitch Plan

5 in hoop · 304 long and short stitches in 4 reds · seeds, lazy daisy calyx, stem stitch stalks · enlarged



- DMC 3705 · red1
- DMC 321 · red2
- DMC 304 · red3
- DMC 815 · red4
- DMC 3822 · seed
- DMC 3346 · leaf
- DMC 3345 · stalk

Fill each berry top to tip, one shade per row, then the seeds, calyx and stalk.

Strawberry Trio · Floss

2 strands · white cotton 8 × 8 in (20 cm) in a 5 in (13 cm) hoop

DMC	Colour	Part	Stitches	Thread (2 strands)
DMC 3705	dark melon	row 1 (top edge)	63	1.2 yd
DMC 321	red	row 2	57	1.3 yd
DMC 304	medium red	row 3	53	1.2 yd
DMC 815	medium garnet	row 4 to the tip	131	2.3 yd
DMC 3822	light straw	seeds (tiny straight stitches)	53	0.6 yd
DMC 3346	hunter green	calyx, 5 lazy daisy leaves each	15	0.6 yd
DMC 3345	dark hunter green	stalks, stem stitch	12	0.4 yd

1 skein of each colour is plenty. Time: about 4–5 hours.

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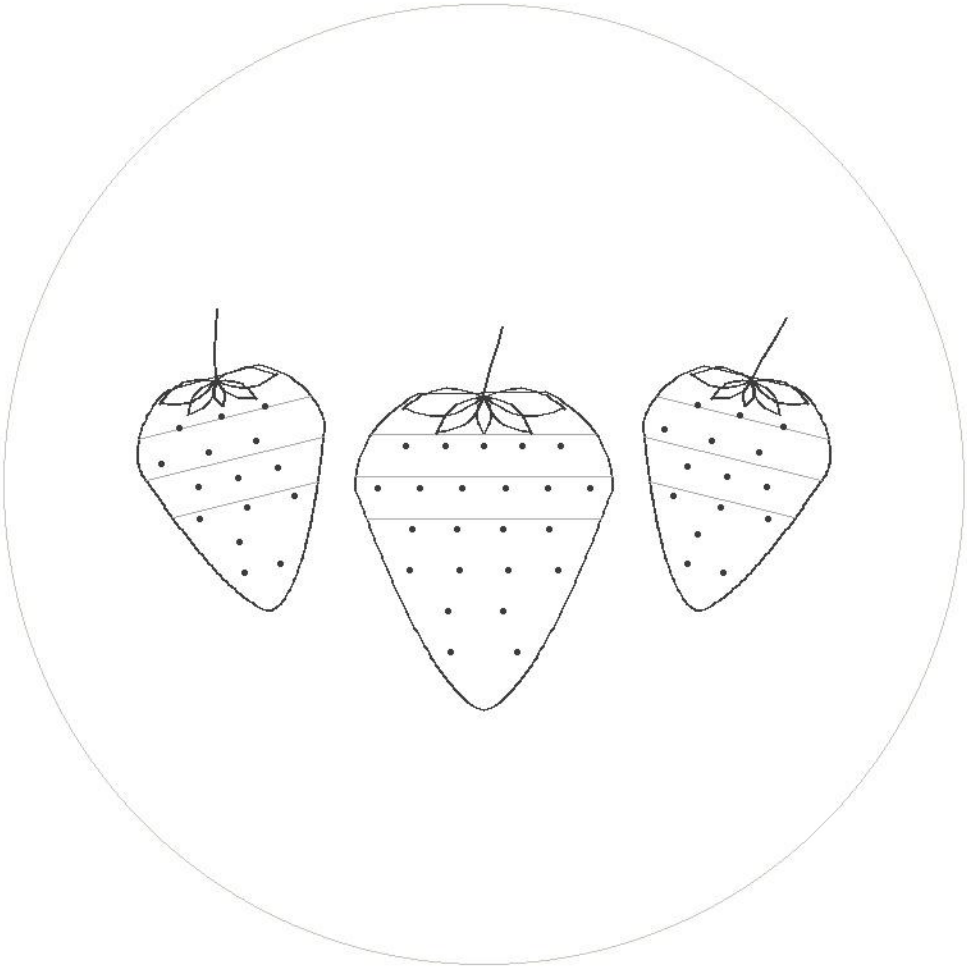
Strawberry Trio · print at 100% (actual size)

Trace the outlines, the 3 grey shade guide lines, the seed dots, the calyx and the stalks.



1 in check bar: measure it after printing