



Arugula Socks

KNITTING PATTERN

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Getting Started

Materials

- **YARN: RETROSARIA ROSA POMAR'S MONDIM** (shown in #305 (green) and #109 (tan)) or similar fingering weight (size 1) yarn suitable for socks; recommended yarn has a high degree of twist, multiple plies, and is spun from a durable fiber type; see [page 6](#) for size chart and yarn estimates
- **SUGGESTED NEEDLE(S) or size to get gauge:**
 - **NEEDLE A (TOES, HEEL, CUFF):** Size US 0 [2 MM] - in your preferred type for small-circumference knitting (i.e. 32" or longer circular needle for Magic Loop method, set of double pointed needles, or 9" circular needle)
 - **NEEDLE B (STRANDED COLORWORK):** US 1 [2.25 MM] - in your preferred type for small-circumference knitting
- **3 STITCH MARKERS**, 1 of which should be removable/locking
- **TAPESTRY NEEDLE** - for threading lifelines, weaving in ends + Kitchener stitch
- Short length of **WASTE YARN** (~ 10" [25 cm]) and **DENTAL FLOSS** (~20" [50 cm]) - for working heel

Helpful video tutorials

Videos are by the Sweater Collective (1, 4), Andrea Rangel (2), The Chilly Dog (3), KnitPicks (5), Purl Soho (6), and Very Pink Knits (7):

1. **Swatching in the Round:** <https://www.youtube.com/watch?v=2lTyeceScIQ>
2. **Judy's Magic Cast On:** <https://www.andrearangel.com/tutorial-blog/judys-magic-cast-on-andreas-modified-version>
3. **Forethought Heel Placeholder and Setup :** <https://www.youtube.com/watch?v=UY20Gnlvsk8&t=224s>
4. **Tubular 1 x 1 Sewn Bind Off:** <https://www.youtube.com/watch?v=PYNI2xsz6il>
5. **Stranded Colorwork Tips:** <https://www.youtube.com/watch?v=UPos6S1nBEQ&t=75s>
6. **Wrap and Turn Short Rows:** <https://www.youtube.com/watch?v=l3BrIMldO-c>
7. **Kitchener Stitch Grafting:** <https://www.youtube.com/watch?v=Q-jEGCUedOs>

Questions, comments, and copyright

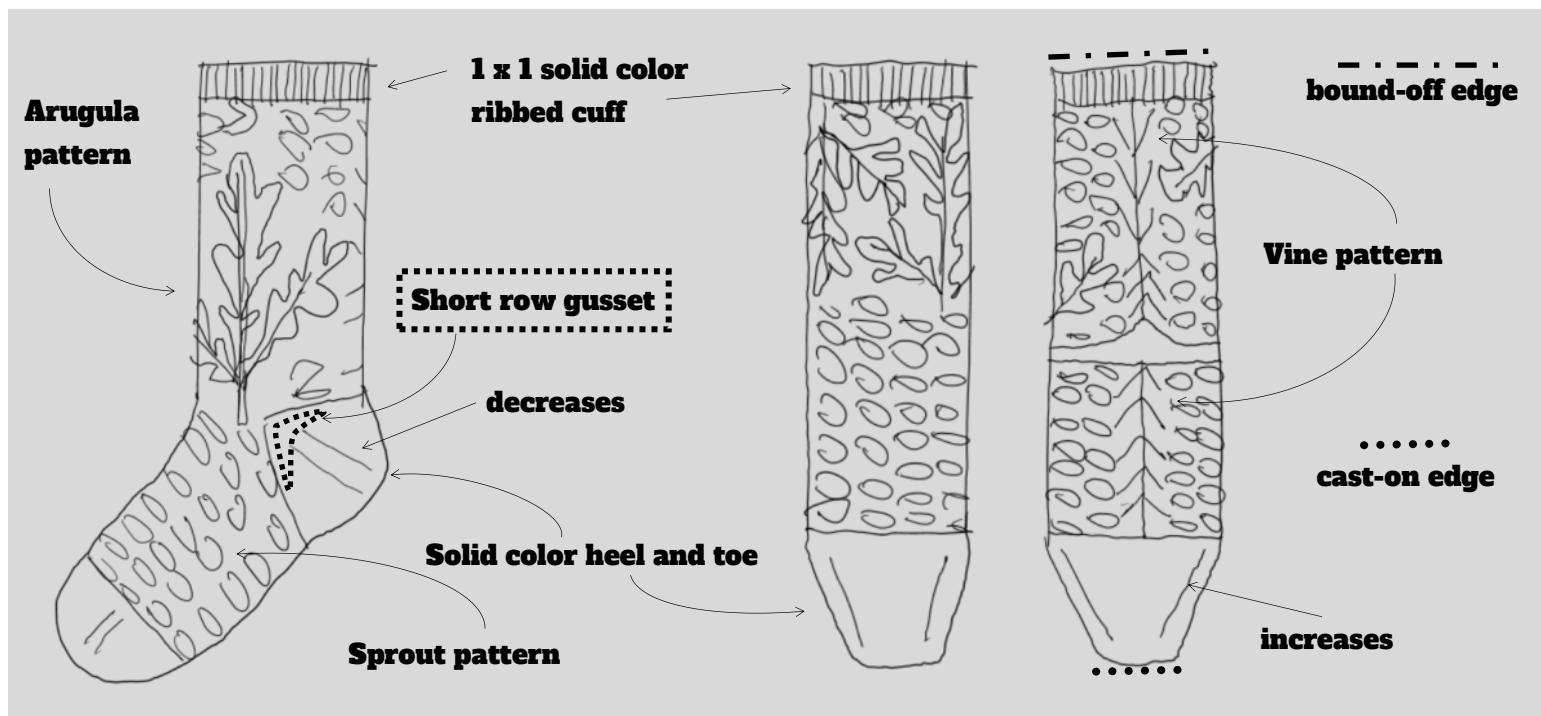
Thank you for your purchase and for supporting independent design! As a small business owner and lover of crafts, it thrills me every time someone uses one of my patterns. I hope it lives up to your expectations, and please contact me at alex@nobletreeworkshop.com with any questions or comments. Even if you aren't happy with the PDF, I want to hear that too. My goal is to pack as much fun and value into these as I can.

Please note that the contents of this pattern, including the design itself, the images, illustrations, text, logos, charts, and overall work product are my personal intellectual property and are protected by copyright. Please don't distribute this pattern or the projects you create while referencing it for resale or share the PDF. I know it's tempting to pass it along to friends and family, but I am trying to support my family and selling these patterns (and handmade items created from them) is part of my income. Learn more about me and the inspiration behind this design on [page 43](#).

Thanks for your understanding and happy stitching! Cheers, - Alex



Design Notes

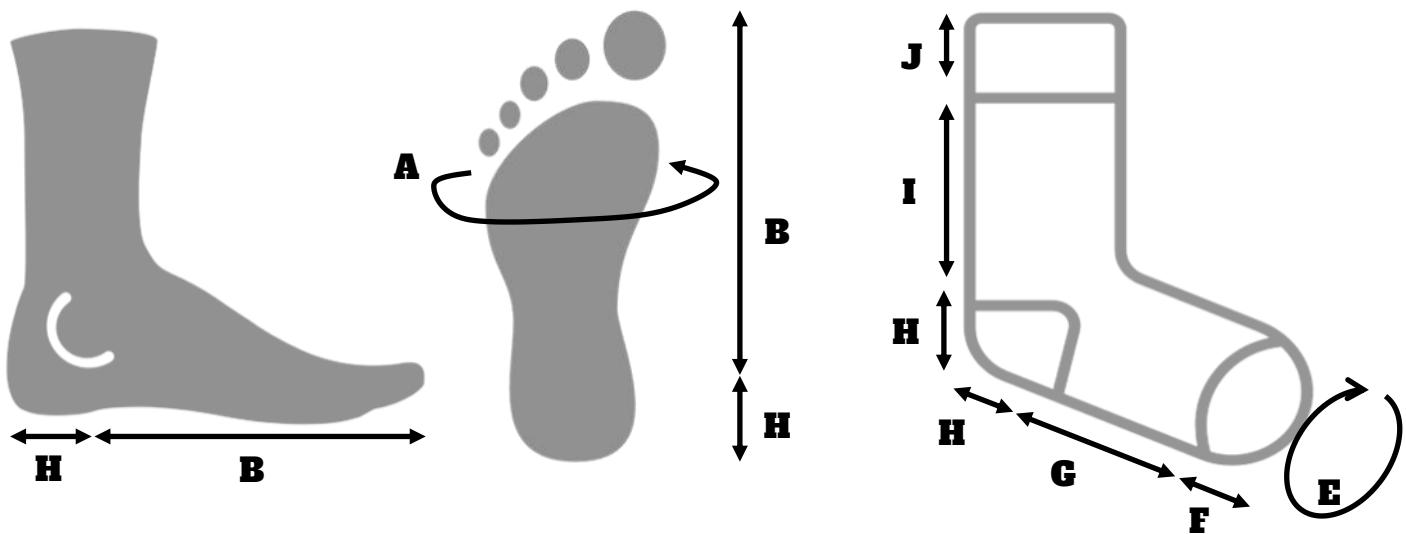


The socks are worked toe-up in the round, starting with **Judy's Magic Cast On**. The toe is knitted in stockinette stitch in a solid color, and increases are added at either edge of the toe on both sides, creating a wedge shape. Once the toe is the desired depth, a second color is added and the fun really begins.

The foot and leg are a straight tube knit in stranded colorwork over stockinette. The foot pattern is made up of a 10 row "sprout" repeat, mimicking young plants just emerging from the soil. The repeat is worked until the foot is the desired length minus the heel. The leg section then switches to a large-scale arugula leaf pattern, with the sprouts from the foot section filling the background. A simple vine motif also runs along the center bottom of the foot and up the back of the leg. *Two charts are provided for each size, so the second sock can be a mirror image of the first, if desired.* The top of the sock is finished with a short, 1x1 ribbed cuff, and bound off using the **sewn 1x1 tubular method**, which produces an invisible, elastic edge.

The heel is worked as a "forethought heel," which is identical in construction to the "afterthought heel." Both of these styles are knitted as a wedge shape with decreases, and are worked after completing the rest of the sock. The difference is using waste yarn to mark the placement of the heel while knitting the foot/leg vs. cutting the opening afterwards. The benefit of this method is to streamline picking up the live stitches. The heel is finished by grafting using **Kitchener stitch**. This pattern also incorporates a modification to the standard forethought/afterthought heel, by adding **short-row shaping gussets** to the sides of the heel, in the corner where the heel meets the ankle. The short rows create a small crescent shaped area that fills in between the heel wedge and the sock body, creating an improved fit across the instep. The gussets provide more ease at the crease of the foot and allow for better range of motion than a standard forethought/afterthought heel. Credit for the idea of using the gussets goes to this excellent **blog post** by Susanna Winter of Talvi Knits.

Sizing Guide



The sock is meant to be worn with 0 - 0.5" [0 - 1.5 cm] of negative ease. Select a size based on your personal foot circumference (A). *The stranded colorwork fabric doesn't stretch as much as plain stockinette, so err on the side of sizing up, to ensure you will be able to fit the sock over your heel!* The total length of the sock (F + G + H) is customized by adjusting the length of the midfoot section (G), to reflect your personal forefoot length (B). Obtain your personal forefoot length by subtracting the heel depth of your chosen sock size (H) from the total length of your foot. Yarn estimates are given for each size based on average adult feet, but note that amounts may vary depending on your yarn, swatching habits, foot length, etc.

Sock Size	XS	S	M	L	XL	XXL				
Sized to fit										
Foot circumference (A)	≤ 8.25" [≤ 21 cm]	8.25 - 8.75" [21 - 22.25 cm]	8.75 - 9.25" [22.25 - 23.5 cm]	9.25 - 9.75" [23.5 - 25 cm]	9.75 - 10.25" [25 - 26 cm]	≥ 10.25" [≥ 26 cm]				
Actual Sock Measurement (after blocking)										
Sock Circumference (E)	7.75 " [19.75 cm]	8.25" [21 cm]	8.75" [22.25 cm]	9.25" [23.5 cm]	9.75" [25 cm]	10.25" [26 cm]				
Sock Toe Depth (F)	2" [5 cm]		2.25" [5.75 cm]		2.5" [6.25 cm]					
Sock Midfoot Length (G)	B +/- length of rows needed to end with a complete pattern repeat									
Sock Heel Depth (H)	2" [5 cm]		2.25" [5.75 cm]		2.5" [6.25 cm]					
Sock Total Foot Length (F + G + H)	G + 4" [G + 10 cm]		G + 4.5" [G + 11.5 cm]		G + 5" [G + 12.5 cm]					
Sock Leg Height (I)	5" [12.5 cm] (or to preference using additional pattern repeats)									
Sock Cuff Height (J)	0.5" [1.25 cm] (or to preference)									
Yarn Estimates Color A = toes, heel, cuff, and CC during colorwork Color B = MC (background) during colorwork	A: 220 yds [201 m]; 1.8 oz [52 g] B: 210 yds [192 m]; 1.75 oz [50 g] 1 skein Mondim each	A: 235 yds [215 m]; 2 oz [56 g] B: 225 yds [206 m]; 1.9 oz [54 g] 1 skein Mondim each	A: 250 yds [229 m]; 2.1 oz [60 g] B: 240 yds [219 m]; 2 oz [57 g] 1 skein Mondim each	A: 265 yds [242 m]; 2.2 oz [63 g] B: 255 yds [233 m]; 2.1 oz [61 g] 1 skein Mondim each	A: 275 yds [251 m]; 2.3 oz [65 g] B: 260 yds [238 m]; 2.2 oz [62 g] 1 skein Mondim each	A: 285 yds [261 m]; 2.4 oz [68 g] B: 270 yds [247 m]; 2.3 oz [64 g] 1 skein Mondim each				

Instructions (1/5)

Gauge

Measured after wet blocking.

STOCKINETTE (SINGLE COLOR)

32 sts and 44 rows = 4" [10 cm]
Worked on Needle A

STOCKINETTE (STRANDED)

32 sts and 40 rows = 4" [10 cm]

Many knitters have a tighter stitch gauge when working in stranded colorwork, because the floats in the back tend to pull the stitches closer together. As a result, it's often necessary to go up 1-2 needle sizes when transitioning from a single color to stranded work. Experiment with swatches to ensure you match gauge.

Toe

CAST ON AND SETUP ROUNDS

Stitch counts for each size will be given as follows, unless stated otherwise: XS (SM, MD) (LG, XL) XXL.

Cast on: Using Needle A, cast on 26 (30, 34) (38, 42) 46 sts in Color A using Judy's Magic cast on. The yarn tail will mark the beginning/end of round for now. Rounds begin and end on the side of the sock.

NOTE! The instructions are given using Andrea Rangel's modified version of Judy's Magic cast on, as shown in the tutorial linked on [page 3](#). You can use whatever version of this cast on you are familiar with, but you may or may not need to work half the stitches through the back loop depending on the version you use. Other cast on methods can also work for this sock, but Judy's is recommended because it avoids a stiff seam along the toe.

Round 1 (setup round): k the first 14 (16, 18) (20, 22) 24 sts *through the back loop* (to correct how the sts are mounted on the needle as a result of the cast on), then k the remaining 12 (14, 16) (18, 20) 22 sts.

Round 2: k.

Round 3 (increase round) (place markers): [k2, M1L, k 9 (11, 13) (15, 17) 19, M1R, PM, k2] twice {30 (34, 38) (42, 46) 50 sts}.

MAIN TOE

Round 4: k, SM as you encounter them.

Round 5 (increase round): [k2, M1L, k to M, M1R, SM, k2] twice {4sts added for all sizes}.

Repeat rows 4 and 5 until there are 62 (66, 70) (74, 78) 82 sts. Work even in StSt (i.e. k all sts, no increases) until the toe measures 2 (2, 2.25) (2.25, 2.5) 2.5" [5 (5, 5.75) (5.75, 6.5) 6.5 cm] from the beginning.

After completing several rows, you may wish to weave in the yarn tail to get it out of the way. If you do this, place a removable stitch marker on the outside (RS) of the tube, to mark the start/end of the round.

Midfoot

Once the toe is completed, you will now join Color B and start working in stranded technique, carrying floats of the color not in use across the back of the work between color switches. **KEEP YOUR FLOATS GENEROUS** or it will be hard to get the sock over your heel. Also be sure to maintain color dominance (see video link on [page 3](#) for more on this). To knit the socks as pictured, Color B will be the main color (i.e. background) for the colorwork, and Color A will be the contrast color (i.e. foreground). The colorwork over the midfoot is made up of a 10-row “sprout” chart. You will customize the length of your sock by adjusting the number of repeats completed. Two versions of the chart are given for each size, so the pattern on one sock can be a mirror image of the other, if desired. Charts begin on [page 12](#).

On the next round: Transfer sts to Needle B. Begin Sprout Chart corresponding to your sock size and number. Remove markers placed for toe shaping as you reach them. Work even in StSt over 62 (66, 70) (74, 78) 82 sts, repeating the 10 rows of the chart until the total length of the sock matches your personal forefoot measurement (see [Sizing Guide](#)) as closely as possible. Be sure to complete a full chart repeat (i.e. end with row 10 of the chart).

Leg

Once the midfoot is completed, you will insert waste yarn and lifelines over the back of the sock as a placeholder for the heel. The heel will be worked last, after the other portions of the sock are completed. See the forethought heel photo tutorial on [page 36](#) and video link on [page 3](#) for help inserting the heel placeholder.

Once the placeholder is inserted, you will continue with the 51-row Arugula Chart for the leg.

HEEL PLACEHOLDER

On the next round: Begin Arugula Chart. Work the first 31 (33, 35) (37, 39) 41 sts (half the sts, “instep sts”). Reset knitting needles so you are ready to work the remaining half of the sts (“heel sts”). Break Color B yarn, leaving a tail to be woven in (see * below for explanation).

Insert lifeline 1: Thread a piece of dental floss ~10” [25 cm] long onto a blunt tapestry needle. Insert the tapestry needle from right to left into each of the heel sts, bringing the dental floss through each st. Do NOT remove the sts from the knitting needle as you do this! Make sure the floss is only passing through the loop of the st that is on the knitting needle, and is not catching any part of the rows below. Pull the floss so sts are centered, and let rest.

Work heel sts: Cut a length of waste yarn ~ 10” [25 cm] and use this to k across the 31 (33, 35) (37, 39) 41 heel sts. Leave the tails on the outside of the sock. Transfer heel sts just worked in waste yarn from the righthand needle BACK to the lefthand needle, so they are ready to be worked a second time. K the heel sts again using Color A. Be careful not to snag the lifeline as you knit. The lifeline should stay situated along the bottom of each st loop.

* *Note! It is important to work these sts in a single color (color A) only, or the process of picking them up for the forethought heel will be disrupted by the color switches. That is why color B was broken before working the heel sts.*

Insert lifeline 2: thread floss through the heel sts just worked in color A, in same method as the first lifeline.

Leg (continued)

MAIN LEG

On the next round: Rejoin Color B and continue until all 51 rows of the Arugula Chart have been completed.

If you would like to make the sock taller: I recommend using the Sprout Chart and working repeats until the sock is the desired height. If you do this, begin the Sprout Chart on Row 5, and continue the vine motif as established. Finish the vine as in Row 51 of the Arugula Chart, once you're ready to begin the cuff.

CUFF

Round 1: Break Color B and leave a tail for weaving in. Transfer stitches to Needle A and k 1 round using Color A.

Round 2: K1 p1 to end. Continue in k1 p1 ribbing until cuff measures ~0.5" [1.25 cm] or desired height. Bind off using your preferred stretchy method. The tubular 1x1 sewn bind off is recommended (see tutorial [page 38](#)).

Heel

SETUP

You will begin the heel by removing the waste yarn and retrieving the live sts held by the lifelines. Check out the photo tutorial on [page 37](#) and the video link on [page 3](#) if you need help. Once the live sts are picked up, you will begin knitting the heel in the round.

Flatten the sock tube with the heel side facing up. Using a blunt end tapestry needle or small spare knitting needle, carefully pick out the waste yarn, revealing live stitches to either side. The live stitches will be held by the lifelines you inserted, so don't worry about them being dropped. Next, using Needle A, insert your knitting needles into the st loops held by the lifelines, arranging the sts as needed to work in the round. Remove the lifelines by pulling one end and sliding them out. You are now ready to begin working the heel. Each round will start and end in one corner of the heel. ***Relocate the removable st marker placed earlier while knitting the leg so it's now just below the first live st, to mark the start/end of the heel round.*** To avoid forming a gap in the corners of the heel, you will now pick up an additional st at the start and end of each half of the heel (i.e. 2 sts in each corner) and k those stitches together with their respective adjacent live sts. See [page 37](#) for photos. Work as follows:

Round 1:

*Pick up the bar between the first st on the lefthand needle and the adjacent st (to the right) in the knitting and k it together with the first st on the lefthand needle. You have just knit 1 out of the 31 (33, 35) (37, 39) 41 sts in this half of the round. Next, K 29 (31, 33) (35, 37) 39 sts (i.e. k to 1 st before the end of half the round; 1 live st remains on the lefthand needle). Slip the last st on the lefthand needle onto to the righthand needle. Now pick up the bar leading off that st into the adjacent st (to the left) in the knitted fabric and place that bar onto the righthand needle. Now knit these two stitches together *through the back loop.** You have now knit all 31 (33, 35) (37, 39) 41 sts in this half of the round.

Repeat the process (* to *) over the sts in the second half of the round. You have now completed Round 1.

Heel (continued)

SHORT ROW GUSSETS

To improve afterthought heel fit, you will now create small crescent shaped areas in the corners using short rows (see photo). You can use any short row method you like, but instructions are written using “wrap and turn” style short rows. See photo tutorial on [page 39](#) and video link on [page 3](#) for help.



Rounds 2 and 3: k.

Round 4 (Short Row Round): This full round of circular knitting will actually contain multiple rows worked flat (i.e. back and forth) over a subset of the sts (“short rows”) on each side of the heel. Note that on WS rows, this means you will be working with the inside of the tube facing you.

First you will work the short row gusset on one side of the heel, then you will k across to the other side, and complete the second short row gusset. Then you will k across to finish the round. All together this will form Round 4 of the heel. Work as follows:

GUSSET 1

***Row 1 (RS):** k3, W and T.

Row 2 (WS): p6, W and T.

Row 3 (RS): k to 2 sts past previous wrap (work the wrap together with the st as you encounter it), W and T.

Row 4 (WS): p to 2 sts past previous wrap (work the wrap together with the st as you encounter it), W and T.

Repeat rows 3 and 4 2 (2, 3) (3, 4) 4 times more, so that you’ve created 4 (4, 5) (5, 6) 6 wraps total on each side of the gusset.*

On the next row (RS): k 43 (45, 50) (52, 57) 59 sts (i.e. k to the start of the other side of the heel).

GUSSET 2

Repeat from * to *.

On the next row (RS): k to end of round, i.e. to the removable st marker you placed earlier. Work the remaining wraps together with their sts as you come to them (in this and the following round), so all W and T’s are resolved.

On next 0 (0, 2)(2, 5) 5 rounds: k.

Begin heel decreases (next page).

Heel (continued)

HEEL DECREASES

Setup round (place markers) (decrease round): [k1, ssk, k 25 (27, 29) (31, 33) 35, k2tog, PM, k1] twice {4 sts decreased; 60 (62, 66) (70, 74) 78 sts remain}.

Round 1: k, SM as you encounter them.

Round 2 (decrease round): [k1, ssk, k to 2 sts before marker, k2tog, SM, k1] twice {4 sts decreased}.

Repeat Rounds 1 and 2 until 26 (30, 34) (38, 42) 46 sts remain.

On the next round: k.

Arrange the sts evenly between the knitting needles and graft together with Kitchener stitch (see video tutorial linked on [page 3](#) for help).

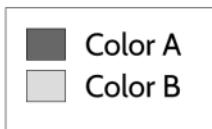
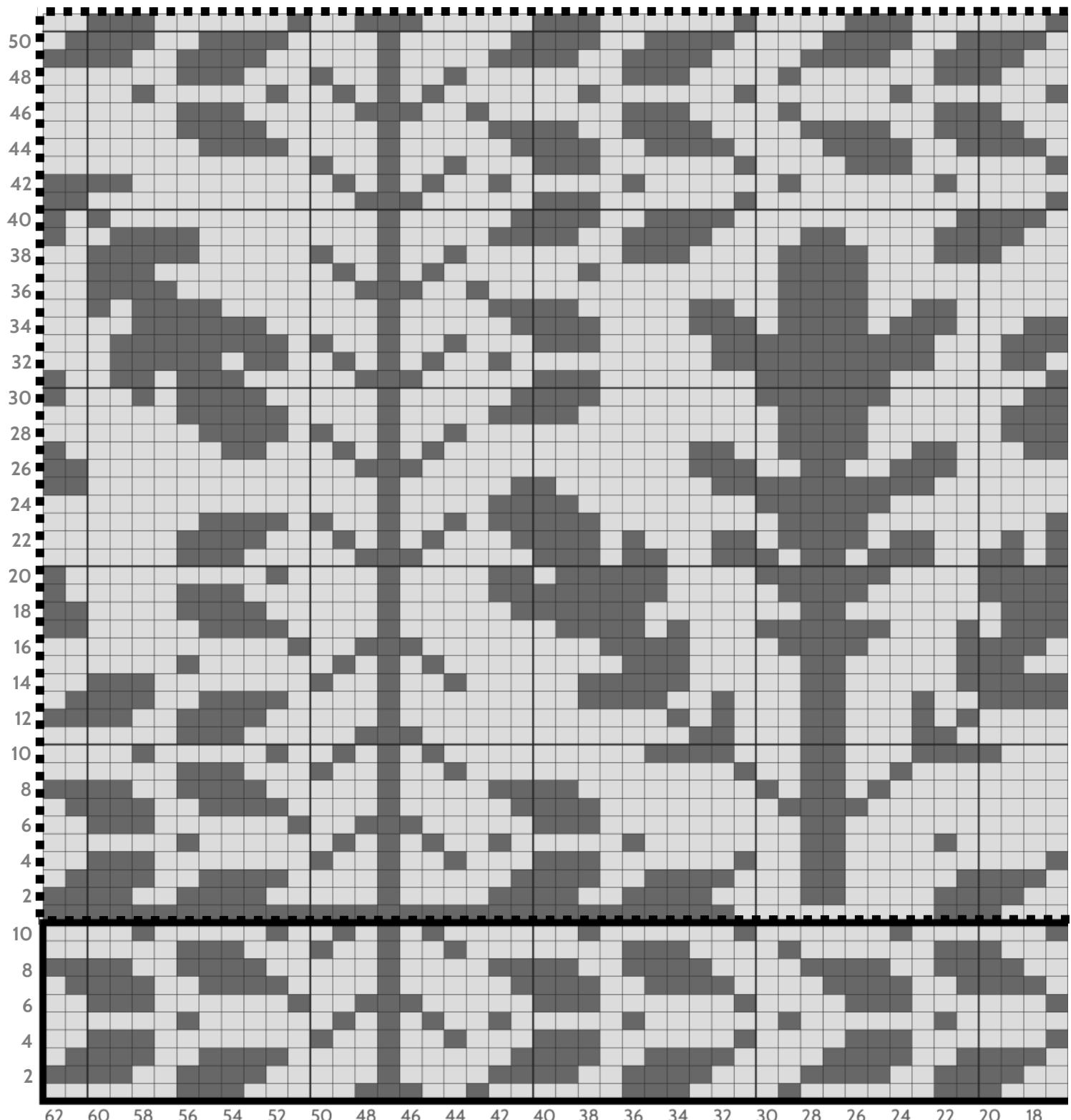
Second Sock and Finishing

Repeat all pattern steps to make sock #2, using the 2nd set of colorwork charts (mirror image), if desired.

Weave in all ends. Wet block using the best method for your yarn. Voila! Enjoy your finished socks.



Colorwork Chart - Size XS - Sock 1 (1 of 2)



Sprout Chart

Repeat to desired midfoot length, ending on a Row 10

Arugula Chart

Complete once for leg

Note: the chart is split over this and the following page; the chart images overlap, so take note of st (column) numbers as you switch between pages.

Colorwork Chart – Size XS – Sock 1 (2 of 2)

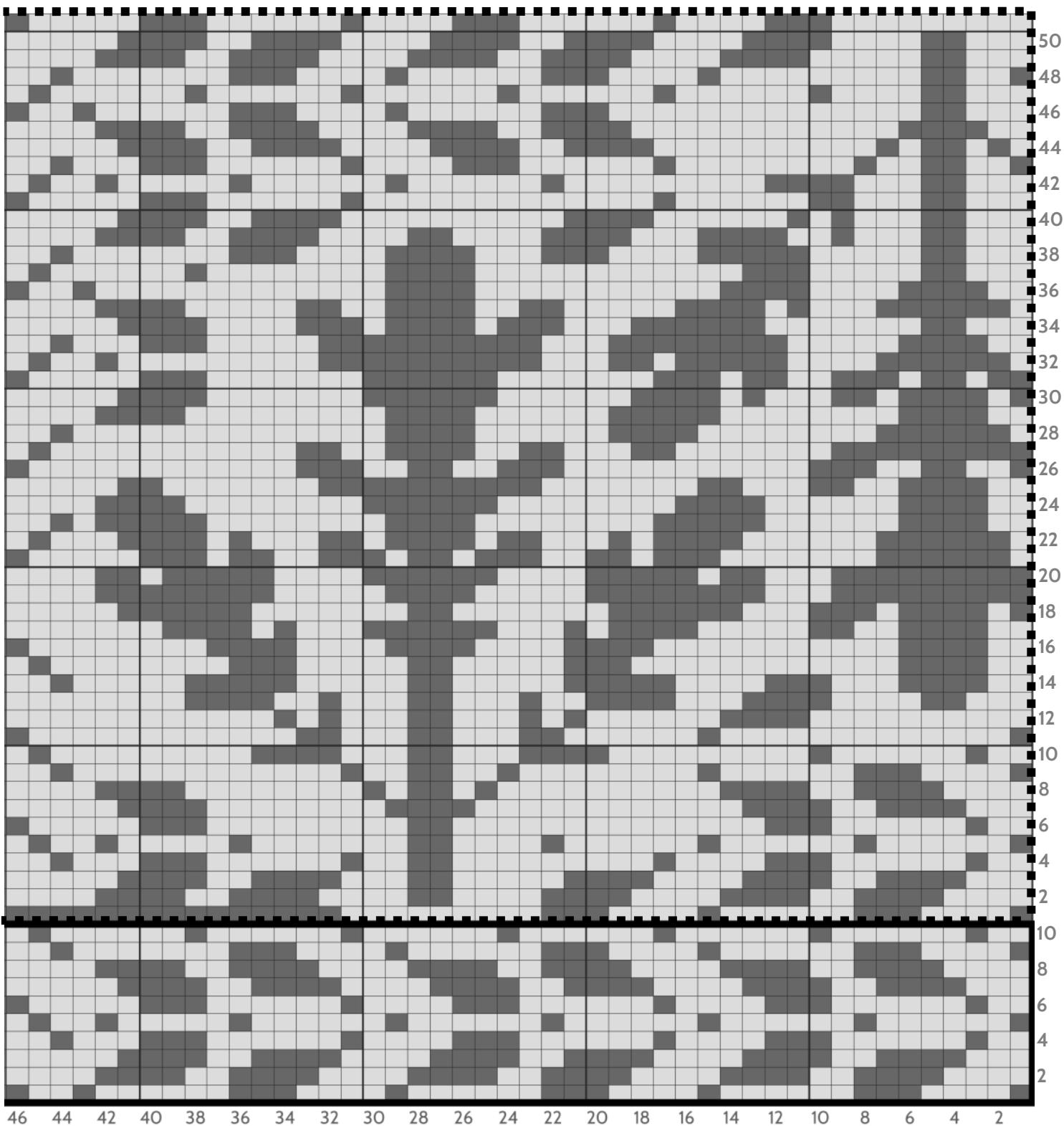
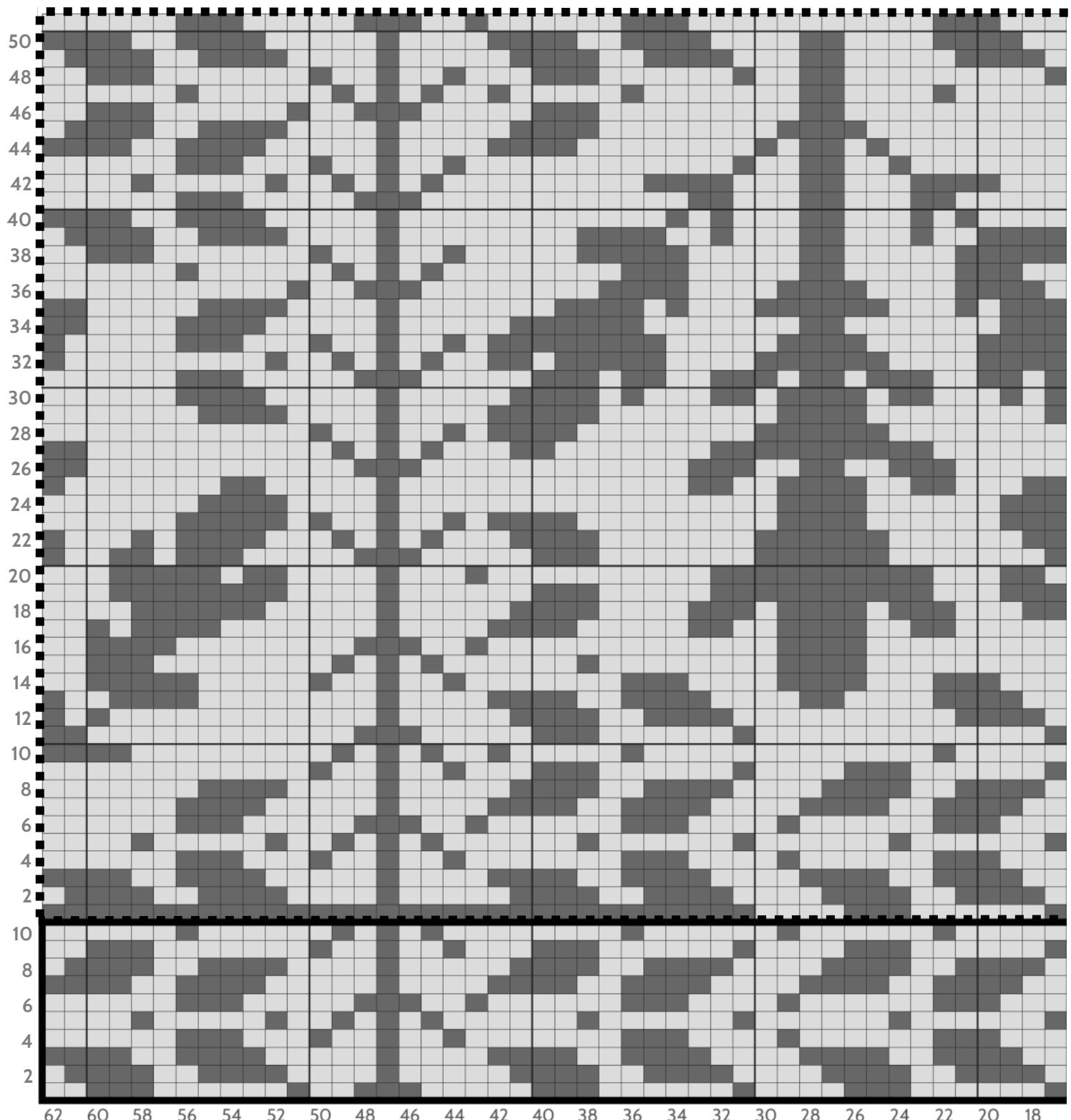


Chart Notes

The sts and rows in the chart are numbered in the order they will be worked: right to left and bottom to top. The row numbering resets between the Sprout Chart and the Arugula Chart. You will work multiple repeats of the Sprout Chart (10 rows each repeat) over the midfoot section of the sock, with the number of repeats depending on your personal forefoot length. After completing row 10 of your last Sprout repeat, you will then complete the Arugula Chart once for the leg of the sock. Note that the second half of the sts in Row 1 of the Arugula Chart are all worked in Color A. This is important to ensure these sts can be picked up to make the forethought heel.

Colorwork Chart - Size XS - Sock 2 (1 of 2)



Sprout Chart

Repeat to desired midfoot length, ending on a Row 10

Arugula Chart

Complete once for leg

Note: the chart is split over this and the following page; the chart images overlap, so take note of st (column) numbers as you switch between pages.



Colorwork Chart – Size XS – Sock 2 (2 of 2)

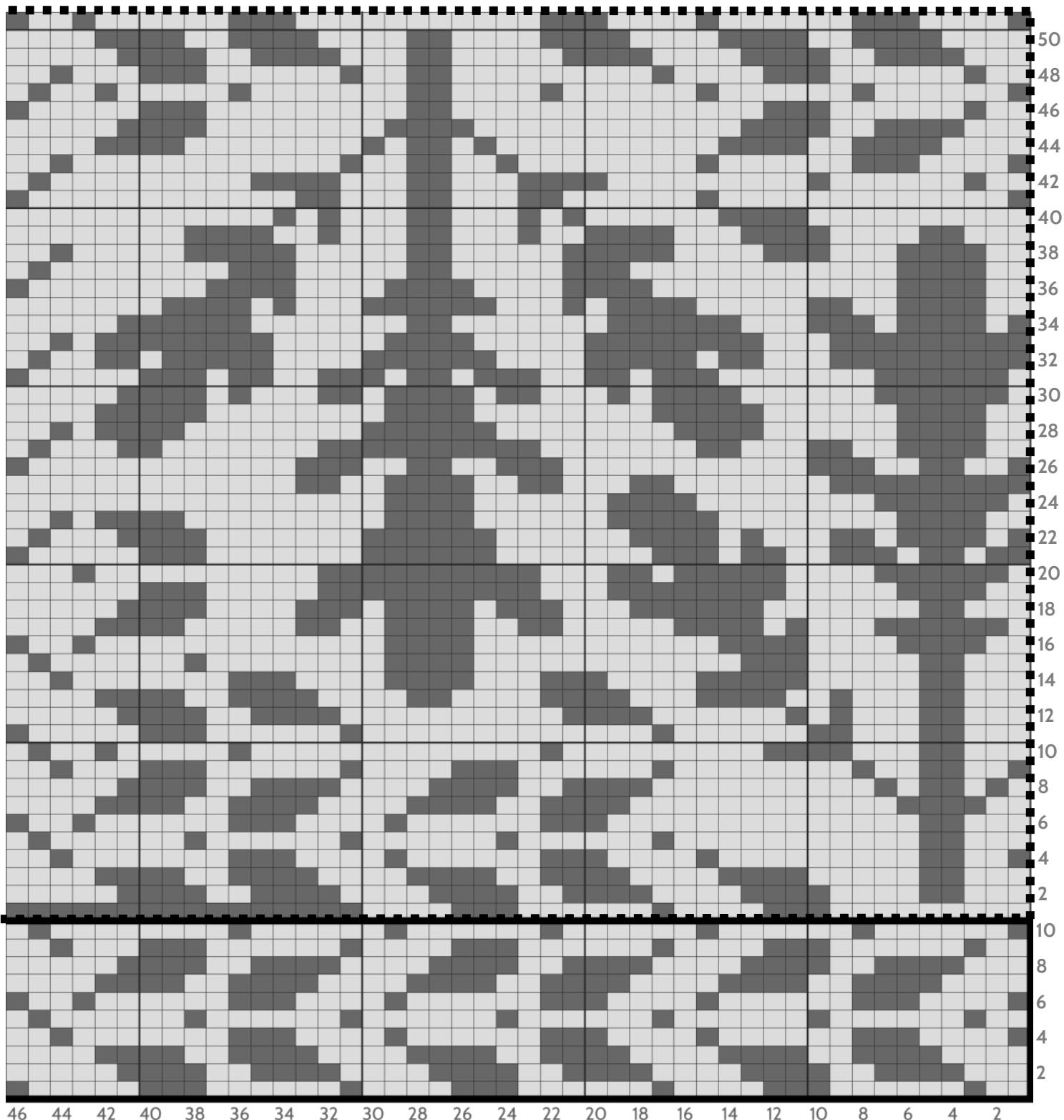
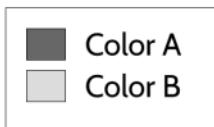
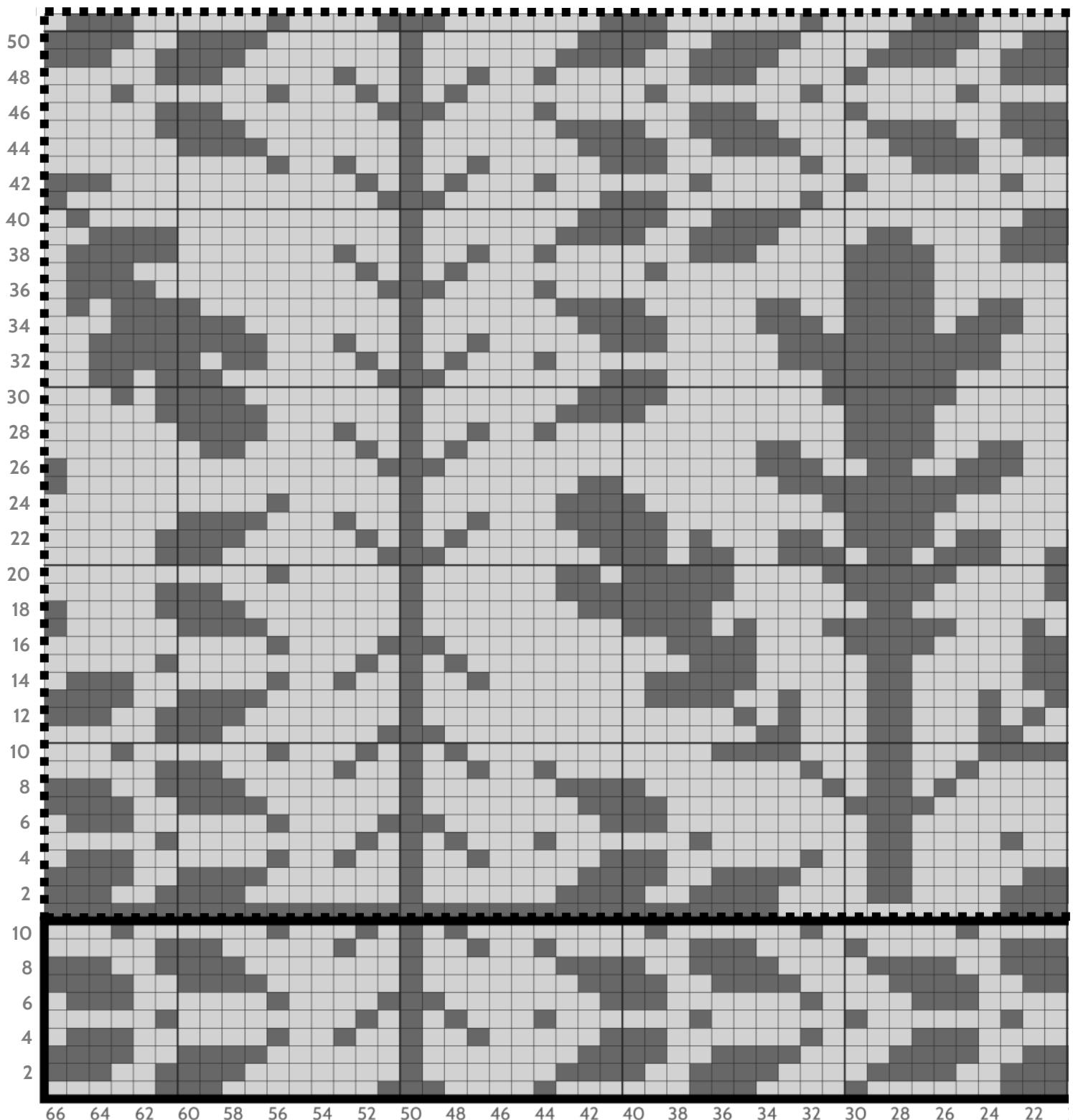


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Colorwork Chart – Size S – Sock 1 (1 of 2)



Sprout Chart

Repeat to desired midfoot length, ending on a Row 10

Arugula Chart

Complete once for leg

Note: the chart is split over this and the following page; the chart images overlap, so take note of st (column) numbers as you switch between pages.

Colorwork Chart – Size S – Sock 1 (2 of 2)

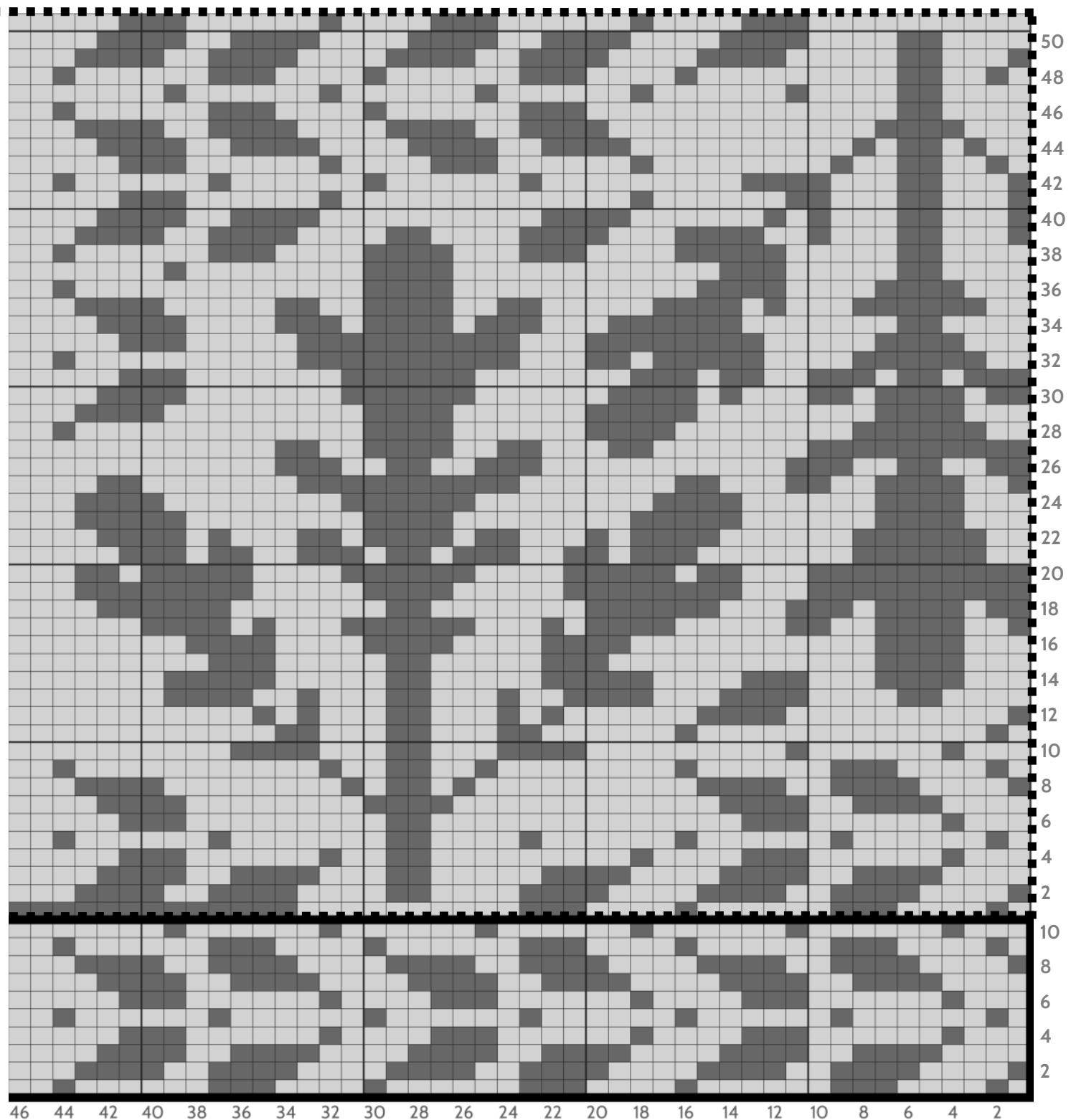
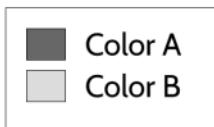
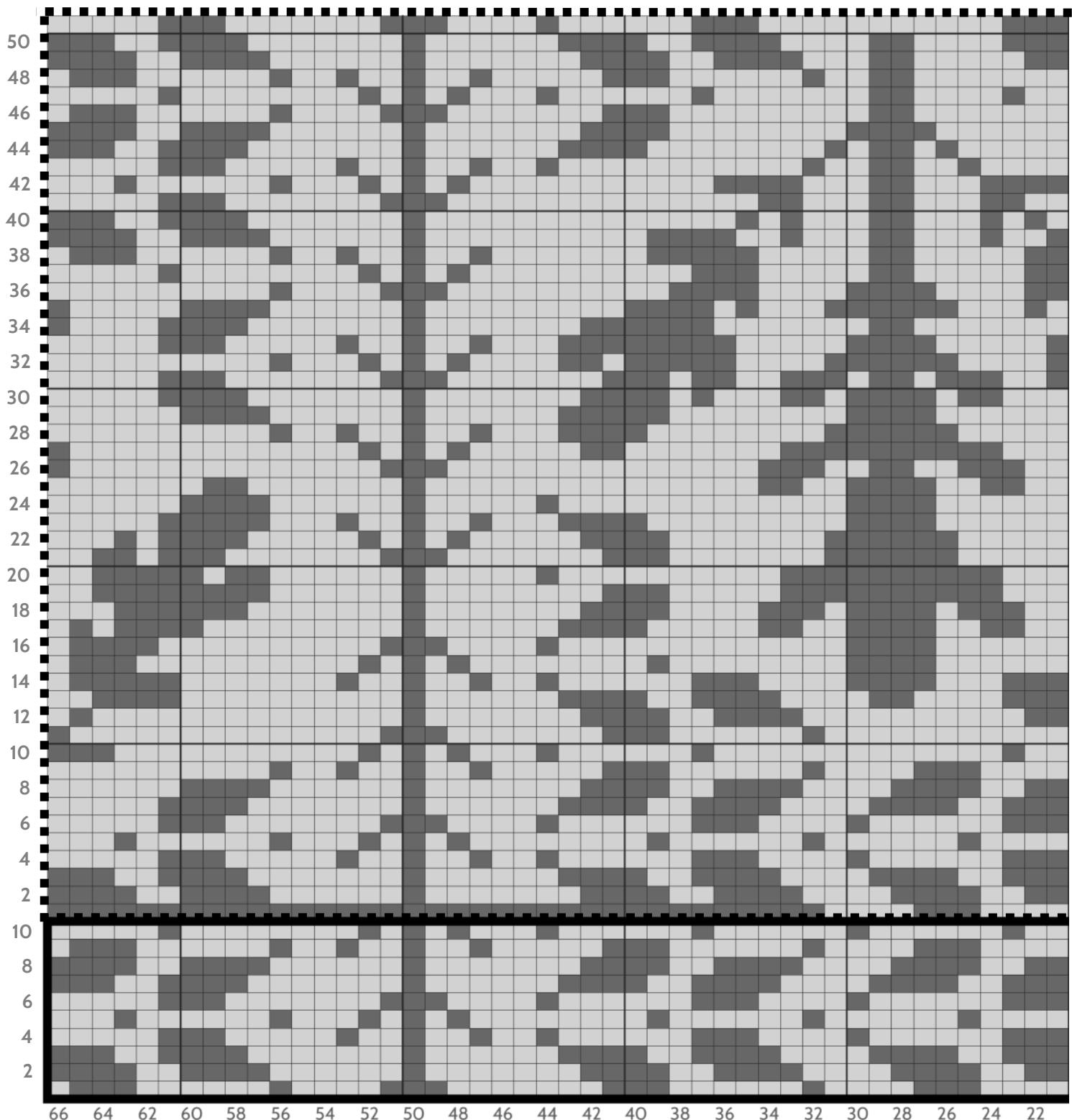


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Colorwork Chart – Size S – Sock 2 (1 of 2)



Sprout Chart

Repeat to desired midfoot length, ending on a Row 10

Arugula Chart

Complete once for leg

Note: the chart is split over this and the following page; the chart images overlap, so take note of st (column) numbers as you switch between pages.

Colorwork Chart – Size S – Sock 2 (2 of 2)

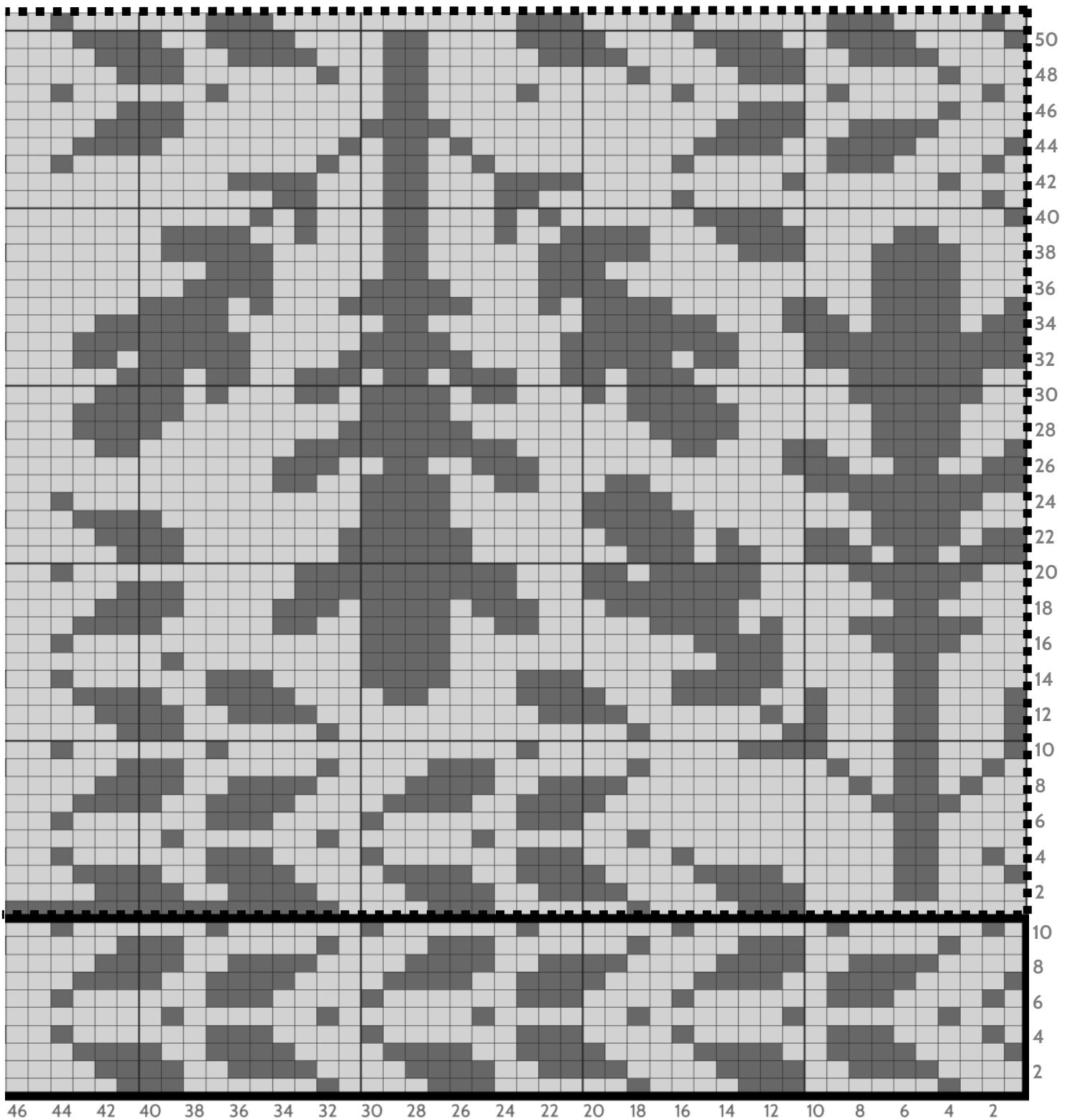
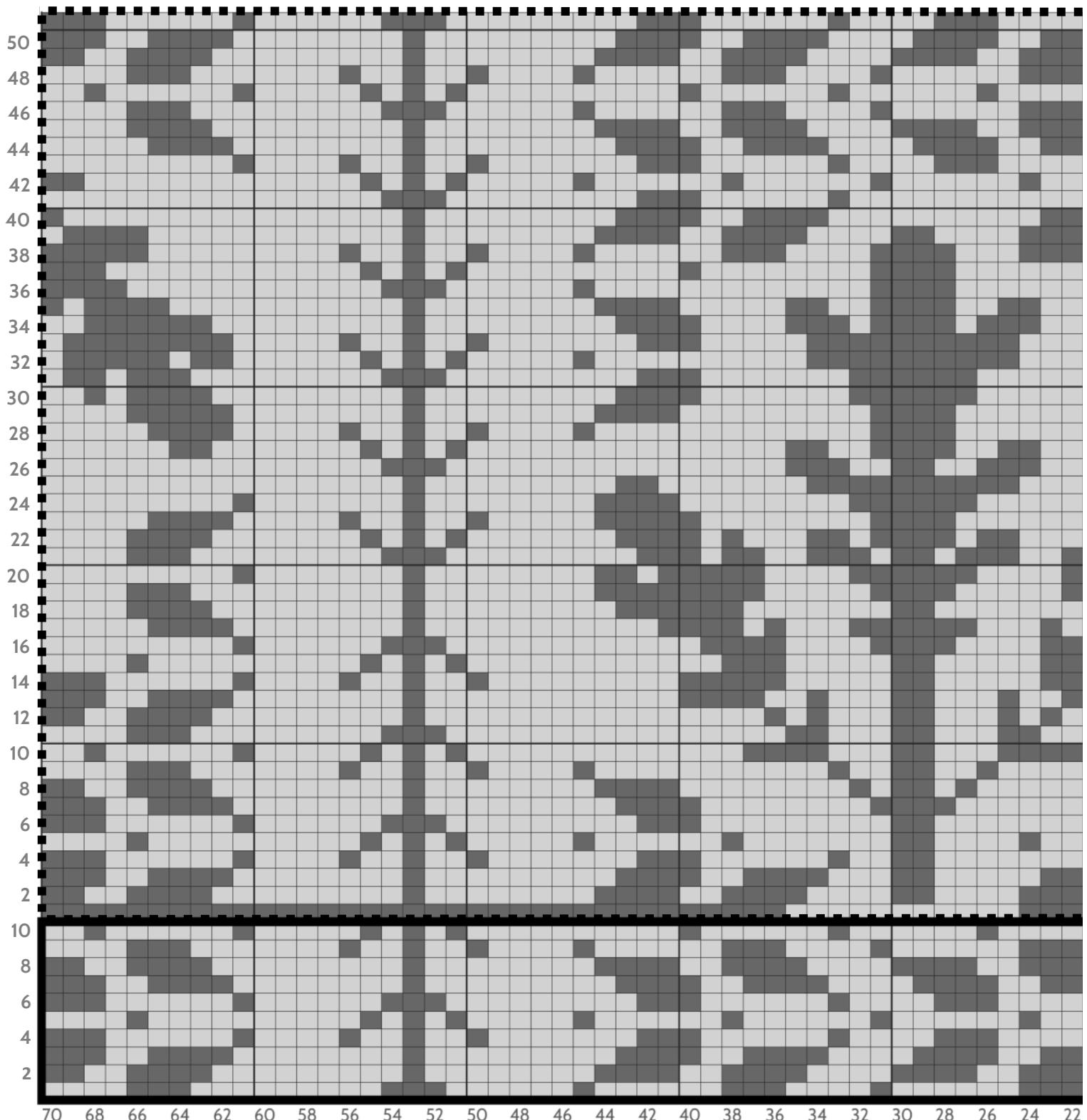


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Colorwork Chart – Size M – Sock 1 (1 of 2)



Sprout Chart

Repeat to desired midfoot length, ending on a Row 10

Color A
Color B

Arugula Chart

Complete once for leg

Note: the chart is split over this and the following page; the chart images overlap, so take note of st (column) numbers as you switch between pages.

Colorwork Chart – Size M – Sock 1 (2 of 2)

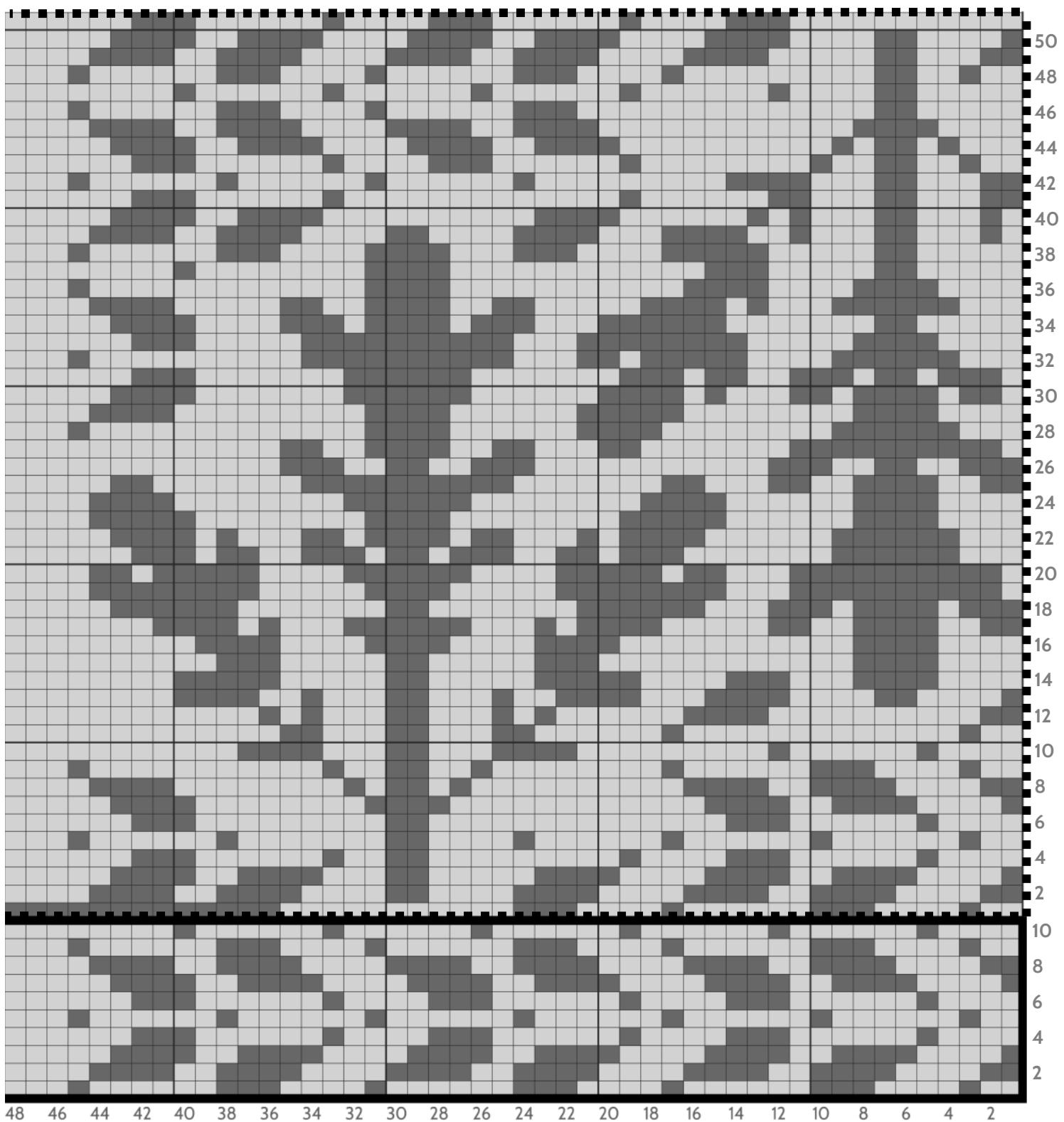
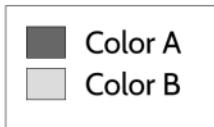
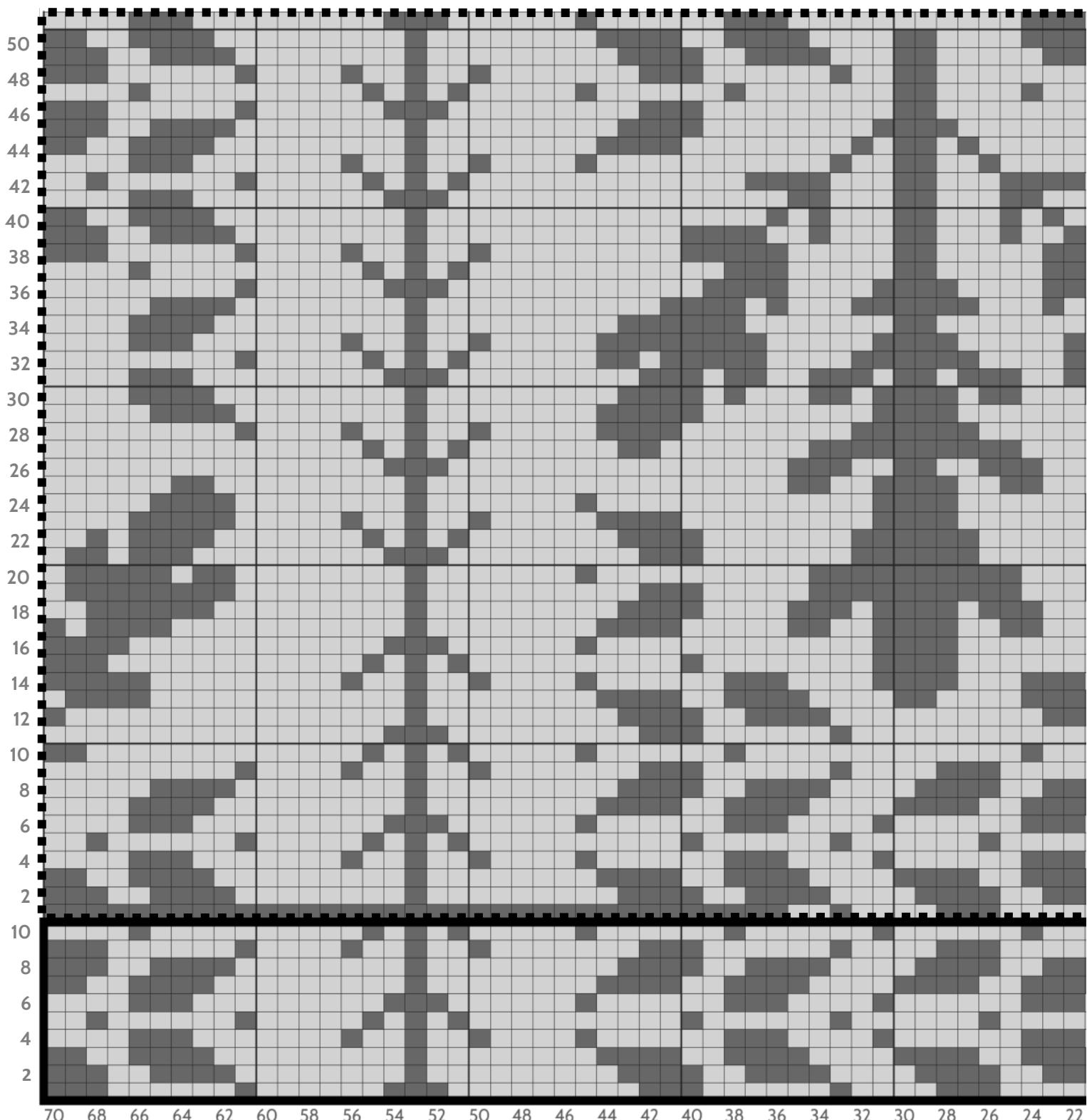


Chart Notes

The sts and rows in the chart are numbered in the order they will be worked: right to left and bottom to top. The row numbering resets between the Sprout Chart and the Arugula Chart. You will work multiple repeats of the Sprout Chart (10 rows each repeat) over the midfoot section of the sock, with the number of repeats depending on your personal forefoot length. After completing row 10 of your last Sprout repeat, you will then complete the Arugula Chart once for the leg of the sock. Note that the second half of the sts in Row 1 of the Arugula Chart are all worked in Color A. This is important to ensure these sts can be picked up to make the forethought heel.

Colorwork Chart – Size M – Sock 2 (1 of 2)



Sprout Chart

Repeat to desired midfoot length, ending on a Row 10

Arugula Chart

Complete once for leg

Note: the chart is split over this and the following page; the chart images overlap, so take note of st (column) numbers as you switch between pages.

Colorwork Chart – Size M – Sock 2 (2 of 2)

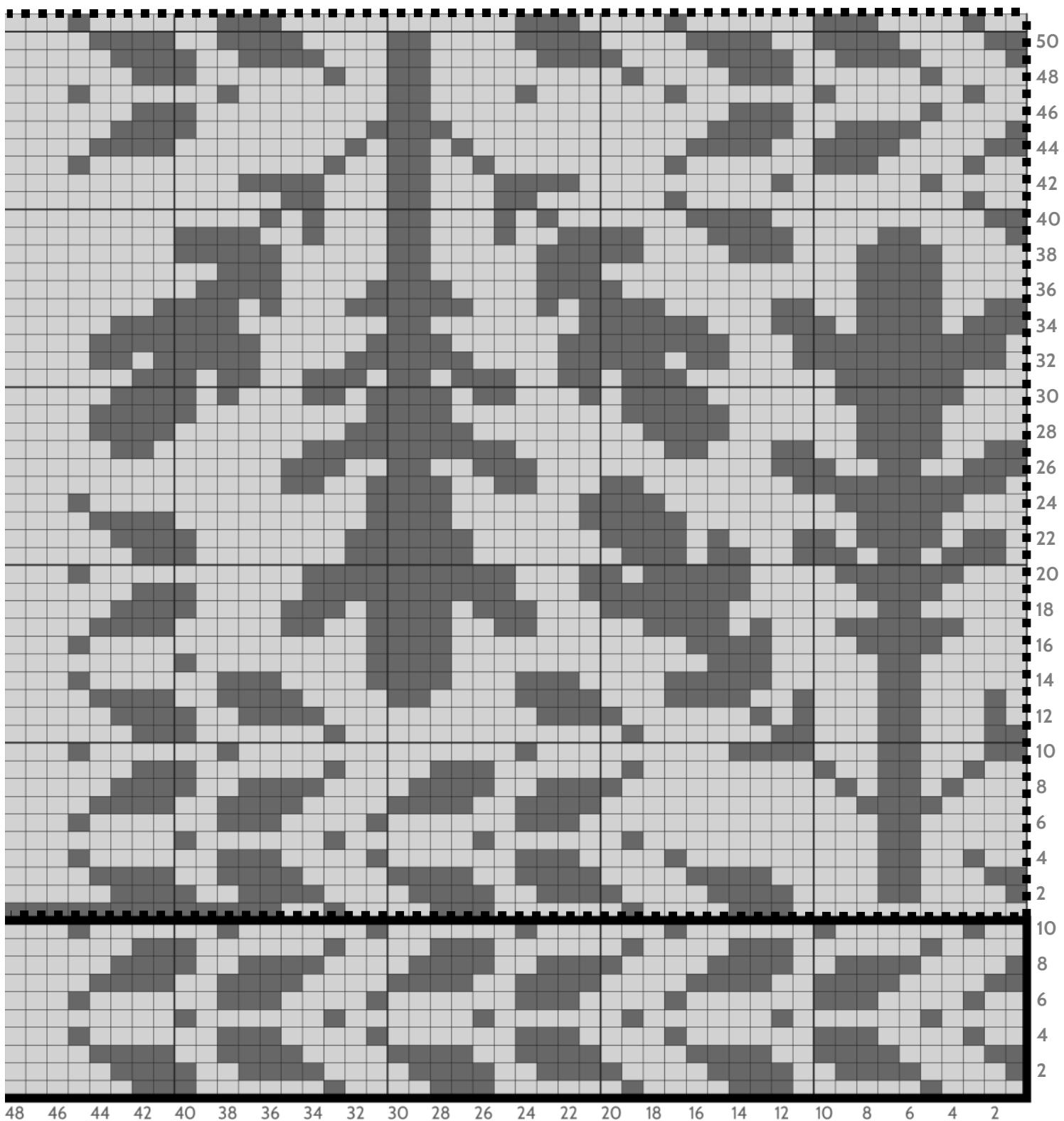
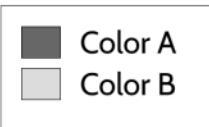
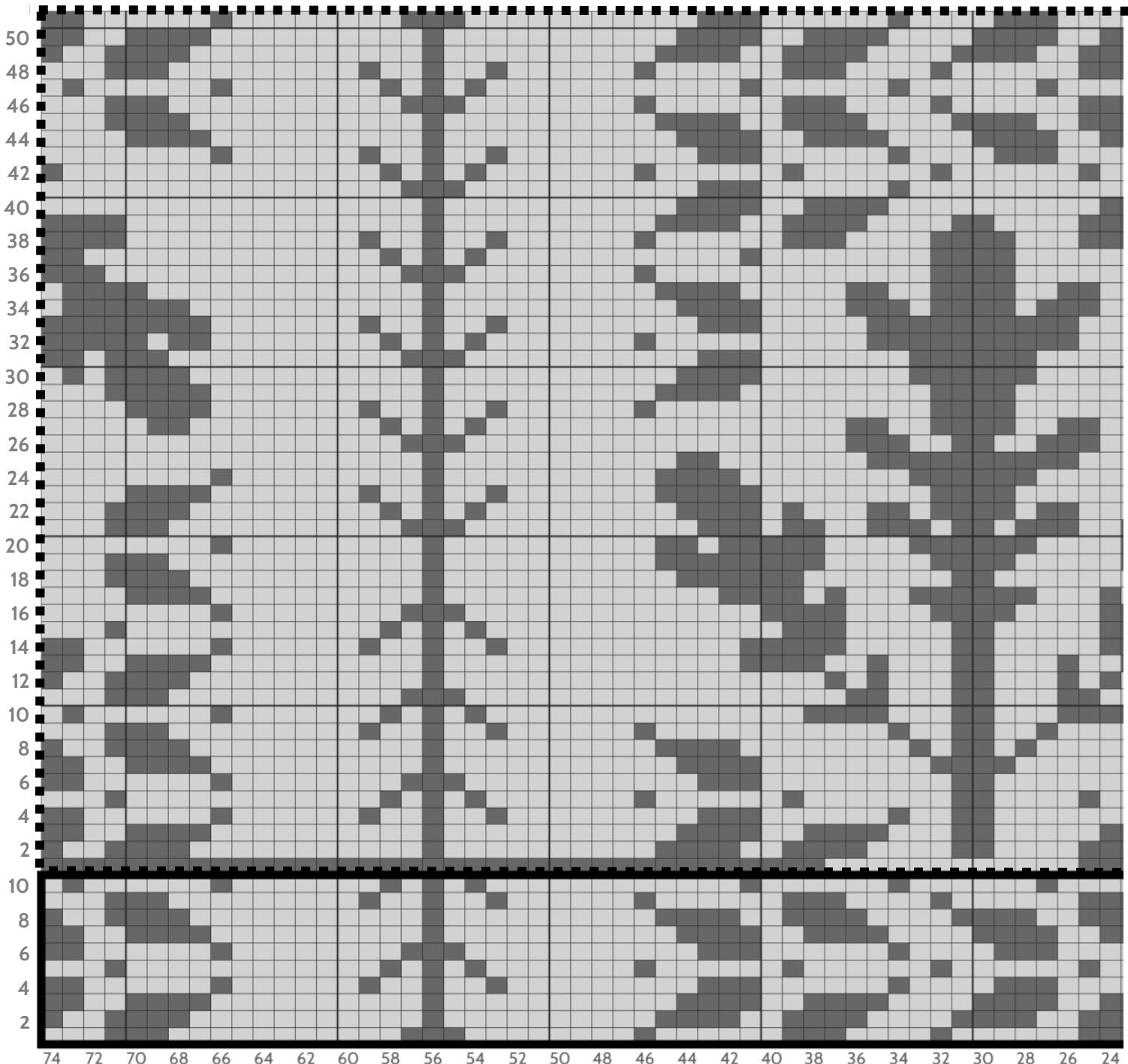


Chart Notes

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Colorwork Chart – Size L – Sock 1 (1 of 2)



Sprout Chart

Repeat to desired midfoot length, ending on a Row 10

Arugula Chart

Complete once for leg

Note: the chart is split over this and the following page; the chart images overlap, so take note of st (column) numbers as you switch between pages.

Colorwork Chart – Size L – Sock 1 (2 of 2)

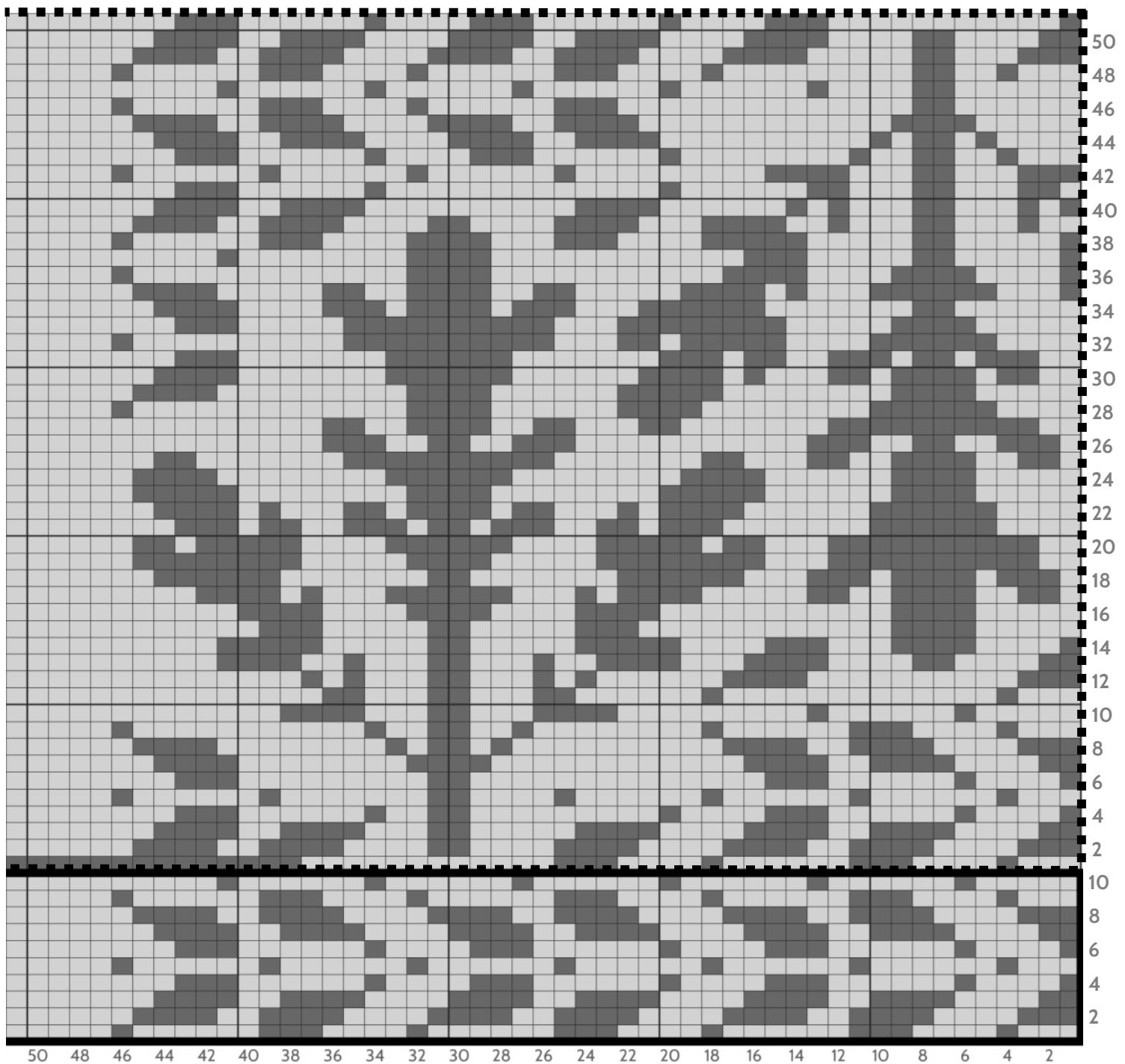
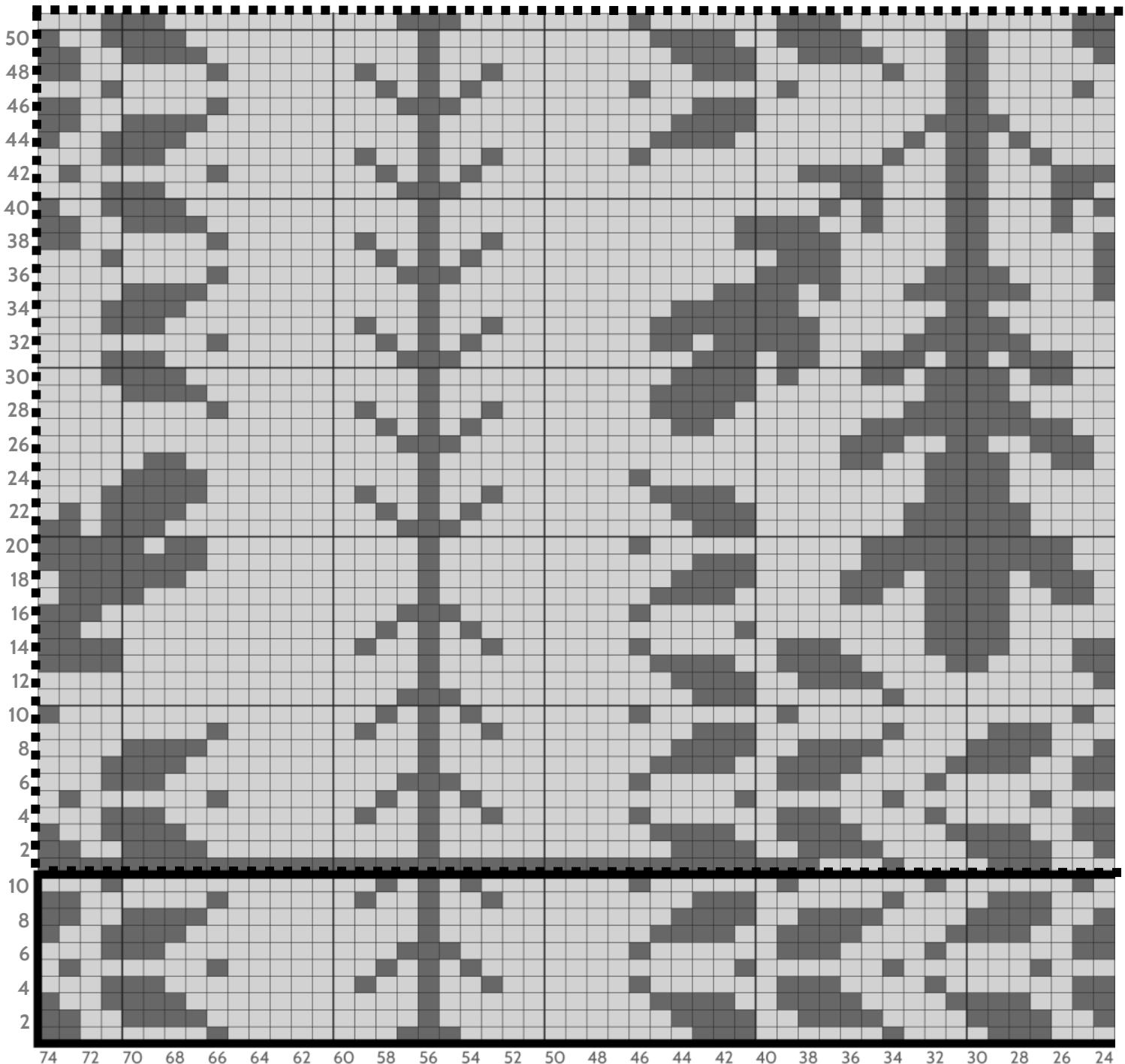


Chart Notes

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Colorwork Chart – Size L – Sock 2 (1 of 2)



Sprout Chart

Repeat to desired midfoot length, ending on a Row 10

Arugula Chart

Complete once for leg

Note: the chart is split over this and the following page; the chart images overlap, so take note of st (column) numbers as you switch between pages.

Colorwork Chart – Size L – Sock 2 (2 of 2)

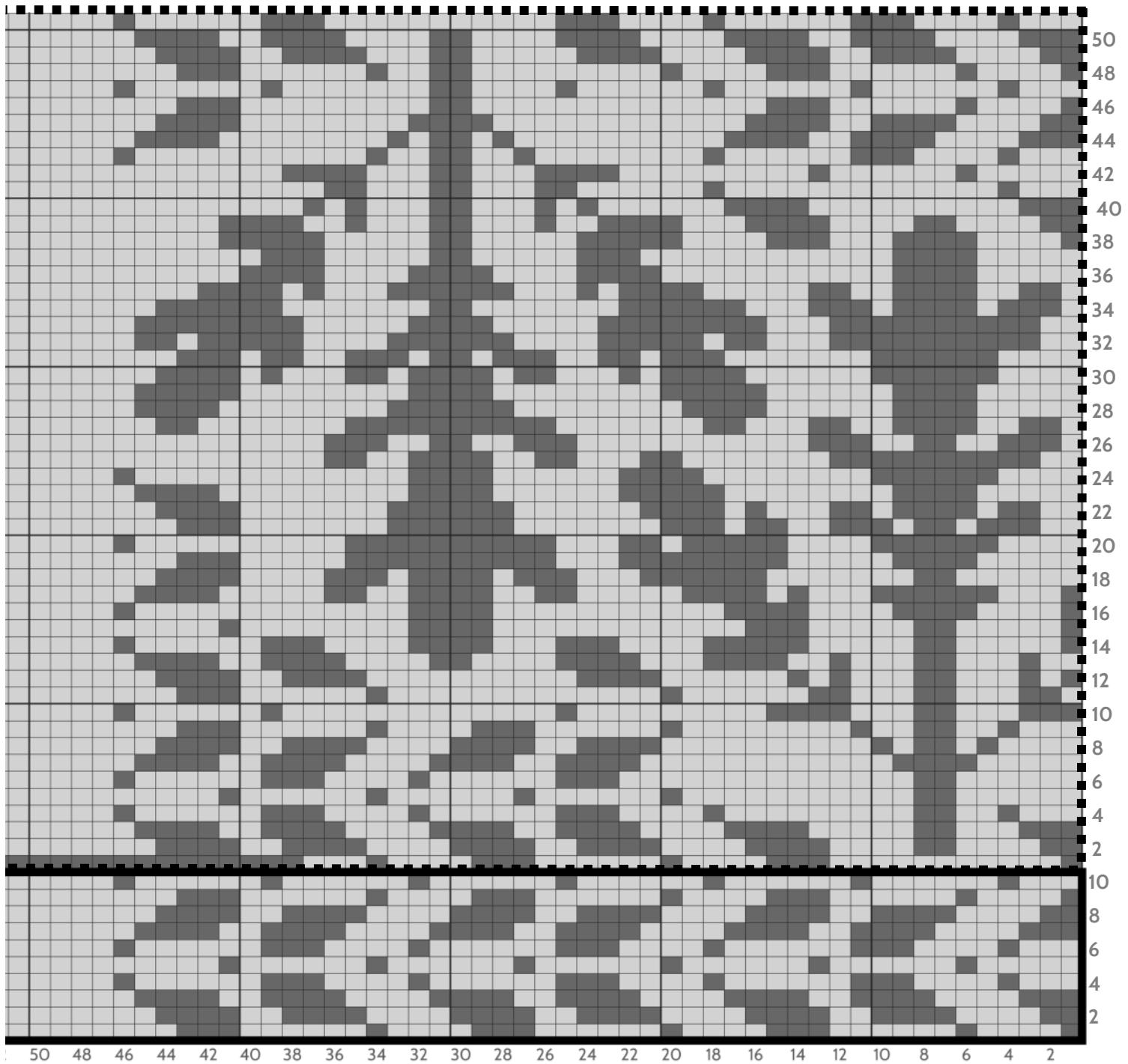
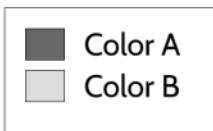
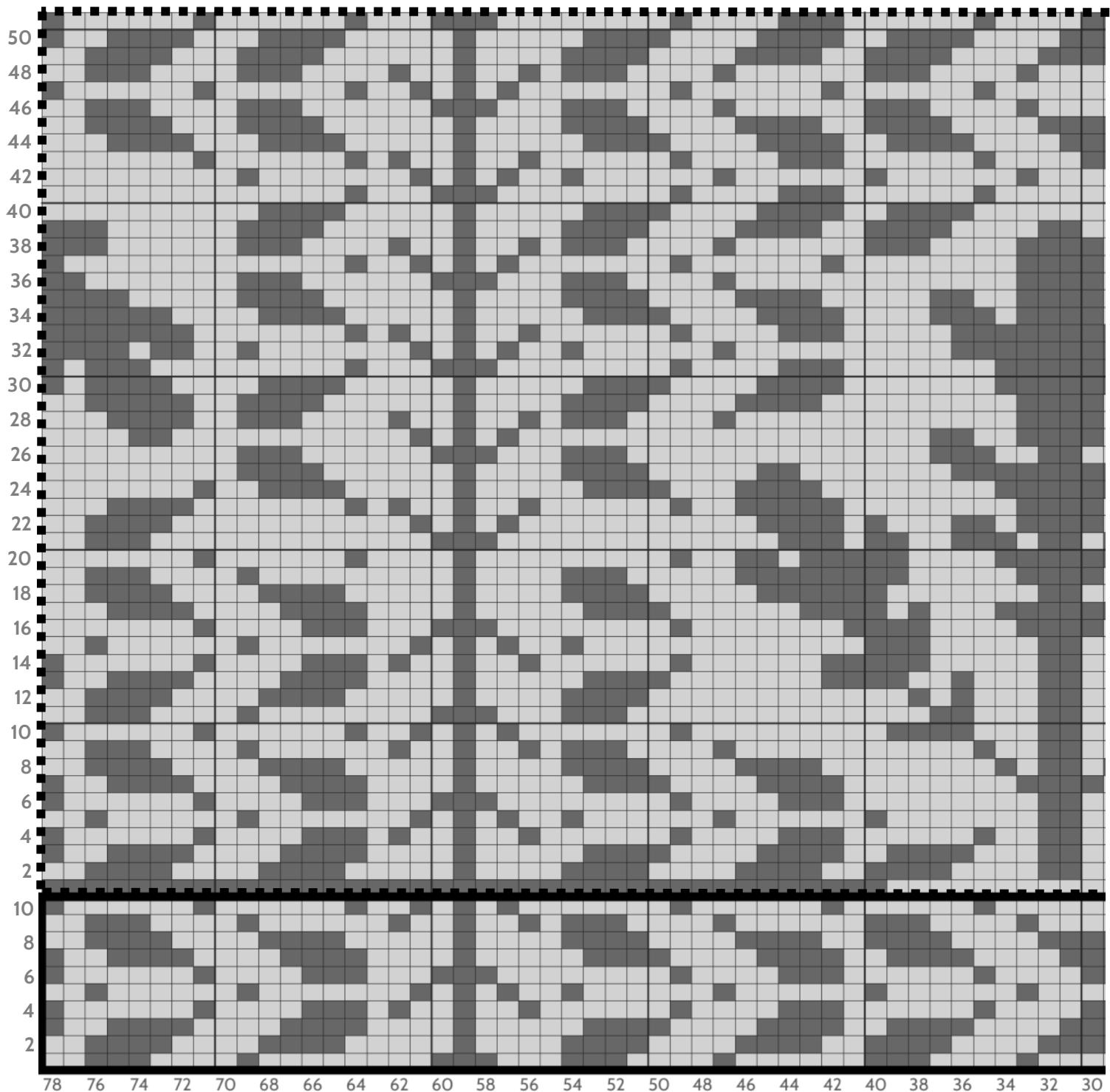


Chart Notes

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Colorwork Chart - Size XL - Sock 1 (1 of 2)



Sprout Chart

Repeat to desired midfoot length, ending on a Row 10

Arugula Chart

Complete once for leg

Note: the chart is split over this and the following page; the chart images overlap, so take note of st (column) numbers as you switch between pages.

Colorwork Chart – Size XL – Sock 1 (2 of 2)

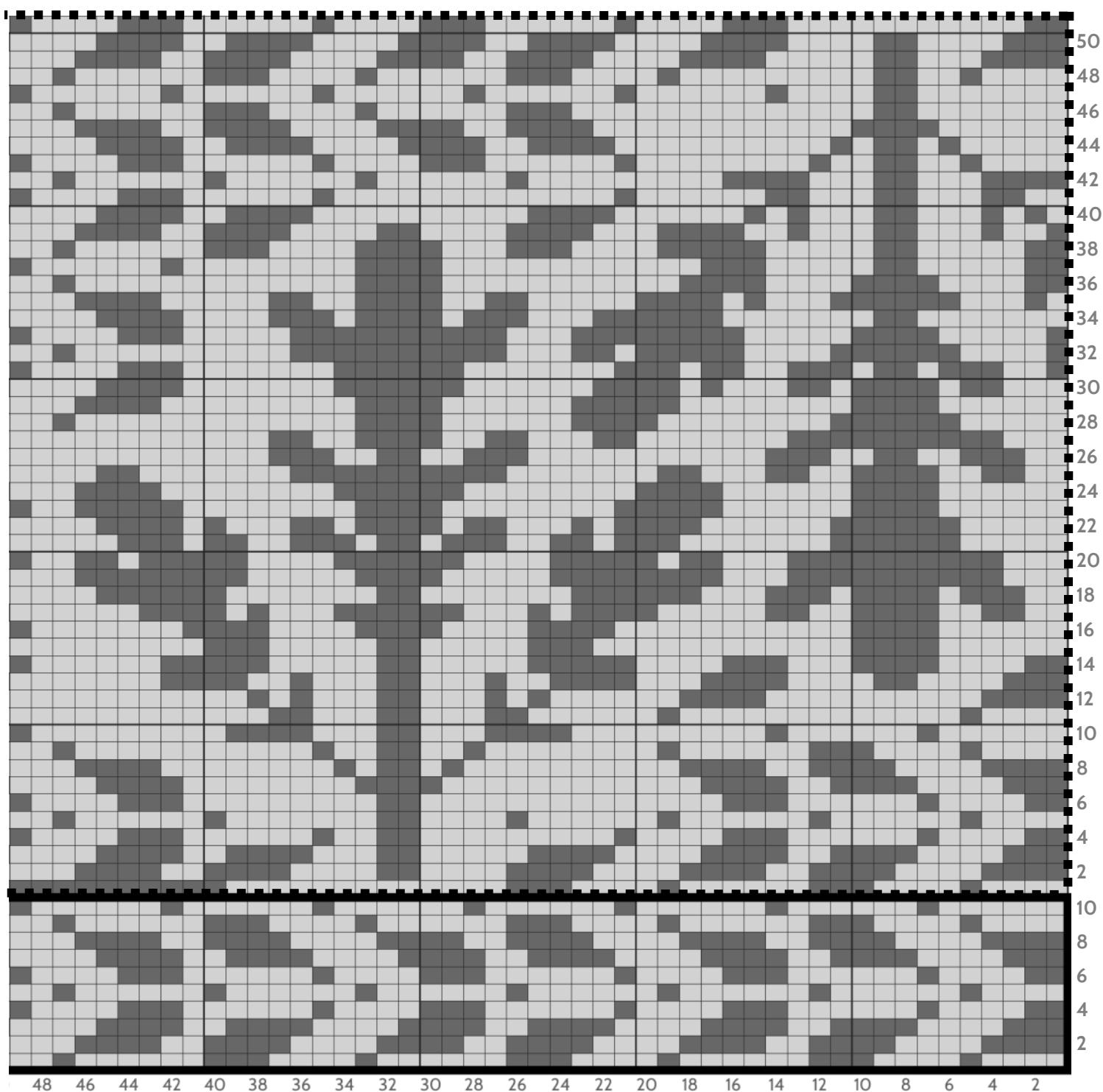
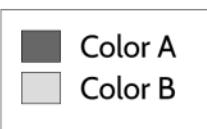
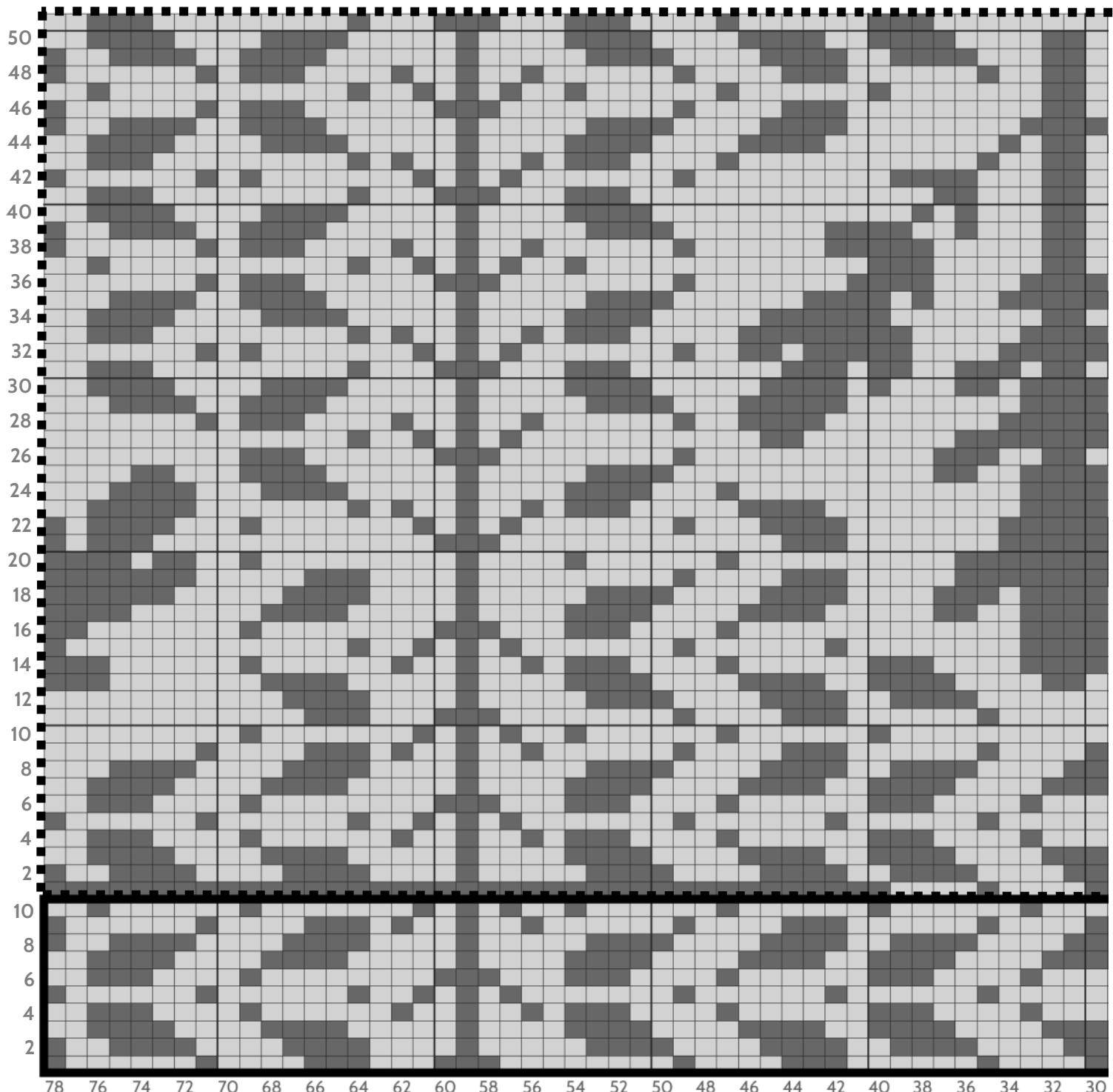


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Colorwork Chart - Size XL - Sock 2 (1 of 2)



Sprout Chart

Repeat to desired midfoot length, ending on a Row 10

Arugula Chart

Complete once for leg

Note: the chart is split over this and the following page; the chart images overlap, so take note of st (column) numbers as you switch between pages.

Colorwork Chart – Size XL – Sock 2 (2 of 2)

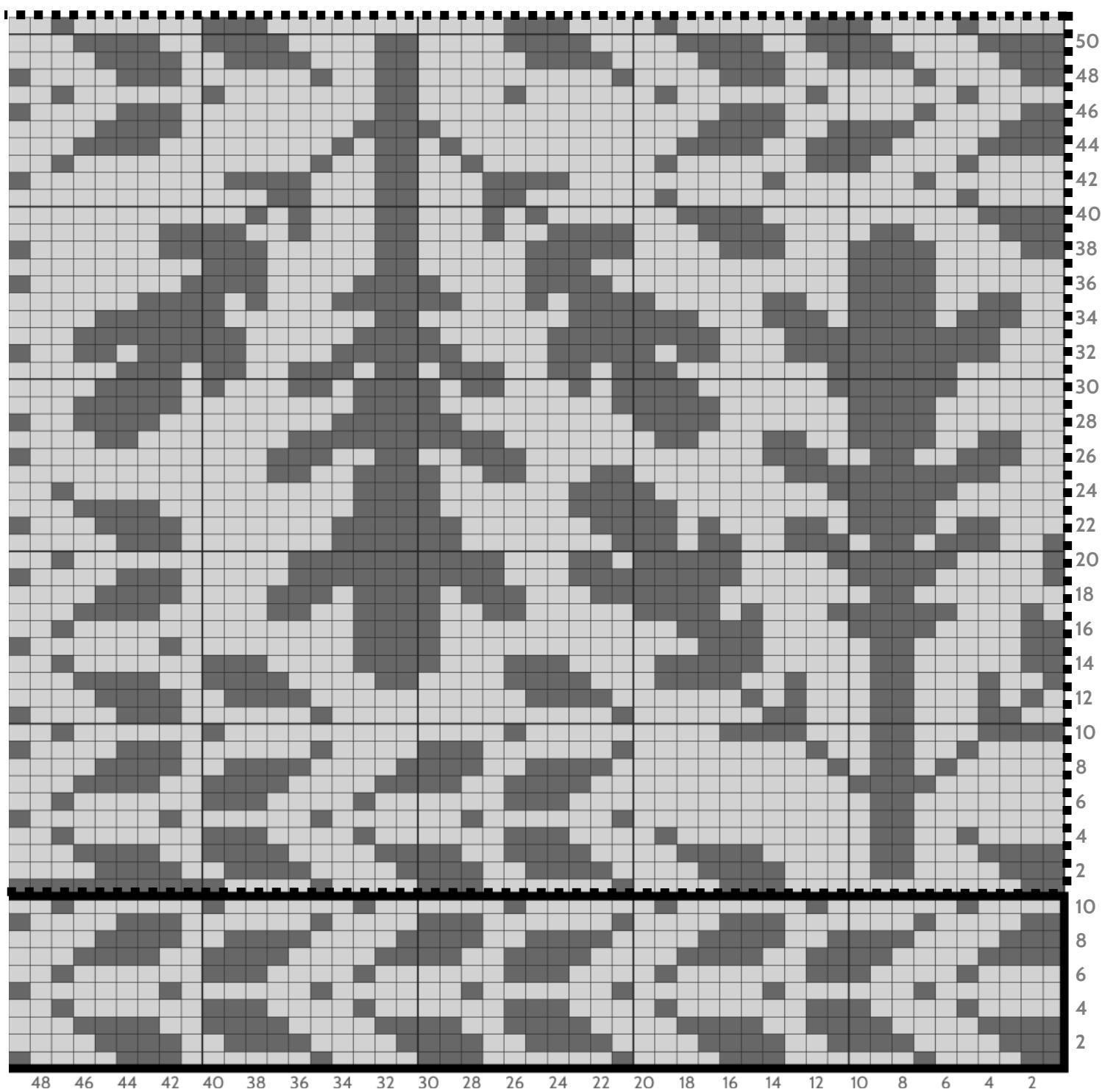
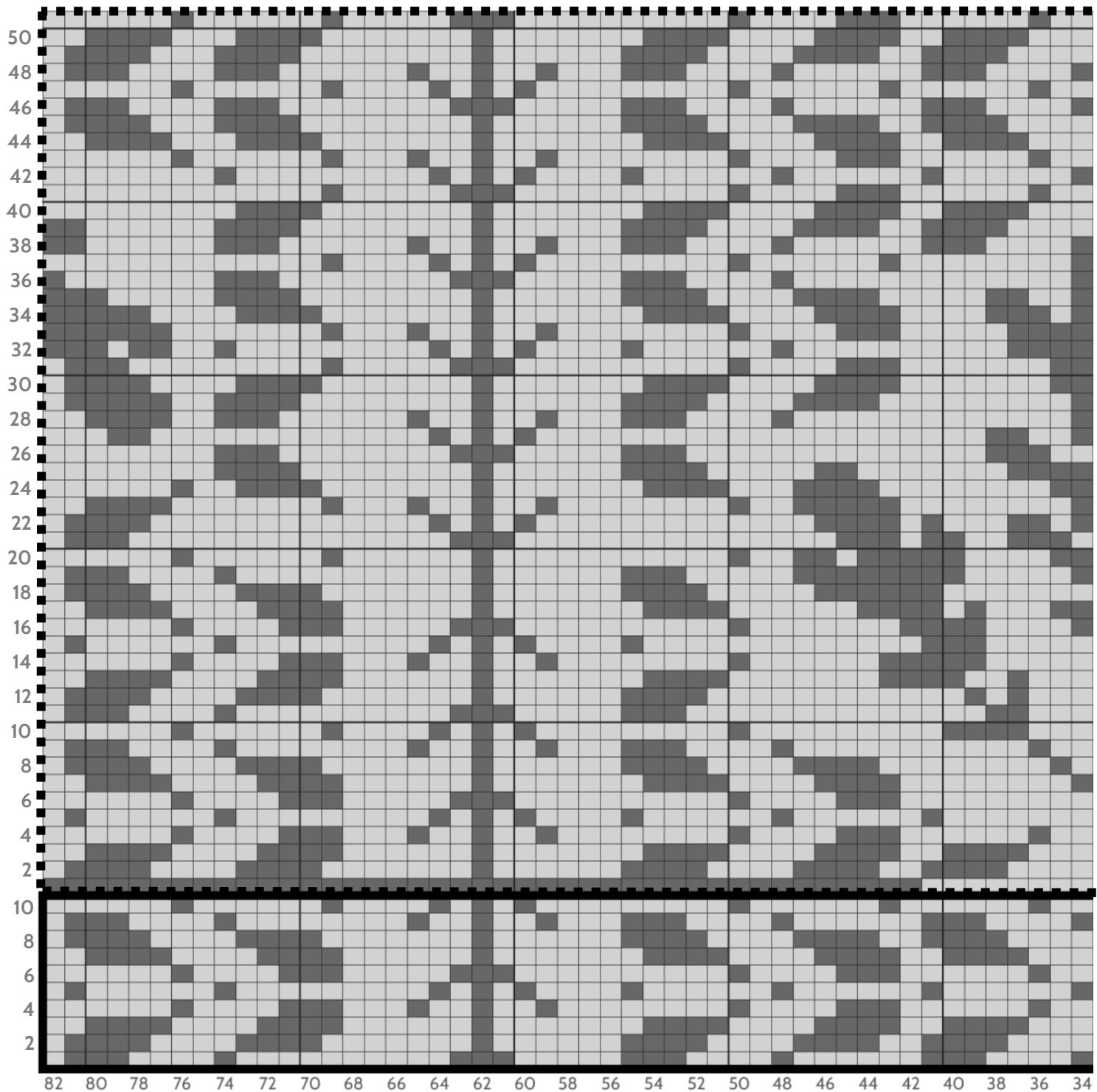


Chart Notes

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Colorwork Chart – Size XXL – Sock 1 (1 of 2)



Sprout Chart

Repeat to desired midfoot length, ending on a Row 10

Arugula Chart

Complete once for leg

Note: the chart is split over this and the following page; the chart images overlap, so take note of st (column) numbers as you switch between pages.

Color A
Color B

Colorwork Chart – Size XXL – Sock 1 (2 of 2)

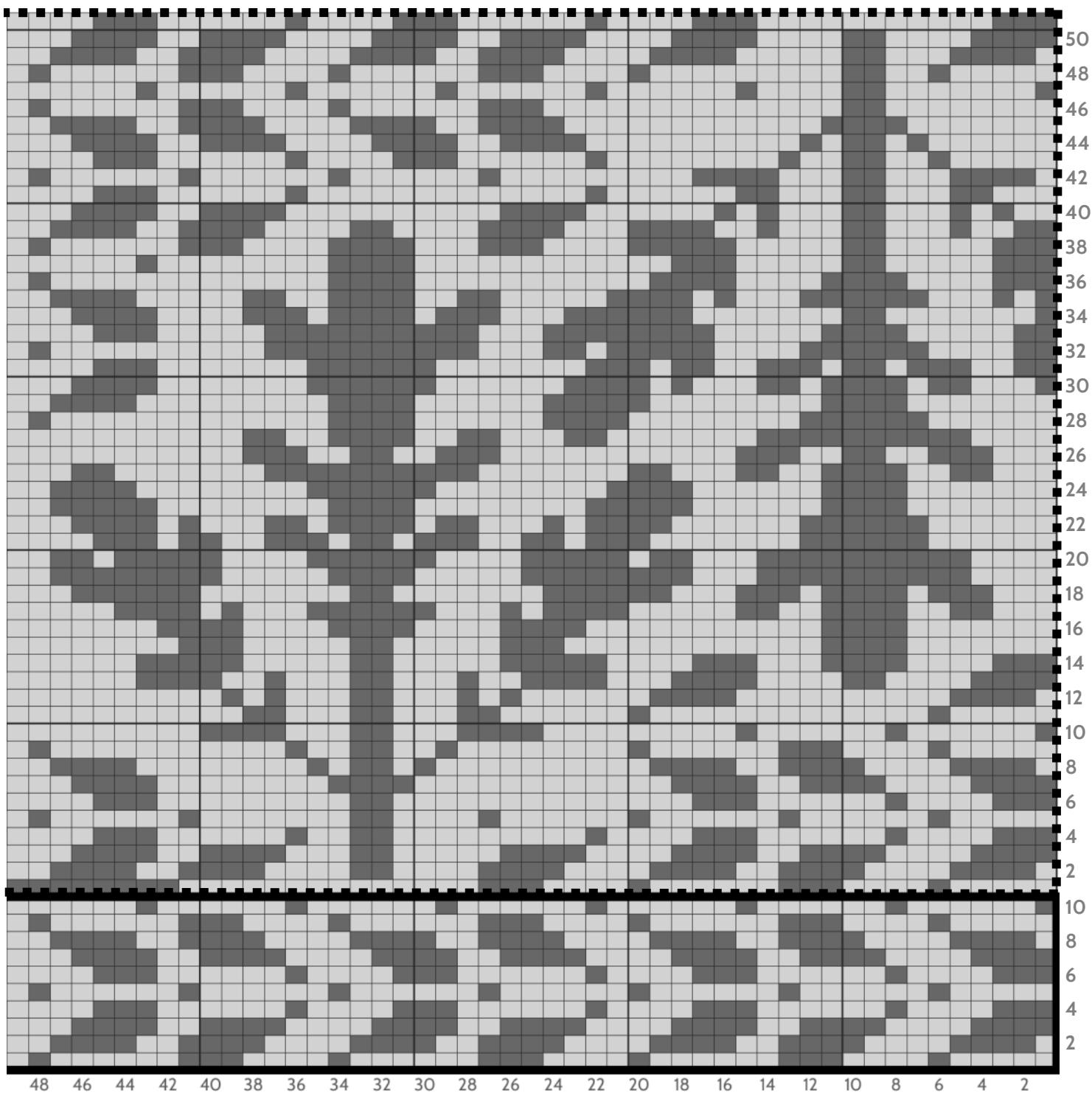
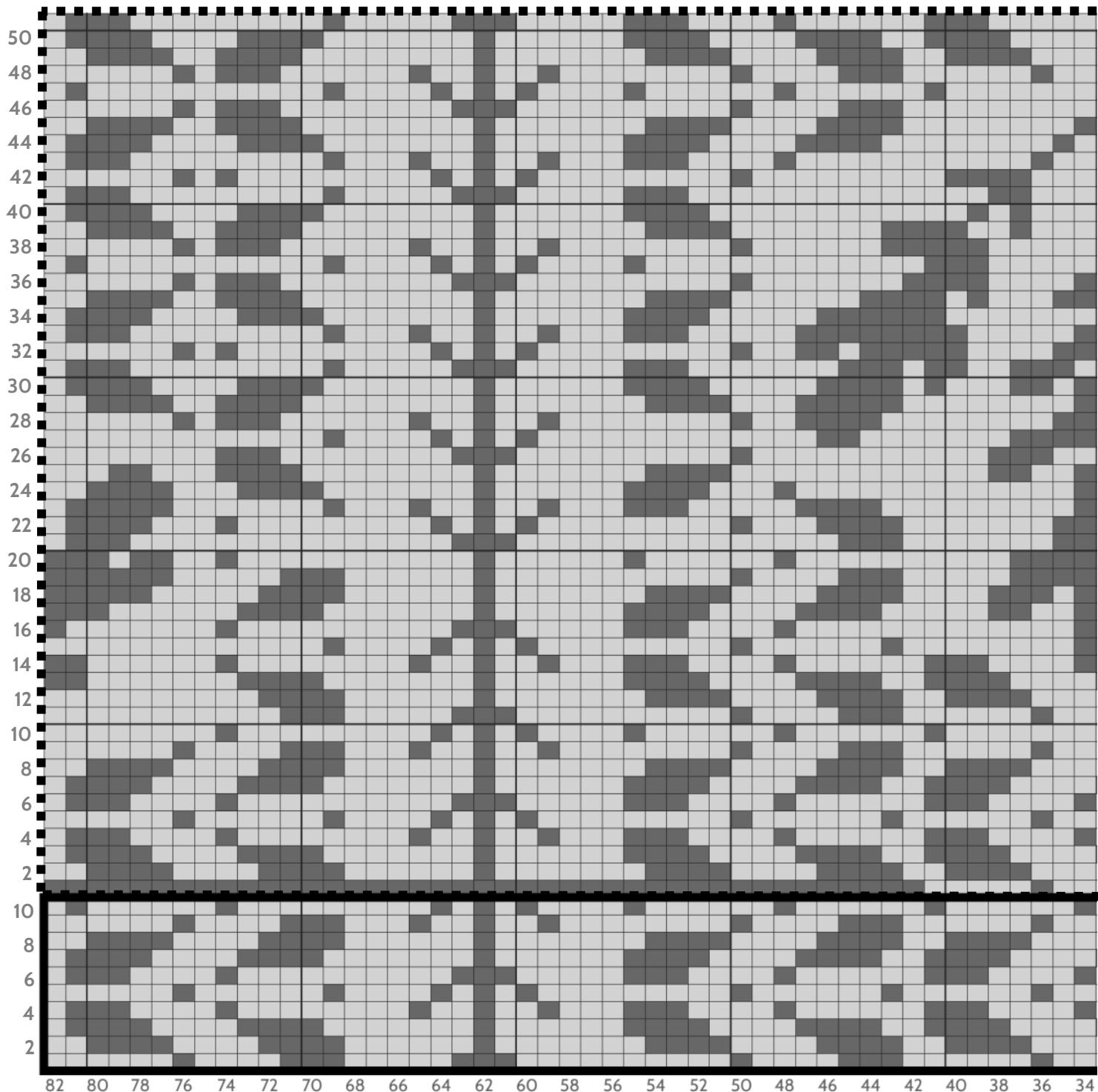


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Colorwork Chart – Size XXL – Sock 2 (1 of 2)



Sprout Chart

Repeat to desired midfoot length, ending on a Row 10

Arugula Chart

Complete once for leg

Note: the chart is split over this and the following page; the chart images overlap, so take note of st (column) numbers as you switch between pages.

Colorwork Chart – Size XXL – Sock 2 (2 of 2)

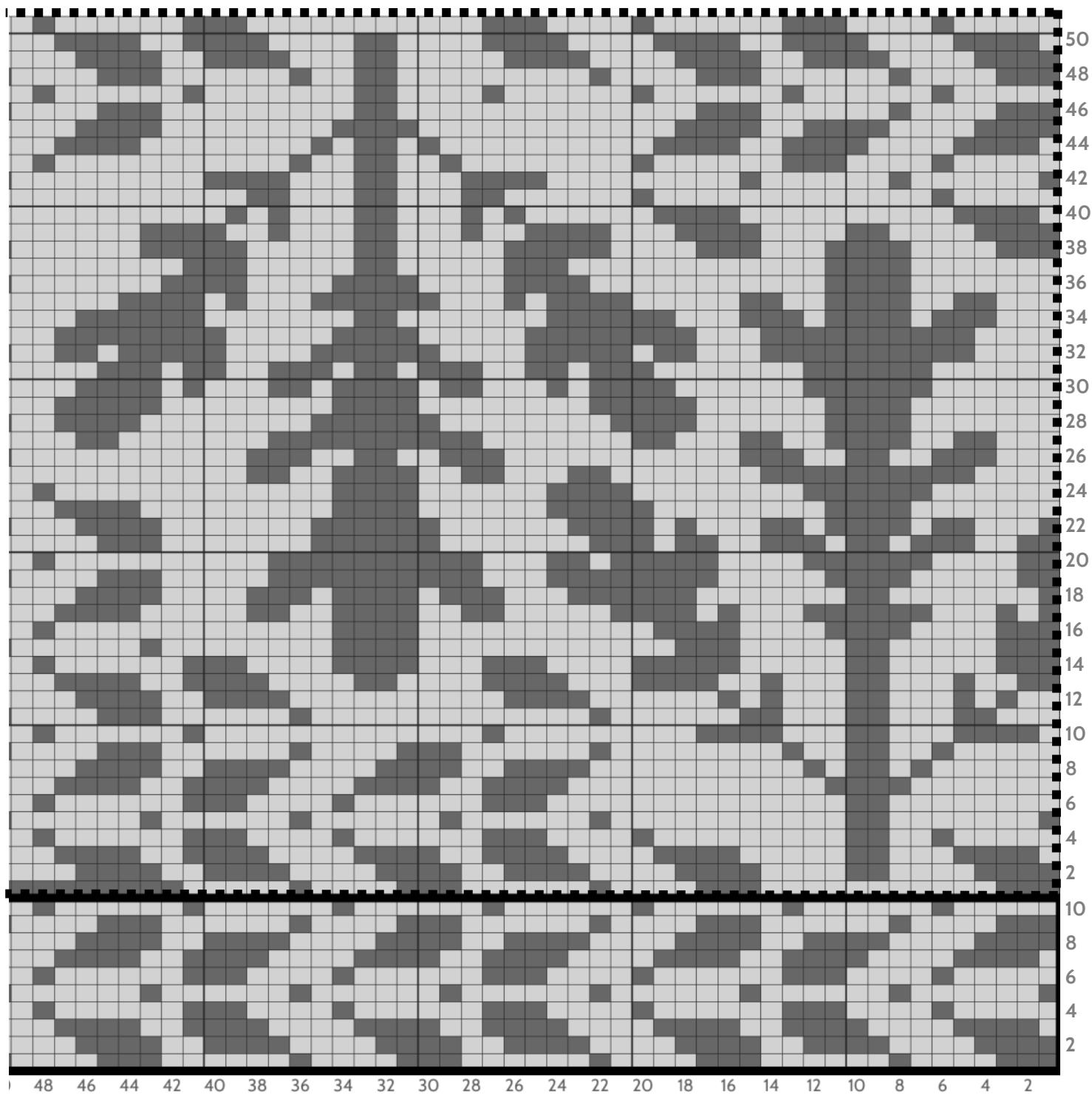
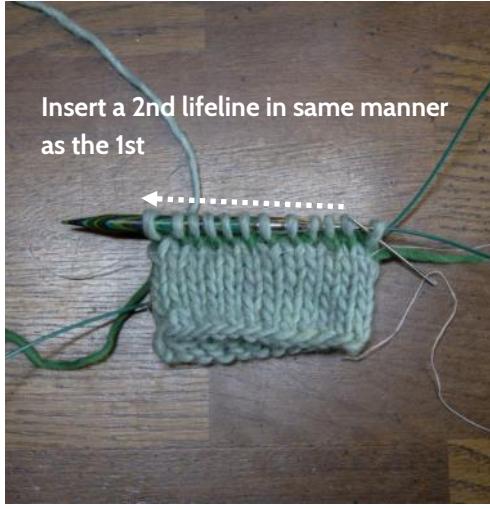
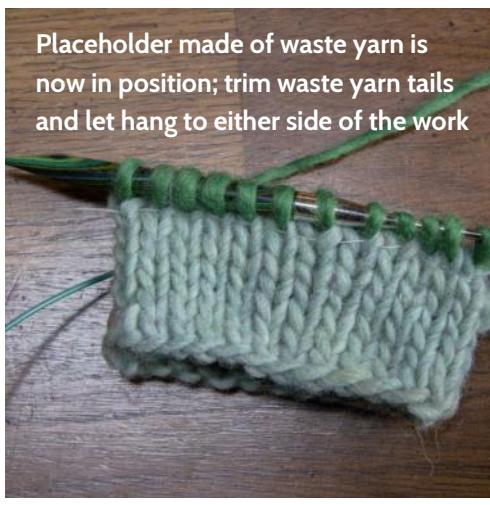
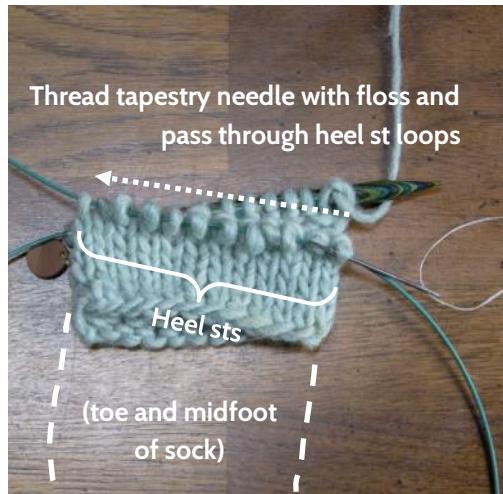


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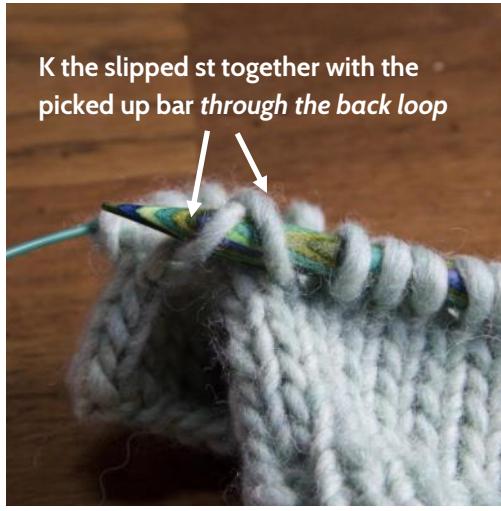
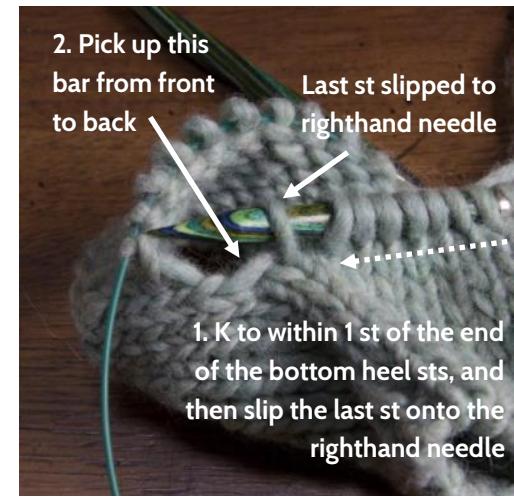
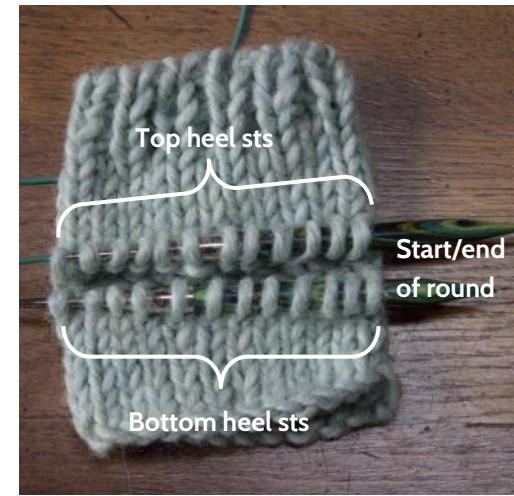
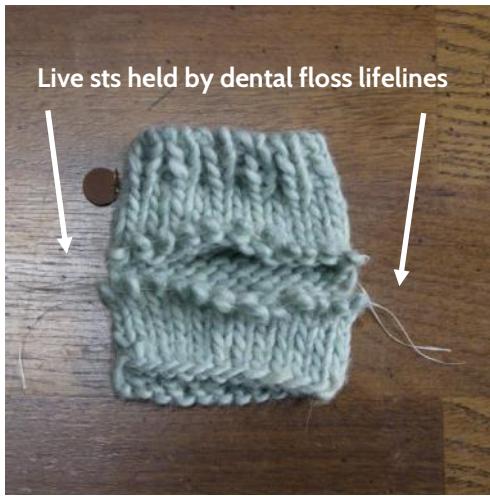
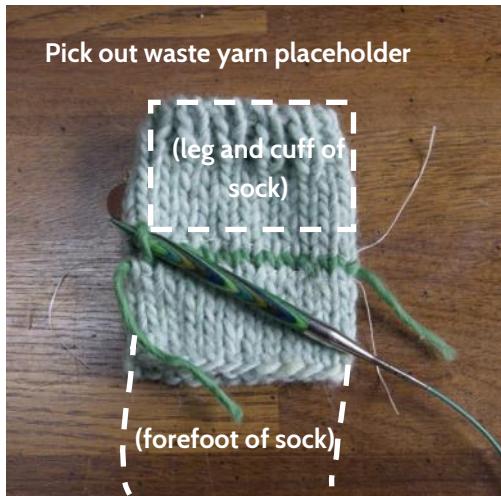
Forethought Heel (1/2)



Part 1 : Insert Placeholder (Heel Setup and Starting Round next page)

You'll use smooth waste yarn (of similar weight to working yarn) and dental floss (or thin/smooth waste yarn) to create a placeholder for where the forethought heel will be worked after the rest of the sock is complete. Begin with the heel sts facing you, ready to be worked. Next, thread a length of dental floss onto a tapestry needle and insert through the st loops of the heel sts. Let the tails hang to either side. This is your first "lifeline," and will hold your live sts when you remove the placeholder when you go to make the heel later on. Next, work across the heel sts using waste yarn (green in the photo), without snagging the lifeline. Leave the tails of the waste yarn hanging. Next, transfer the sts just worked back onto the righthand knitting needle, and work across them again in the working yarn. Then insert a lifeline using a 2nd length of dental floss, as with the first lifeline. You can now continue knitting the sock leg.

Forethought Heel (2/2)

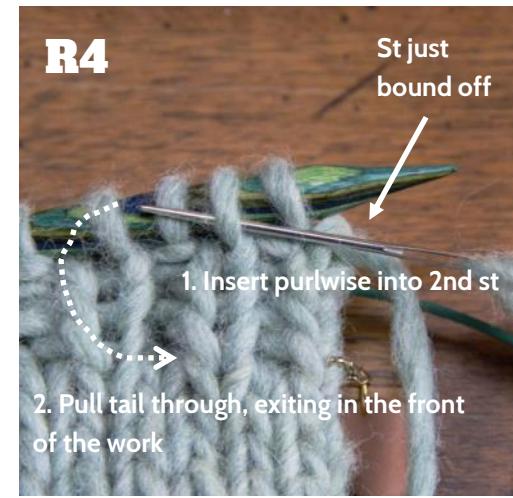
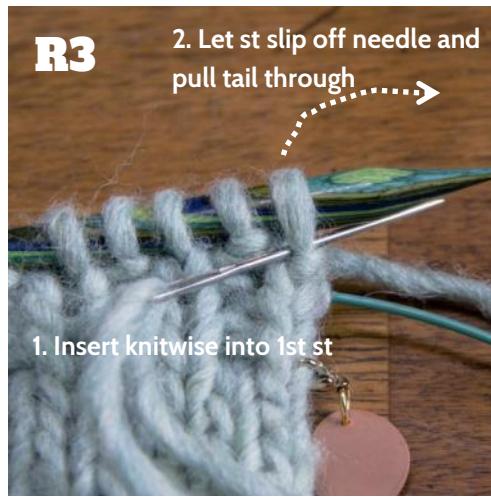
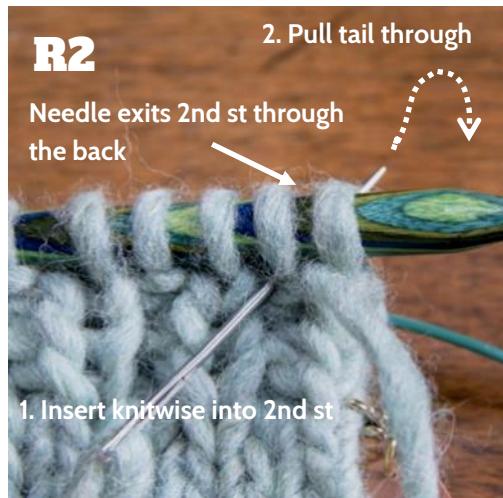
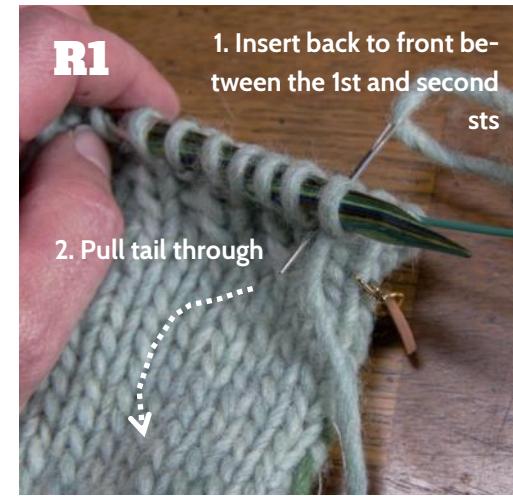
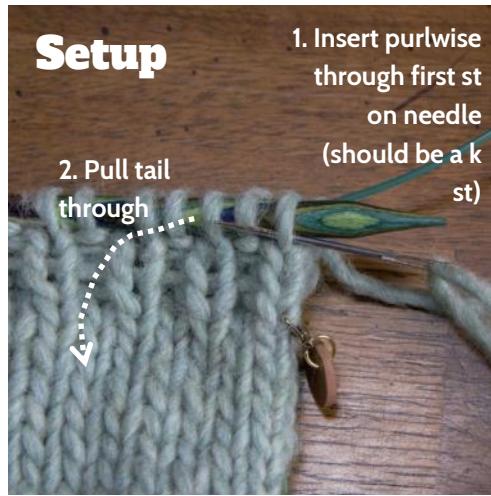


Repeat photos 4 - 7 for the second half of the heel (top heel sts). That completes Round 1. The rest of the heel is worked as a wedge (similar construction to the toe), shaped by decreases at an even interval. Note that for some sizes, several rounds will be worked straight before beginning the wedge shaping. The heel is bound off using Kitchener stitch grafting.

Part 2 : Heel Setup and Starting Round

Once the leg and cuff of the sock have been completed, you can return to work the heel. First, pick out the waste yarn placeholder (green yarn in photo) to reveal live sts on the top and bottom of the heel. The live sts are held by the lifelines, to prevent any from being dropped. Transfer the sts onto the knitting needles, so you are ready to work in the round. The round will start and end at one corner of the heel. Place a removable st marker to indicate. The bottom heel sts will be worked first in the example photos, but you can start with either half. Next, use the lefthand needle to pick up the bar between the first st on the needle and the last st at the end of the previous round. K this picked up st together with the next st on the needle. Next, work to 1 st before the end of the bottom heel sts. Slip the last bottom heel st onto the RH knitting needle. Then, pick up the bar between that st and the next st in the round, and k them together *through the back loop*. Now repeat the process for the top heel sts. You have now completed Round 1 of the heel.

Tubular Sewn Bind Off



Cut a tail that is ~ x4 the length of the edge to bind off, and thread onto a tapestry needle. **SETUP:** insert tapestry needle purlwise (right to left) into the first st on the knitting needle, exiting at the front of the work. Pull the tail through but leave the st on the knitting needle. **REPEAT STEPS:** **R1:** insert the tapestry needle from the back to the front *between* the 1st and 2nd sts on the knitting needle, pull through. **R2:** Insert tapestry needle knitwise (right to left) through the 2nd st on the knitting needle, exiting in the back. **R3:** Insert tapestry needle knitwise through 1st st on the knitting needle, and let this st drop from the needle; pull through until gently snug and tidy. **R4:** Insert tapestry needle purlwise through the 2nd st on the knitting needle, exiting at the front of the work. **R5:** Insert tapestry needle purlwise into 1st st on the knitting needle and let drop off; pull through until gently snug and tidy. Repeat steps R1-R5 until 1 st remains on the knitting needle. Note that R1 - 3 are for binding off k sts, and R 4 + 5 are for binding off p sts. If you get lost, look at the st columns to see if you are on a k or a p st. To bind off the last st (a p st), incorporate the adjacent column as part of the sequence.

Short Row Gusset

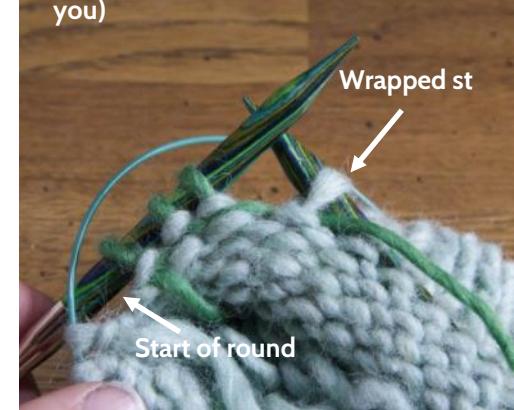
Row 1 (RS): beginning at start of round, k across specified number of sts



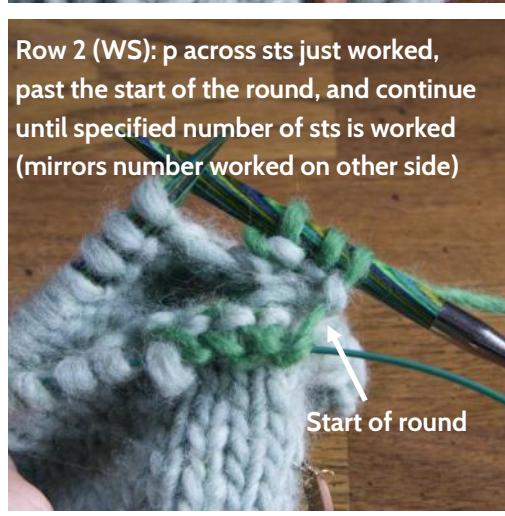
Wrap next st through the combination of changing the position of the working yarn strand and transferring the st back and forth between the needles



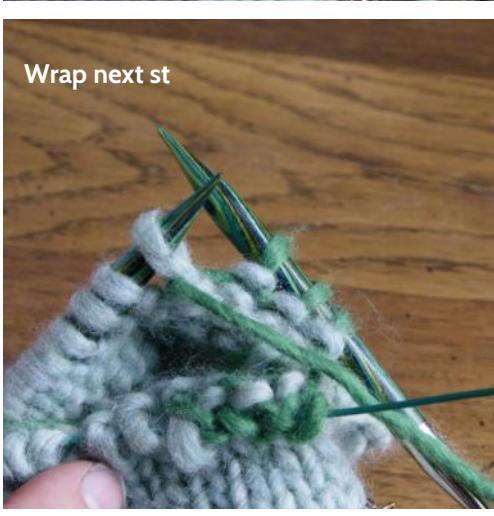
Turn work (WS is now facing you)



Row 2 (WS): p across sts just worked, past the start of the round, and continue until specified number of sts is worked (mirrors number worked on other side)



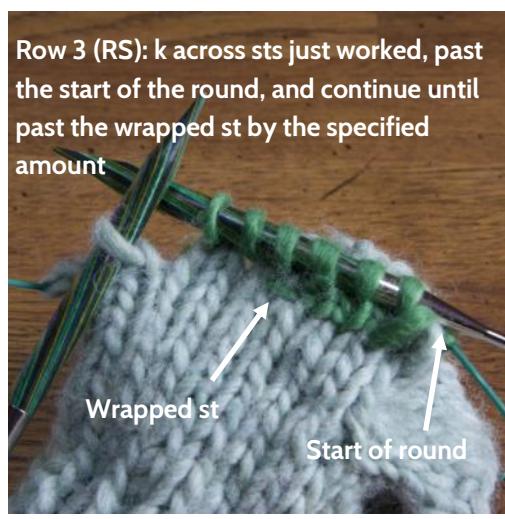
Wrap next st



Turn work (RS is now facing you)



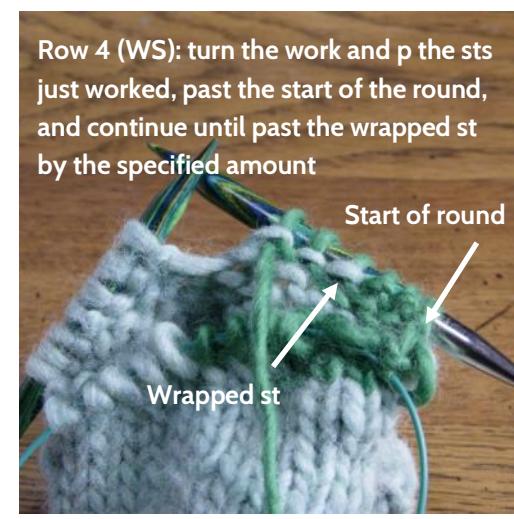
Row 3 (RS): k across sts just worked, past the start of the round, and continue until past the wrapped st by the specified amount



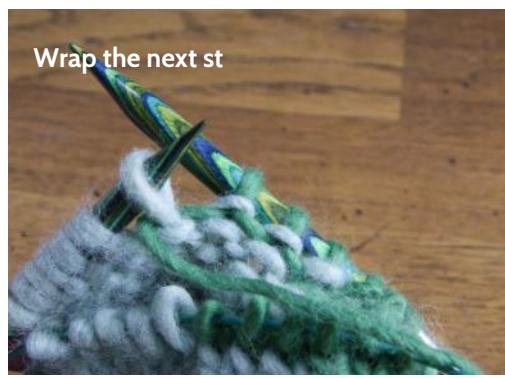
Wrap the next st



Row 4 (WS): turn the work and p the sts just worked, past the start of the round, and continue until past the wrapped st by the specified amount



Wrap the next st



Repeat Rows 3 and 4 until the specified number of short rows has been completed. K (with RS facing) to the start of the round. That comprises Gusset 1 (a wedge shape). Next k to the other corner of the heel and repeat the process for Gusset 2.

NOTE! Wraps were NOT worked together with their st (as is proper) to make them easier to see. See video link on page 3 for detailed tutorial on W/T short rows .

Terminology

Binding Off

Act of removing sts from the needle in a manner that secures them and finishes the edge—typically by working a stitch, working the next stitch, and then slipping the first stitch over the second one. The sample for this design used the tubular 1x1 sewn bind off, which forms an invisible, elastic edge when used with k1p1 ribbing, as is done in the cuff of the sock.

Blocking

Process of wetting or steaming the finished item to set the desired size and even out the stitches. The best method depends on the fiber type and qualities of the yarn. If unsure of the best method for your yarn, consult the maker or your local yarn store for advice. Purpose-built “sock blockers” are available (often made of wood, metal, or plastic) to provide a form for socks to mold to as they dry during the blocking process.

Casting On

Act of creating sts on the needle at the start of the project. There are many methods available, each with their pros and cons, and each having a slightly different appearance. For this project, Judy’s Magic Cast On was used to begin the toe of the sock. This cast on edge resembles Kirtchener stitch grafting, where stitches on one side of the toe appear to continue over the top and down the other side.

Color Dominance

In stranded colorwork knitting, the way floats of each color are carried relative to each other on the wrong side of the work can affect how prominent each color appears on the right side of the work. The strand carried across on top has a slightly shorter distance to travel, and thus ends up slightly tighter. This makes the resulting stitches slightly smaller, and they tend to recede into the fabric. Conversely, the strand carried on the bottom has a slightly longer distance to travel, and some of this extra yarn tends to transfer into the stitches, making them slightly larger. Thus the yarn stranded on the bottom is said to be “held dominant,” because the stitches are more prominent. Typically you will want to hold the contrast color dominant, so it pops against the background. The other reason maintaining

consistent dominance is important (i.e. stranding each color the same way every time), is that this prevents your yarns from becoming a tangled mess! If you are finding that the working ends of your yarn are hopelessly twisted around each other, then you are not maintaining color dominance properly. Also pay attention to how you turn the work if you are using magic loop technique to prevent tangles.

Decreases

Special stitches that are worked to remove one or more sts from the needle to change the shape of the knitted item. In this pattern decreases are worked to shape either side of the heel, and these are worked as knit two together (a right-slanting decrease) and slip-slip-knit (a left-slanting decrease).

Floats

In “stranded” colorwork (as opposed to intarsia), the yarn not in use is carried along on the wrong side until the next color switch. These loose sections of yarn are called “floats.” It’s very important to manage your float tension, or you can end up with a fabric that is puckered (floats are too tight), or a fabric that has gaps between stitches and is generally uneven (floats are too loose). Where a large section of the same color is worked (~ 6 stitches or more in a row), it can be a good idea to “catch” floats every so often by twisting the yarns around each other once. This helps maintain an even float tension and prevents snagging while putting on the knitted item. If you need to perform more than one float catch before the next color switch, you can alternate the direction you wrap the yarns relative to one another, to keep the strands from becoming increasingly twisted. Technically this is breaking color dominance, but I haven’t found it to be noticeable given how infrequently this is needed. Be careful that you don’t pull your floats too tight as you catch them. Floats should always have a slight sag to them, rather than being perfectly straight across. Practice on a swatch with waste yarn first if you are new to stranded colorwork. There are also many helpful photo and video tutorials available for free online to help improve your colorwork knitting.

Glossary (2/3)

Forethought Heel

A style of knitted heel that is worked after the rest of the sock has been completed. This is identical to an “afterthought heel” in construction. The difference is that a strand of waste yarn is used to mark the placement of the heel, instead of cutting into the fabric after it has already been knit. Forethought heels are often called afterthought heels mistakenly, and both are sometimes referred to as a “peasant heel.” The benefit of working a forethought/afterthought heel is that you can complete the entire foot and leg of the sock as one unbroken tube, without much interruption. This is especially nice when doing stranded colorwork, as in this sock pattern. Another benefit of this heel construction is that you can easily replace the heel when it becomes worn, by simply picking up all the sts around the base of the heel, removing the old heel, and then knitting as new one exactly as called for in the pattern.

In this pattern, short row gussets are also added to the heel to improve the fit of the sock through the instep.

Increases

Special stitches that are worked to create a new (additional) stitch on the needle. In this pattern, all increases are worked as M1 (left and right).

Kitchener Stitch Grafting

A method of closing off opposing sides of a flattened tube that produces an invisible join over stockinette stitch. A tapestry needle is used to weave the yarn tail into live sts in a manner that resembles a row of knitting.

Lifelines

A skinny strand of slippery and strong fiber (dental floss is recommended) that is inserted into the loops of live stitches to make them easier to pick up later. In this pattern, lifelines are used to either side of the waste yarn placeholder for the forethought heel. When the placeholder is removed, the lifelines make it easier to pick up the live stitches that are revealed.

Ribbing

Alternating knit and purl stitches at even intervals and repeating the same pattern in successive rows/rounds. This forms vertically-oriented peaks and valleys.

Forms a very stretchy fabric perfect for cuffs.

Right Side

The front/outside of the work (side you want to be seen). In flat knitting, the right side would be worked every other row. In circular knitting, the right side corresponds to the outside of the tube, which is always facing you and is worked continuously in “rounds” instead of rows.

Short Row Gussets

Small crescent-shaped areas added to each corner of the heel where it meets the ankle, to improve sock fit through the instep. These are created using “short rows”, where partial rows are worked flat, back and forth across only certain stitches in the round, shaping a small wedge.

Stranded Colorwork

Knitting in multiple colors where color changes happen often enough that the yarn can be carried along on the wrong side until the next switch (see “floats”). Fair Isle knitting is a famous form of stranded colorwork originating on the Shetland Island of the same name, where distinctive small-scale geometric patterns are worked, and no more than two colors are used in a row.

Stockinette Stitch

In circular knitting, this translates to knitting all the sts in each round. In flat knitting, this translates to knitting the front (right) side and purling the back (wrong) side. On the right side, the fabric is smooth and made up of nested V shaped knit stitches. On the wrong side, the fabric is comprised of rows of “purl bumps” and has a slightly striped appearance similar to garter stitch.

Wrong Side

The back/inside of the work (side you don’t want to be seen). In flat knitting, you would work the wrong side on alternating rows. In circular knitting, the wrong side corresponds to the inside of the tube. You never work the wrong side in circular knitting (unless you choose to flip the work inside out), because you continue around and around with the right side facing you.

Glossary (3/3)

Abbreviations

CC

Contrast color. Refers to the color that makes up the pattern (i.e. NOT the background color) in stranded colorwork knitting.

k

Knit.

k2tog

Knit 2 stitches together. Forms a right-slanting decrease.

M

Stitch marker.

M1L

Make 1 Left. Insert the lefthand needle from front to back into the bar between the first stitch on the lefthand needle and the stitch just worked. The picked up bar should now be draped over the lefthand needle so the lefthand leg of the loop is in front. K the picked up bar through the back leg, thereby twisting the loop closed as you knit it. Forms a left-slanting increase.

M1R

Make 1 Right. Insert the lefthand needle from back to front under the bar between the first stitch on the lefthand needle and the stitch just worked. The picked up bar should now be draped over the lefthand needle with the right leg of the loop in front. K the picked up bar through the back of the loop, thereby twisting the loop closed as you knit it. Forms a right-slanting increase.

MC

Main color. Refers to the background color in stranded colorwork knitting.

p

Purl.

PM

Place marker.

RS

Right side.

SM

Slip marker.

st(s)

Stitch(es).

StSt

Stockinette stitch.

ssk

Slip 2 stitches knitwise, then knit slipped stitches together through the back loop. Forms a left-slanting decrease.

WS

Wrong side.



Hello!

I'm Alex, and Nobletree Workshop is the outcome of my obsession with crafting and love for the outdoors. I started stitching as a teen, and have worked most of my life in the bush as a wildland firefighter. I decided to combine my passions into a business in 2020. I chose the name "Nobletree" as a play on one of my favorite trees: the noble fir (*Abies procera*). I discovered noble firs after a memorable night shift on a wildfire in Oregon. We were working in a grove of giant, old trees with lichen hanging from their branches. The fire was burning at low intensity and started gently climbing the trees, and as the lichen burned it rained down like gold. It looked like a candlelit cathedral. Ever since that night, noble firs have held a special place in my heart.



The inspiration behind this pattern

Arugula (*Eruca vesicaria*)

The most delicious salad green? I love the spicy bite and bright color. Also known as "garden rocket", this awesome plant is native to the Mediterranean region. High in vitamin C and potassium, and easy to grow. The pattern celebrates the distinctive shape of the leaves over the leg section, and the sprout repeat is meant to resemble rows of young plants when they first emerge from the soil. Eat your greens and wear some fun socks :)



Technical editing provided by Kathie Popadin: <https://shakeyourbooties.net/>