FREE KNITTING TUTORIAL

Seed Stitch Knitting

How to knit seed stitch, how it differs from rib and moss, plus a placemat pattern · US terms

SKILL LEVEL	PRACTICE	YARN
Beginner	**Placemat, 2 sizes**	**Worsted (#4) cotton**
NEEDLES	**STITCHES**	**TIME**
US 7 (4.5 mm)	**k, p**	**About 6–8 hours a mat**

Materials

- Worsted (#4) cotton: 240 yd (standard) or 165 yd (kids) per mat
- US 7 (4.5 mm) straight needles, tapestry needle

Abbreviations (US terms)

k	knit	**st(s)**	stitch(es)
p	purl	**RS / WS**	right / wrong side

Gauge: 18 sts and 30 rows = 4 in (10 cm) in seed stitch, a typical worsted cotton gauge: swatch to check.

Seed stitch

Odd number	K1, *p1, k1; repeat to the end. Repeat this row.
Even number	Row 1: *k1, p1*. Row 2: *p1, k1*. Repeat rows 1–2.

Placemat, Standard

Cast on	Cast on 77 sts (an odd number).	**(77)**
Rows 1–90	K1, *p1, k1; repeat from * to the end. Every row is the same.	**(77)**
Bind off	Bind off in pattern (knit the knits, purl the purls), not too tightly. Weave in the ends and block flat.	**(0)**

Placemat, Kids

Cast on	Cast on 63 sts (an odd number).	**(63)**
Rows 1–76	K1, *p1, k1; repeat from * to the end. Every row is the same.	**(63)**
Bind off	Bind off in pattern (knit the knits, purl the purls), not too tightly. Weave in the ends and block flat.	**(0)**

What's exact, what's calculated

Exact	Every row in our knitting engine; every stitch is the opposite of the one below.
Calculated	Cast-on, rows and yarn from the gauge.

Assumed	The gauge.

How to Knit Seed Stitch

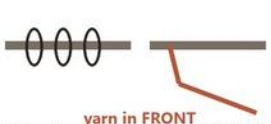
Knit 1, purl 1 · always work the opposite of the stitch below

1 · Knit 1



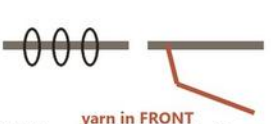
yarn at the BACK
Yarn at the back, knit the first stitch.

2 · Yarn forward



yarn in FRONT
Bring the yarn to the front BETWEEN the needles.

3 · Purl 1



yarn in FRONT
Purl the next stitch, then take the yarn back between the needles.

4 · Read it



yarn at the BACK
Knit the purl bumps, purl the smooth V's. Every row, every stitch.

cozymakery.com

Seed Stitch vs Rib vs Moss vs Garter

Seed and rib start the same way: the second row decides which one you get

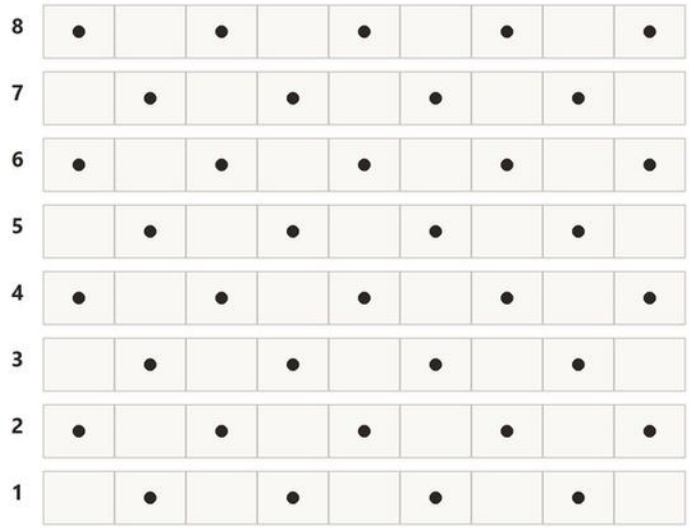
Stitch	How	Looks	Good for
Seed stitch	k1, p1; next row knit the purls and purl the knits	bumpy, flat, no curl	edges, placemats, collars
1x1 rib	k1, p1; next row knit the knits and purl the purls	vertical ridges, stretchy	cuffs, hat brims
Moss stitch (US)	2 rows of seed, then switch	taller checks, flat	blankets, washcloths
Garter stitch	knit every row	ridges, flat	first projects

UK patterns often call seed stitch 'moss stitch'. Check the instructions, not just the name.

cozymakery.com

Seed Stitch · Chart

Right-side view · blank = knit on the right side · dot = purl on the right side · odd number of stitches

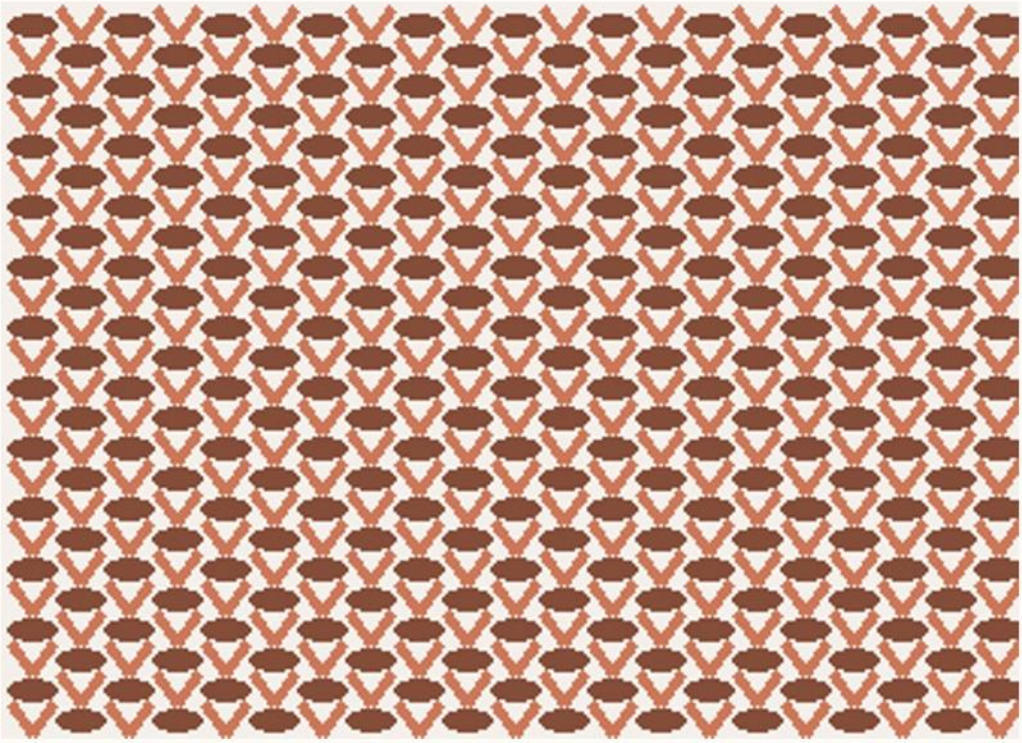


Every row: k1, *p1, k1* to the end. Each knit sits on a purl bump and each purl on a V.

cozymakery.com

Seed Stitch · Simulated

24 rows × 21 sts from the knitting engine · the purl bumps sit in a checkerboard



Seed stitch lies flat on its own, so the placemat needs no border.

Seed Stitch Placemats · Sizes

Worsted (#4) cotton · US 7 (4.5 mm) needles · gauge 18 sts × 30 rows = 4 in in seed stitch

Size	Finished	Cast on	Rows	Cotton per mat
Standard	17 × 12 in (43 × 30 cm)	77	90	240 yd
Kids	14 × 10 in (36 × 25 cm)	63	76	165 yd

For a set of 4 standard mats you need about 4 times the yarn. Any odd number of stitches works.

cozymakery.com