



Forget Me Not

Knitted, Crocheted, and Paper Flowers

San Francisco, Keep your Promise! Join the Dignity Fund Coalition's Forget Us Not Campaign, and please help us remind our city leaders to restore the annual \$3 million for senior and disability services and support. Want to help? Contact flowerpower@sfccommunityliving.org. Find out more at www.sfdignityfund.org.

Materials for Knitted or Crocheted Bouquets

- Blue fingering, baby, or sport-weight yarn
- Green fingering, baby, or sport-weight yarn
- Yellow sport or worsted-weight yarn
- **Knitters:** 2 double-pointed US3 (3.25mm) or US4 (3.5mm) needles, or as recommended for your yarn weight
- **Crocheters:** One D/3 (3.25mm) or E/4 (3.5mm) crochet hook, or as recommended for your yarn weight
- 24 Gauge Floral Wire, pre-cut in about 15" lengths
- Tapestry needle
- Scissors
- Wire Cutter
- Craft glue that will dry clear
- Clothespin or binder clip (optional)

Knitted Forget Me Not Flowers and Leaves

Yarn Quantities and Gauge

Your gauge will vary depending on your choice of yarn and needles. As long as you are consistent throughout, the exact gauge is not important for this pattern. The size of the completed bouquet will be bigger if you use heavier-weight yarn and larger needles. This is a great project for small bits of yarn.

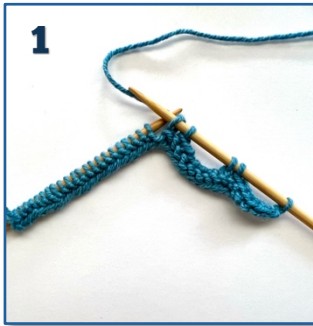


The sample photos show flowers and leaves knit in sport-weight yarn (7 sts/in) on US3 needles, with yellow worsted-weight (5 sts/in) centers. Three flowers, two leaves, and the yarn-wrapped stems used about 12 yds. of blue yarn and 18 yds. of green sport-weight yarn, plus 1 yard of yellow worsted-weight yarn.

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1663 Mission St., #525, San Francisco, CA 94103 so we can assemble them for delivery**

Knitted Flowers (Make 3)

CO 40 stitches in blue yarn



Row 1: K40

Row 2: *K1, BO6, K1* repeat between * * four more times. 10 stitches remaining (see Photo 1).

Row 3: Cut the yarn, leaving about a 6-inch tail. Thread both yarn ends through a tapestry needle. Starting with the first stitch

in the row, pass the thread through the remaining stitches and pull tight, creating a circle. Make a few stitches to secure the yarn.

Knitted Leaves (Make 2)

CO 3 stitches in green yarn

Row 1: KFB, P1, KFB (5 stitches)

Row 2: K5

Row 3: KFB, K1, P1, K1, KFB (7 stitches)

Row 4: K7

***Row 5:** K3, P1, K3

Row 6: K7*

Rows 7-18: Repeat rows 5 and 6 six more times or until the leaf is almost your desired length.

Row 19: K2 Tog, K1, P1, K1, K2tog (5 stitches)

Row 20: K5

Row 21: K2 Tog, P1, K2tog (3 stitches)

Row 22: K3

Row 23: Sl 1, K2tog, Psso, Cut the yarn, leaving about a 6-inch tail. Thread the yarn through the remaining loop and pull tight. Decide which end you want to be the leaf tip. Weave in the end and trim off any excess. Leave the yarn tail on the base end of your leaf.

Knitting Abbreviations

K = knit

P = purl

CO = cast on stitches using a long-tail cast on

KFB = increase one stitch by knitting into the front and back of the stitch

K2tog = decrease one by knitting two stitches together.

BO = bind off a stitch by knitting two stitches and passing the first stitch over the second

Sl1, K2tog, Psso = decrease 2 stitches by slipping a stitch purlwise, knitting the 2 next stitches together, and then passing the slipped stitch over the knit stitch.

*** *** = repeat directions between the asterisks as many times as directed

Crocheted Forget Me Not Flowers and Leaves



Gauge

Your gauge will vary depending on your choice of yarn and crochet hook. As long as you are consistent throughout, the exact gauge is not important for this pattern. The size of the completed bouquet will be bigger if you use heavier-weight yarn and a larger crochet hook.

The photos show flowers and leaves crocheted in sport-weight yarn with a D/3 crochet hook, with yellow worsted-weight centers.

Crocheted Flower (Make 3)

- **Ch 4** and join with sl st to make ring.
- **Round 1:** 4 sc into the ring, sl st with last sc to join
- **Round 2:** *ch 4, 2tr, ch 4, sl st* in same stitch
- Move to the next loop and repeat between * *. Continue until you have 5 petals.
- Bring the yarn through the last loop to secure it. Cut the yarn.

Crocheted Leaf (Make 2)

- **Ch 12**
- **Round 1:** sl st into the second loop from hook. 10 sl st 10 along rest of chain, ch1. dc 3 times into the next loop. Continuing along the opposite side of the chain, 6dc 2hdc, 2sc, ch1
- **Round 2:** 6dc, 2hdc, 2sc, dc 2 times into the next loop. Sl st to join.
- Bring the yarn through the last loop to secure it. Cut the yarn, leaving about a 2-inch tail.

Crochet Abbreviations

ch = chain

sl st = slip stitch

sc = single
crochet

dc=double
crochet

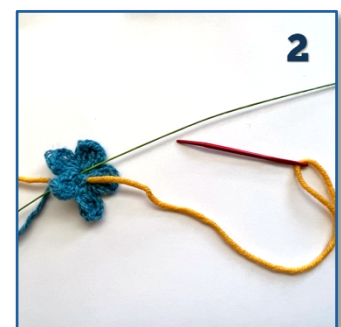
tr = treble
crochet

* * = repeat
directions
between the
asterisks as
directed

Assembling Knitted or Crocheted Bouquets

Flower Centers

- Thread a tapestry needle with about 12 inches of yellow yarn. Bring the yarn through the center of one of the flowers, from back to front.
- Push about half of a 12 to 15-inch floral wire through the center of the flower, also from back to front (*see Photo 2*).



- Wrap the yarn tightly around the floral wire, leaving about 4 inches of yellow yarn. A clothespin or clip can help keep the yarn tightly wound while you work on the wire. Bend the wire in half and push the point back through the flower center (*see Photos 3 and 4*). Use the needle to bring the yarn back through the center of the flower from front to back. Secure the yellow yarns with a knot. Trim the yarns, leaving 1-inch tails.
- Repeat with the remaining flowers.

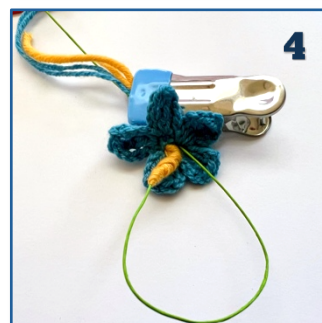
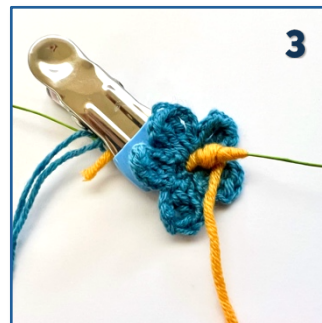
Stems

- Thread the green yarn through the wire loop at the top of the stem, leaving about a 2-inch tail. Starting at the top of the stem, wrap the green yarn closely, covering the green yarn tail, the flower yarn tails, and the floral wire. About ¼-inch from the end of the wire, tie a slip knot at the end and add a drop of glue to secure the yarn to the wire. Let dry.
- For stems with leaves, wrap about 1 ½ inches of the wire as above. Use a clip over the wrapped wire to keep the yarn from unwinding. Fold the base on one of the leaves around the wrapped stem and secure it with a few stitches (*see Photo 6*). *Note that the knit leaves have a rib that helps them fold down the center. Be sure to fold the leaf so that the side with the row of stockinette stitches goes up the back of the leaf.*
- Continue wrapping the wire and the tail from the leaf with yarn. Finish as above when close to the end of the wire.

Assemble a Bouquet or Sprig



Assemble all the stems into a bouquet by either tying them together with a ribbon or wrapping them with more green yarn to create a sprig of flowers. If using yarn, secure the wrapped yarn with a slip knot and a drop of glue. When dry, trim any remaining tails.



Paper Forget Me Not Bouquet

Materials For Paper Bouquets

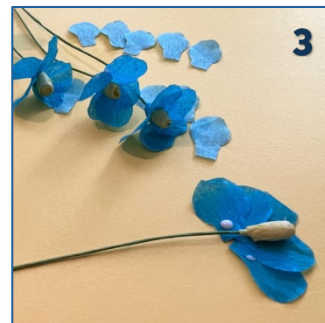
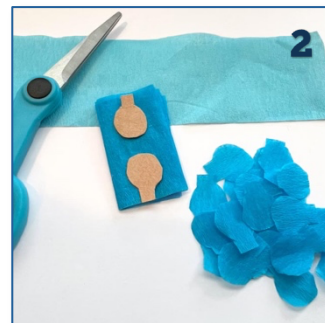
- Three 7-inch lengths of Yellow Crepe Paper Streamer
- Three 8-inch lengths of Blue Crepe Paper Streamer
- Two 6-inch lengths of Green Crepe Paper Streamer
- Green Florists Tape
- 24 Gauge Floral Wire cut into 15 pieces:
nine 7-inch pieces for the flowers and six 5-inch pieces for the leaves
- Wire Cutters
- Ruler
- Sharp Scissors
- Quick-drying Craft Glue that will dry clear

These flowers are easier to do in stages rather than completing one flower at a time. This example creates nine flowers and six leaves. Feel free to add more flowers or leaves!

Flowers (Makes 9)

Assemble the flowers as follows:

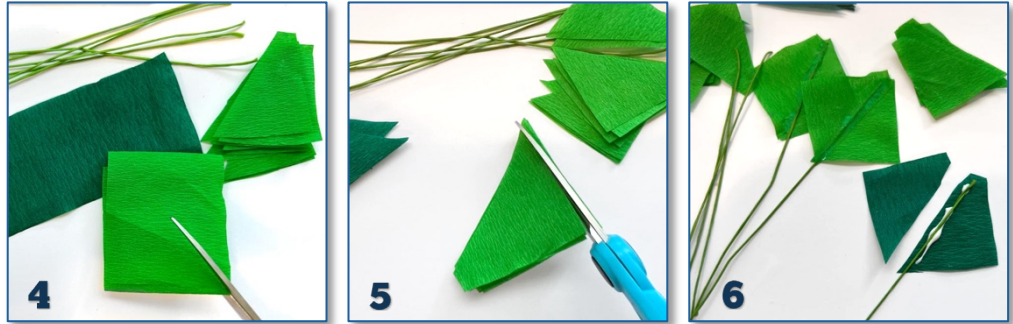
- Loosely fold a streamer lengthwise. Cut in thirds, creating three long, thin yellow strips. Fold each strip the long way, creating an even narrower strip. Repeat with the other yellow streamers (*see Photo 1*).
- Lay out a strip of yellow paper and put a dot of glue on one end. Place a stem on the glue and fold the paper. Wrap the yellow paper around the top of the stem wire to create a bulb. Secure the last inch or so with glue. Repeat with the remaining stems (*see Photo 1*).
- Fold the blue paper strip into eighths. Place the template along one unfolded edge and cut out the petals. Repeat along the other unfolded edge. Makes 16 petals (*see Photo 2*). Repeat with the other blue strips.
- Use a small amount of glue to overlap 5 petals, aligning them along their straight edge. Gently shape into a cone by rolling along the yellow center on a stem wire. Secure with a bit of glue. Gently pull out and stretch the petals to shape the flower (*see Photo 3*).
- Starting at the top end of the stem, wrap green floral tape around the base of the flower and then down the stem.
- Repeat with the remaining flowers.



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Leaves (Makes 6)

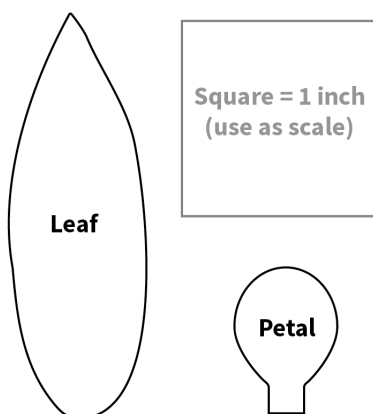
- Fold one of the green streamer pieces in thirds, then cut diagonally to create two stacks of triangles (see Photo 4). Stack the triangles into a pile. Cut off about ¼-inch of the tip of the triangle and trim the folded edge of the triangles (see Photo 6). Makes 6 pieces. Repeat with the remaining length of the green streamer.
- Glue along the diagonal edge of one of the triangles. (see Photo 7). Place the wire stem on top of the glue, then cover it with another triangle. Press to secure. Repeat with the remaining leaves.
- Let the leaves dry, then trim them into leaf shapes using the template. Gently stretch the paper to shape the leaves.



Bouquet or Sprig

Use floral tape to attach leaves to some of the flower stems. Start with one flower stem and secure a second flower or leaf to it by wrapping the stems together with floral tape. Keep adding flowers and stems, creating a larger sprig or bouquet. For longer stems, simply cut a piece of wire to the desired length and use floral tape to secure the smaller sprigs to the long stem.

Flower and Leaf Templates



Note: This paper flower tutorial is adapted from a YouTube video " by Andreea Sandu. You can watch "How to Make Forget-Me-Not-Flowers from Crepe Paper" at <https://www.youtube.com/watch?v=4OD-Pma3GcM>.

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