

Slow Stitch Patchwork Shirt Workshop

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The Shirt:

Bring an existing shirt that you will enjoy wearing. You don't want to put hours of work into this shirt and then realize that it never really fit you well to begin with.

- It's best to start with a simple shirt, so one with minimal detail.
- Avoid shirts with frills, gathers, etc.

Fabrics:

You will need a variety of fabric scraps. If you don't already have a bunch of scraps, you can either buy 1/8 yard cuts of fabric, or look for pre-cut packages, called jelly rolls (2.5" x 42" strips) or charm packs (5" squares).

- You can use upcycled fabrics for this project, but to make it easier on yourself, don't use anything heavier than a man's office-style shirt. (Hand sewing through canvas and denim is tiring and will make your finished project very heavy!

Quilting Supplies:

"Big stitch" quilting thread options (Lacis in Berkeley has a fantastic thread selection)

- Perle cotton #8
- 6 strand embroidery floss (this is not ideal, but will work)
- Sashiko thread

Other useful tools for getting the needle in/out of fabric

- Thimble: my favorite is the [Clover Open Sided metal thimble](#)
- Needle nose pliers

Other Tools:

Fabric scissors

Clear ruler - this can be any kind of clear ruler (quilting, drafting, etc.)

Glue stick

Erasable marking pen - Frixion pen

Quilting needles (big eye/sharp point) - my favorites are listed below. (Do not get traditional quilting needles as those often have a tiny eye.)

- John James Embroidery #7
- John James Chenille #24