

MAKE YOUR OWN LIVING TEXTILES!



What did you think of designer Beth Williams and her living textiles?

Do you feel incredibly inspired by her ideas, her aesthetic and her commitment to rethinking the fashion industry's use of fossil fuels? Perfect, because we're going to create our own woven fabric using recycled materials, with little pockets for growing pea shoots in. Let's proSEED. We're rooting for you!

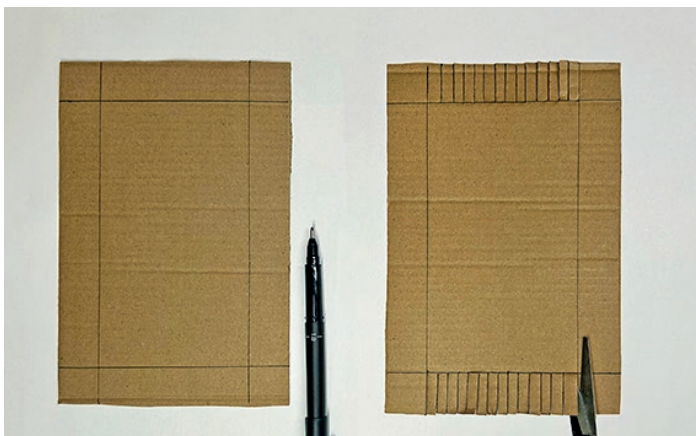
YOU WILL NEED:

- * Loom template which you can find on page 3
- * Thick cardboard rectangle (12 cm x 18 cm)
- * Scissors
- * Large plastic needle
- * Ruler
- * Tape
- * Yarn, string or embroidery thread
- * Strips of scrap fabric (you can cut up an unwanted bed sheet, fabric shopping bag or even clothes)
- * Packet of pea seeds
- * Tray or plastic container

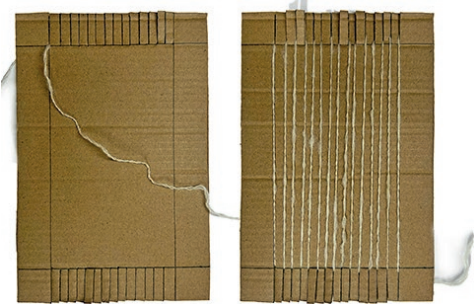


These instructions are for a pocket-sized weaving, but you can make any size you want – just use a larger piece of cardboard with more notches.

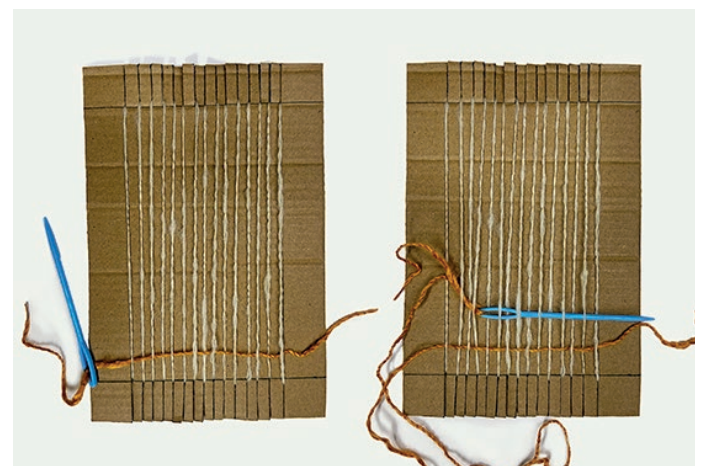
STEP ONE: With a ruler and pen, measure and draw a 2 cm border all the way around the outside of your cardboard rectangle. Then, make notches at ½ cm intervals on the two shortest sides – leaving the corners intact. This is your loom.

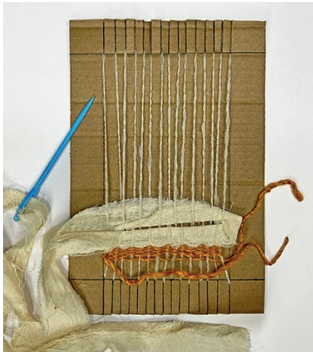


STEP TWO: Take your yarn and thread into the first notch on the top of your loom. Tape the tail to the back of the loom. Carry the yarn down to the first notch at the bottom. Bring the thread back to the front by threading through the second notch and back up to the second notch at the top. Continue this until all the notches are threaded. Cut the yarn, leaving a 10 cm tail, and tape it to the back of the loom. This is called the warp.



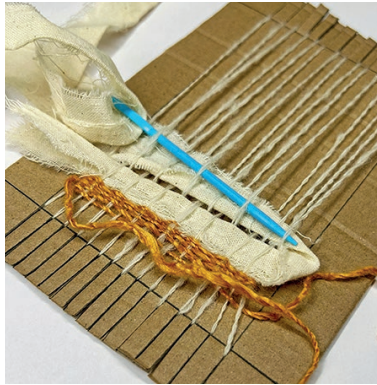
STEP THREE: Thread your needle with a 50 cm length of yarn and start weaving. Guiding your needle through the threads in an under-over pattern (under the first, over the second, under the third, etc.). Once threaded through all the threads, pull the yarn tight, leaving a small tail where you started. Weave more rows in the same way, if you finish going under the last thread of the last row, you need to start the next row going over.



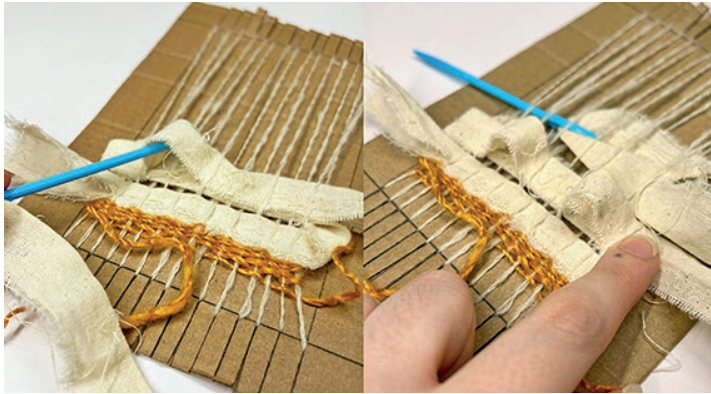


STEP FOUR: Once you've completed a few rows of yarn, switch to weaving with fabric. Leave a tail of yarn and feed a strip of fabric into your needle, then weave two rows the same way as you wove the yarn.

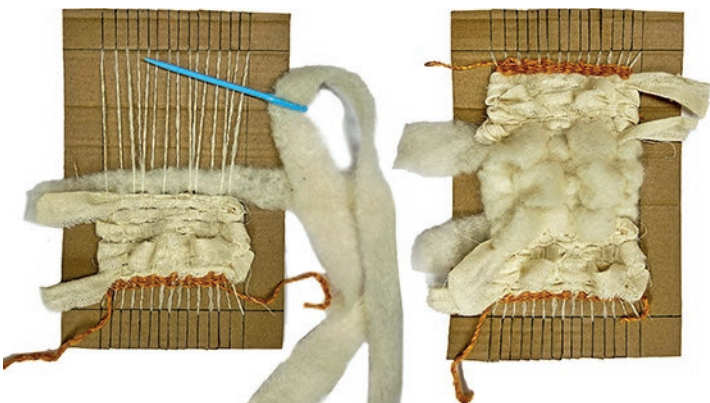
STEP FIVE: We're going to start to weave our seed pockets by weaving back over the last row. Notice the threads in front of the last row of fabric. Use your needle to guide through those with the same under and over pattern, as show as the photo.



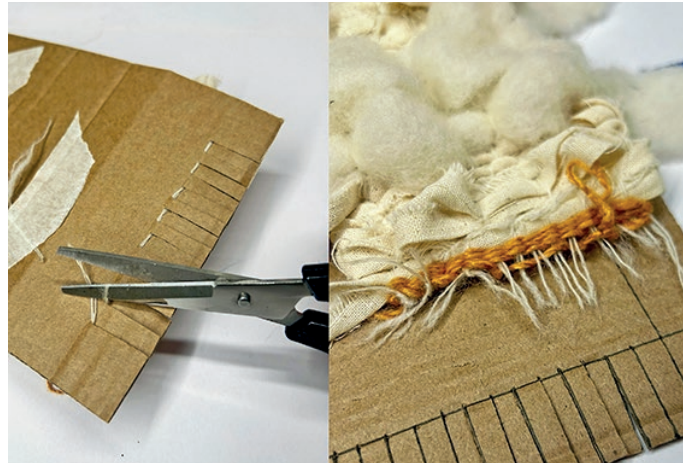
STEP SIX: Pull the strip of fabric all the way through the through the loom. Insert your needle under the fabric between two of the threads, pull up to create a little pocket of fabric. Skip the next section and then make another pocket. Then weave two more rows of fabric normally.



STEP SEVEN: Repeat step 5) and 6) until you're happy with the size of your weaving. Finish off your weave by doing a few more rows with the yarn.



STEP EIGHT: Turn your loom over and cut all the loops of yarn behind the notches. Then tie each thread to the one next to it to secure your loom. You can tidy up your piece by using your needle to thread all the ends into the back of your weaving.



STEP NINE: Find all the pockets you created in your weaving and place a seed in each one. Move your weaving into a plastic tray or container, then place it on a windowsill. Water your weaving, you want it to be damp to the touch but not sitting on water.

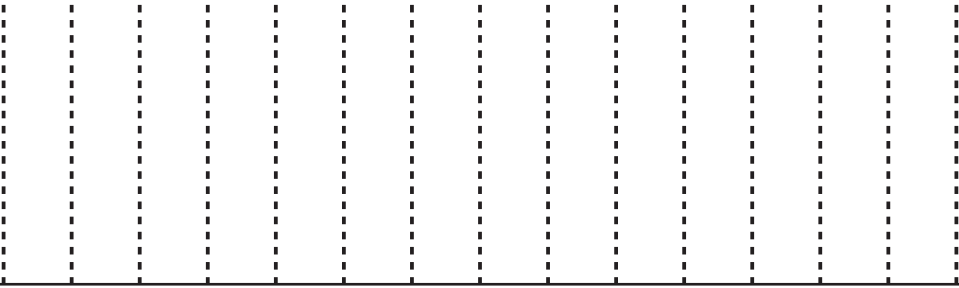


STEP TEN: Continue to look after your weaving, making sure to water it to keep it damp, and wait for it to grow. Once your peas start to sprout you've successfully grown your first living textile!

We'd love to see photos of your creations! Send them to us at:
www.readers.aquila.co.uk/aquilanauts/your-letters



cut along dotted lines



cut along dotted lines

