

Knitted green hearts

Upcycle your old plastic carrier bags into these fun, knitted hearts.

We need our MPs to hear us loud and clear that we need to end the plastic tide and stop plastic pollution. Make this green heart badge from an old plastic carrier bag.



Beginner

Approximate finished size

7cm wide x 5.5cm deep

You will need



- 1 x old plastic carrier bag
- Sharp scissors
- Size 4mm knitting needles
- Stitch holder (optional)
- Large-eyed Tapestry needle
- Brooch back
- Needle and matching sewing thread

Abbreviations

- **St(s)**, stitch(es)
- **K**, knit
- **Kfb**, knit into the front then knit into the back of next stitch (to increase one stitch)
- **K2tog**, knit next 2 sts together as 2 stitch (to decrease 1 stitch that slants to the right)
- **YB**, yarn back (take yarn back between the 2 needles and not around the needle)
- **g st**, garter stitch: knit every row
- **rep**, repeat
- **RS**, right side/s
- (), shows number of stitches now on needle

To make yarn

1. Trim off the bottom hem of the carrier bag and open out any side folds.



2. Starting at the bottom edge, start to cut one continuous spiral strip from the bag, roughly 4-5cm wide – the strips do not have to be accurate, as they bunch up whilst you are knitting.



3. Continue until you reach the top of the bag and then trim away the handle sections.

To knit

These hearts are knitted in garter stitch the simplest of all knitting making them easy and quick to make.

Make a slip knot on one needle, leaving a tail of approximately 10cm.

Row 1: Kfb to make 2 sts.
Row 2: K1, Kfb (3 sts)
Row 3: K2, Kfb (4 sts)
Row 4: K3, Kfb (5 sts)
Row 5: K4, Kfb (6 sts)
Row 6: K5, Kfb (7 sts)
Row 7: K6, Kfb (8 sts)
Row 8: K7, Kfb (9 sts)
Row 9: K8, Kfb (10 sts)
Row 10: K9, Kfb (11 sts)
Row 11: K10, Kfb (12 sts)
Row 12: K11, Kfb (13 sts)
Row 13: K12, Kfb (14 sts)
Row 14 and 15: K
Row 16: K2tog, K10, K2tog (12 sts)



Shaping first side of heart

Row 17: K2tog, K2, K2tog (4 sts).

Leave remaining 6 stitches on the left-hand needle, or slip on to a stitch holder if you prefer. Turn work, YB.

Row 18: K2tog, K2tog (2 sts)

Row 19: K2tog, cast off by cutting yarn and pulling through last loop.



Shaping second side of heart

Return to the remaining 6 sts on your needle or holder, and join in a new length of your yarn, then:

Row 17: K2tog, K2, K2tog (4 sts).

Row 18: K2tog, K2tog (2 sts)

Row 19: K2tog, cast off by cutting yarn and pulling through last loop.

To finish off



You should have finished with four tail ends of yarn. Thread each end individually into the large needle and darn invisibly into the knitting stitches to secure, and form a nice shape to your heart. Cut off any remaining yarn ends.



Using a needle and sewing thread, stitch a brooch back in place.

Your brooch is now ready to wear.

Project Design: Jane Bolsover

Stitch techniques

Increasing – Knit front and back (Kfb)

1 Knit into the next stitch as normal but do not slip the stitch off the left-hand needle.

2 Take the right-hand needle to the back of the work and knit into the back loop of the same stitch. Slip the stitch off the left-hand needle to leave 2 new stitches on the right-hand needle.

Decreasing – Knit 2 stitches together (K2tog)

Insert the right-hand needle as if to knit, into the next 2 stitches on the left-hand needle (instead of 1 stitch) and then knit them together as if they were one stitch.