

STITCH FEST ZINE

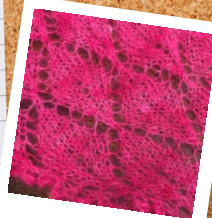
AUGUST 2021

Just 15
WEEKS
to go!

See inside for
last issue's
winners
exhibitor news,
giveaways,
crossword,
fascinating
facts,
and exhibitor
news

Remember to
book
lace knitting
workshop!

"Have you heard?
You can book
tickets now!"



2021



STITCH FEST SOUTH WEST



STITCH
FEST
ZINE

Hi! Here we are with the next issue of the Stitch Fest zine ... Show tickets are now on sale along with workshop places and you will find the workshop timetable on page 2 to bring you up to speed on what's available. Do book

soon as places of some workshops sell out very quickly!

Also in this issue we look at wool alternatives in the yarn industry, we give Steph from Perran Yarns a grilling, we hear from Jen up at Fernhill Farm and heaps of exhibitor news in there too. Check out your horoscope on page for a bit of fun too!

Last issue winners of the Woolly wordsearch were:

-Kathy Brooke

-Ruth Day

-Carol Lott

Well done! We'll be in touch by email to sort your tickets out!

Enjoy the zine!

See you soon.... Saj x



THIS WAY



Stitch Fest 2021 Workshop timetable

SATURDAY 6th NOVEMBER

	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	5.30pm
SILKS		Needle felted sheep with Lynne Dewberry £32		Solar Dyeing with Caroline Bawn £25		Intro to Drop Spindle with Angela Barrow £32		Make a Chunky Snood with Jen Hunter £32		
WINNING POST			Nuno Felt Scarf with Carolyn Ballard £56		Amigurumi Bear with Sharon Carter £15		Acid Dyeing with Lola Johnson £45			
CLEVE			Dorsel Buttons with Jen Best £20				Knitting How Tos... with Debbie Munro £15			
LINDHAY			Beginners Crochet with Diane Stewart £12				Felt a Dartmoor Postcard with Tracy Bartlett £25			

SUNDAY 7th NOVEMBER

	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	5.30pm
SILKS		Lace Knitting with Debbie Munro £20				Natural Dyeing with Caroline Bawn £40			Spindle basics with Jen Best £14	
WINNING POST			Dyeing Gradients with Lola Johnson £25		Flit Crochet with Diane Stewart £15				Weave a Tuffet with Jen Hunter £42	
CLEVE			Tunisian Crochet with Sharon Carter £25				Circular Tapestry Weaving with Chriss Hart £32			
LINDHAY		Wet felted soap with Tracy Bartlett £9		Felted Brooch with Amanda Critchlow £25				Felted Beads & Buttons with Sherril Olive £18		

Vegan and Vegetarian Yarn fibre choices

This month we ask... "What if you don't wear wool for ethical, allergen or moral reasons?"

Bamboo

Bamboo has become the new "ideal" fibre. It is cool in summer, warm in winter, antimicrobial and can be spun into yarn, thread and fabrics. Yes, all that is true, but it's not always the easy swap you would hope for. Bamboo, as a crop, grows very fast and doesn't require pesticides, so it



Is bamboo as sustainable as you hope?

sustainable in that respect. It takes less water in its agriculture than cotton and provides a cash crop for many subsistence farmers, particularly in China. (Here comes the....) BUT deforestation is becoming a major problem in the far east as more and more forest is cleared to grow bamboo and other subsistence crops. In turn, this deforestation leads to soil erosion and a greater risk of flooding, as well as a reduction in the number of oxygen producing trees. Bamboo is a very tough plant which takes a lot of processing to produce the soft, silky and lustrous fibre we think of as bamboo yarn. (Linen is the same...) The processing of bamboo to yarn takes chemicals which may then be dumped in the local water sources by unscrupulous manufacturers. This obviously creates a serious environmental problem and negates the benefits of using bamboo in the first place.

However, there are manufacturers who use a "closed loop" system and recycle and reuse the chemicals. Look for the names ® Tencel and ® Lyocel which use this system to be sure your yarn choice has been produced sustainably. It should be clearly marked on the label, or ask the yarn shop. ®Tencel and ®Lyocel also use fibre from Eucalyptus trees in the same closed loop system.

Cotton

Cotton is known to be a thirsty crop, and this makes it a less sustainable choice, especially as it grows best in areas of the world where water is in short supply. Cotton is also often farmed with the use of pesticides and fertilisers to increase the crop. These toxic chemicals then leak into the water supply with resulting problems. Eco-farmed cottons don't use chemical pesticides or fertilisers but still need a lot of water. Ideally, this water is collected stored rainwater for irrigation. Look for organic cotton yarn, and also Fairtrade yarn which ensures the workers get paid a fair wage. Recycled cottons are becoming more popular and may be worth considering. Have a look at whether the cotton was produced organically in the first place and whether the creating of the yarn as a secondary recycled product involved any chemicals or intensive processing. Is it better to reuse these cotton fibres as yarn rather than produce more cotton?



Cotton yarn

What other yarns are there?

Milk cotton yarn uses the Casein protein found in milk to produce a cotton like yarn. However, it takes chemicals like acrylonitrile to create the fibre so these yarns are semi synthetic and may not be a sustainable choice.



Milk protein yarn

Soysilk is made from the waste soy protein residues from soy food production like tofu. (Though issues of deforestation



Soysilk fibre

system which collects and reuses the chemicals. BUT one of the chemicals is formaldehyde which is harmful to health. So the sustainability of soysilk is not clear.

SeaCell yarn is made from brown algae, known as Knotted wrack which is found in the Icelandic fjords. The yarn is formed by dissolving cellulose (from wood pulp) in a solvent, and the seaweed is added. The active ingredient in the process is Lyocell © which stabilises the seaweed extract. It is then spun as a thread (for fabric manufacture) or yarn. It has the soft, silky properties of silk but is a vegan option. This yarn is biodegradable, the manufacturing method follows sustainable practices and it conforms to Oeko-Tex standard 100.



SeaCell yarn from Perran Yarns

Ultimately, a sustainable vegan yarn choice takes investigating and is a personal choice. More vegan, sustainable yarn choices are likely to become available in the future too.

surround Soy growing in the same way as bamboo) The process to manufacture soysilk can be done in a closed loop

Don't forget to knit and wear your Stash Busting Cowl to the show.



You will need...

100g of 4ply and small amounts of contrast colours and 3.5mm circular 50cm knitting needles OR
100g DK yarn and small amounts of contrast colours and 4.00mm circular 50cm knitting needles, a yarn sewing needle

Tension

4ply worked over stocking stitch with 3.5mm needles: 38 st x 34 rows = 4"/10cm
DK worked over stocking stitch with 4.0mm needles: 24 st x 31 rows = 4"/10cm
The cowl is worked in the round, in stocking stitch. (In the round this is knit every stitch.)

Method

4ply instructions in BLACK, DK instructions in RED

4ply: Cast on 160 stitches in MC using a fairly loose or stretchy cast on, join into a round, PM

DK: Cast on 160 st in MC using a fairly loose or stretchy cast on, join into a round, PM

For both yarn weights:

Work 12 rows in the round of stocking stitch. Slip marker at beginning of each round

Then *work 4 rows of k2 MC, K2 CC, carrying yarn behind loosely

Then work 4 rows MC only**

The pattern is from * to **, Repeat 8 times for 4ply, and 6 times for DK.

Then work 12 rows in MC.

Cast off using a stretchy cast off. I used a Russian cast off.

The edges will roll over onto themselves, that's OK!

Russian Cast off method is on our You Tube Gorgeous Yarns channel.

Abbreviations

K – knit
st(s) – stitch(es)
Rep – repeat
MC – main colour
CC – contrast colour
PM – place marker



EXHIBITOR NEWS

BEAKER BUTTON

Jen Best of Beaker Button has written in to us to let

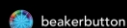
us know that her sixth Dorset button book, Christmas Dorset Buttons, will be published in November. It features 12 Christmas projects to make and there is a Kickstarter campaign running for another few days to funding for the first print run. Please do visit the Kickstarter and support this fab crafty project!

<https://www.kickstarter.com/projects/beakerbutton/christmas-dorset-buttons-by-jen-best>

Christmas Dorset Buttons



New book by Jen Best



Changes are afoot at Perran Yarns! You may know that I have worked as a software developer for the past 33 years, running Perran Yarns alongside in recent years. From September I will be happily dyeing yarns & running my small business full-time!

Coinciding with that is the completion of the Iron & Yarn Shack which my husband has spent every weekend for the last few months building for us. It's a fabulous space split between us; my half for the Dye Studio & my husband's half for his welding & blacksmithing passion discovered during lockdown.

You may have seen the build progress on my Facebook & Instagram accounts; if not then follow @PerranYarns to catch up. I'm so excited to have a fully-functioning dedicated dye studio where I can keep all my supplies & work without interruption; very different to the past 15 years of dyeing in my home kitchen!

I'm thrilled to have found a new supplier of the fine boucle banana yarn; there should be few colourways at StitchFest alongside new knitting and crochet kits, & mini skein sets.

Fingers crossed the show will go ahead - I'm so looking forward to chatting with you all again!

Best wishes,
Steph Thornton

www.perranyarns.co.uk

PERRAN YARNS



UK ALPACA

UK Alpaca is happy to announce our very first range of chunky yarns made from British alpaca fleece in a terrific range of solid and speckled colours, sixteen in all. It is a 3/3Nm, 50m per 50g ball. We are working on patterns with two cowls and an eternity scarf already available, a boyfriend sweater in emerald green and a Christmas stocking almost ready.

Back on the farm in Devon we are coming to the end of the birthing season with just seven more to go. So far we have

17 girls and 13 boys born. Alpacas are a bit different from most farmed animals as they have an eleven and a half month gestation and twins are extremely rare, it is thought about 1 in 60,000 births.

You expect the cria, that's what the babies are called, to arrive in the morning, no night time ordeals with alpacas. They birth, au naturel, in the field and you whizz out, spray the navel and let them get on with life.



www.ukalpaca.com

GORGEOUS YARNS

Gorgeous Yarns offers knitters, crocheters and weavers a range of luxury, hand dyed yarns in a palette of naturally dyed colours. Our yarns are ethically and sustainably sourced, and where possible are organic. I hand dye the yarns with natural dyes from plants; some are grown organically in my garden here in or foraged from the lanes and heathland nearby. Plants give a huge variety of dye colours. Some are bright, bold and vibrant like Calendula, Logwood and Madder. Some are gentle and subtle like black beans, oak galls and aquilegia.

The dye process is environmentally low impact and sustainable; all the dye stuffs are composted after use, I use harvested rainwater, solar electricity and make my own mordants.

I use different dye techniques to produce a variety of effects; from single colour skeins to multi-coloured tonal or contrast skeins. I use solar dye techniques, traditional dye baths and ombre and dip dye effects. Every skein is uniquely beautiful with subtle tones and highlights of colour.

I have developed a selection of natural dye kits so anyone can have a go at naturally dyeing their own skein of yarn using a solar/daylight dye technique or a dye bath technique.



www.gorgeoussyarns.co.uk

On the Farm

Life at Fernhill Farm really does change with the season and since the mad busy lambing months of April and May we have been welcoming party guests back to our farm, in smaller groups than usual but still we get to see incredibly happy faces returning to the Hill, here to enjoy a social weekend around the firepit for a night under the stars.

This means "Tuffets" as there is nothing better than a pure wool tuffet made from raw fibres woven around our specially designed extra-long metal pegs to create the dense Fernhill style tuffet, bum rug, meditation mat or whatever else it ends up described as, most definitely the cat mat!



These are made to order and I am running this workshop at Stitch Fest in November as we have reserved 18 pure Shetland fleeces in all their native colours ready for this workshop – see the line-up to book ...

I really enjoy selecting fleeces for specific projects and do say, "I will have the perfect Fernhill fleece for everyone's needs somewhere – just ask Jen"

True genetic diversity across our commercial flock means we get to see so many variations within the breeds we have here, and no two fleeces are ever

really the same. This is how and why I spend hours discussing and creating yarn and felt batches that are commissioned orders, so we supply the perfect fibre for each project. Each fibre that makes us go “ooh” is usually of exceptional qualities and immediately goes onto our website with full descriptions that include length, crimp, colour and general style such as our bear fleeces that still have their ancient medullated fibres genes within them or perhaps we think that their long lustrous curls are ideal for someone's next felt project!



Listening to fleece feedback has been essential when designing our fibre selling business and if you would like to know more about what we do here, pop the 18th September 2021 into your diary as this will be our next Farm Open Day where we showcase the benefits of Blade Shearing, sell fleece direct from our shearing boards, welcome all sorts of visitors and generally promote all things British and Woolly

We shall also shortly be announcing news about our new WOOL SCHOOL project and Fibre Retreats at our farm – always good to have something to look forward to in the future!

Jen



FERNHILL
FIBRE

www.fernhillfibre.co.uk

All about... Steph Thornton

from Perran Yarns



STITCH FEST: Describe your craft in 5 words

STEPH: Individually hand-dyed beautiful luxury yarns

SF: Who taught you your craft?

S: I picked it up over several years from wonderful people who shared their experiences on tutorials and forums on the internet, alongside many hours of experimenting!

SF: How often do you do it?

S: As often as I can - currently twice weekly - and this is set to increase later this year, yay!

SF: Why do you enjoy it so much?

S: I love to play with colour; you can never be absolutely sure how the dyes will blend in the pot to give a myriad of tones and shades, or how they will look on the huge variety of fibres that I hand dye!

SF: What is your favourite dyeing technique?

S: Kettle-dyeing - dyeing yarns in a pot with dye solutions

SF: What inspires you about your craft?

S: My customers; I love to see what fabulous items they make with my yarns and hear how they enjoy working with the beautifully soft bases.

SF: What luxury item would you take to a desert island?

S: My favourite locally-handmade facial moisturiser (by Niskama)

SF: Tea or coffee?

S: Coffee - but not first thing in the morning.

SF: Favourite or dream holiday destination?

S: Cyprus - I stayed at Ayia Napa many years ago in the Spring before the nightclubs etc had opened for the main season - it was so serene - & I also went from there on a 3-day mini-cruise to Egypt & Israel which was an amazing experience!

SF: Early bird or night owl?

S: Definitely night owl; I hate being woken up early!

Crafty Horoscope

Aries

You are the woolliest of all the star signs! You need to focus on your current WIP and get it finished before starting something else. Then you can really enjoy Stitch Fest and all the choices and products there are.



Taurus

You can be like a bull in a china shop! Slow down, take your time and think carefully before you buy that bright pink yarn.

Gemini

Are you in 2 minds all the time? Why not have both? You know you want to. Let yourself be tempted!



Cancer

You can seem like you have a hard shell, but you are soft inside. Let that show and make something squishy. Seaside colours really suit you!



Leo

You are vivacious and outgoing. Enjoy your creative fibre c joining a local group and make new friends. Why not bring you to Stitch Fest on an outing?

Virgo

Don't be shy, if you love that colour yarn then you must have it! Mix it up a bit rather than choosing the "safe" option and enjoy your craft even more.



Libra

On balance, both your choices are perfect for your project. Why not try them both and then weigh up which looks best? You will know which is right.



Scorpio

Scorpio

Scorpios are known to be resourceful. Now you have used up all your stash, its time to reload and get going again. There's plenty of choice and variety available. Enjoy Stitch Fest!



Sagittarius

You can get straight to the point, like an arrow, and decide which yarn is the best for your project. But be aware, there may be other choices you hadn't considered.....

Capricorn

Does your current project feel like climbing a mountain as if you are a mountain goat? Perhaps its time to stop and go in another direction with a new project, new fibre and design.

Aquarius

Aquarians are known to be loyal and uncompromising. So you have your favourite yarns and suppliers, and don't vary your choices. Now is the time to stretch yourself a bit and choose something new. Stitch Fest is the perfect location to make those new choices with confidence that you are getting quality and something special.

Pisces

Sometimes you have to swim with the flow, rather than against it. Then you can relax a bit and enjoy the process, the finished project will be just as good, even if it isn't quite what you expected.

**NEXT ISSUE OF THE ZINE IS
DUE OUT FIRST WEEK OF SEPTEMBER
PLEASE SEND ALL YOUR NEWS AND VIEWS
FOR INCUSION TO
hello@stitchfest.co.uk BY MID AUGUST**



November 6th & 7th 2021

Newton Abbot Racecourse
Devon

Tickets and workshops
are now on sale!

Visit the website below to book!

www.stitchfest.co.uk