

# An Apple A Day

## *Hat in worsted weight yarn*

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## MATERIALS

### Yarn

Worsted weight Red (Superwash wool or acrylic for ease of care)  
approximately 35 – 75g  
70 – 150yds

Scrap of Brown - for stem

Scrap of Green - for leaf

### Needles

US8 [UK6, (5.0mm)] 16-inch circular

US8 [UK6, (5.0mm)] dpns (set of 5)

(or size to achieve gauge)

*\*\*this hat can be knit completely  
on dpns if you so choose*

### Miscellaneous

Stitch markers, yarn needle,  
measuring tape, scissors

## GAUGE

19 stitches 26 rows = 4in <10cm> in  
stockinette st in the round

## SIZES

0-3 months (3-6 months, 6-9 months  
1 yr) [XS (S, M, L)]

Finished Circumference  
11.75 (13.5, 15.25, 16.75)in  
<30 (34.5, 38.5, 42.5)cm>

*I hope you enjoy this free pattern!*

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## HAT DIRECTIONS

Using the circular needles and main color (MC), cast on 56 (64, 72, 80) stitches. A regular long tail cast-on works just fine but if you prefer a stretchy cast-on, consider the [German Twisted Cast-On](#).

Join without twisting and place marker for Beginning of Round (BOR).

Knit 5 (5, 6, 6) rounds.

Purl 1 round.  
This will stop the rolled edge.

Knit 1 round.

Continue knitting every round until the piece measures approx 5 (5.25, 5.5, 5.75)in <12.5 (13.5, 14, 14.5)cm> from the bottom of the rolled edge.

Knit 1 more row and place markers every 8 stitches.

### Begin decrease

Decrease round: \*K to 2 stitches before the next marker, k2tog, sm. Repeat from \* to end of round, 7 (8, 9, 10) sts dec – 49 (56, 63, 70) sts.

Repeat decrease round 6 more times, changing to dpns when there are too few stitches for the circular needle – 7 (8, 9, 10) sts.

Remove markers.

### Final decrease

#### Size XS (0-3 months)

K2tog 3 times, k – 4 sts.  
Slip all 4 stitches onto 1 needle.

#### Size S (3 - 6 months)

K2tog 4 times – 4 sts.  
Slip all 4 stitches onto 1 needle.

#### Size M (6 - 9 months), L (1 year)

k2tog, working past the BOR, until 4 stitches rem.  
Slip all 4 stitches onto 1 needle.

Cut yarn leaving a 4in <10cm> tail.

## STEM DIRECTIONS

Change to CC1: Using the 4 remaining stitches, knit approximately 3in <7.5cm> of i-cord. Cut the yarn leaving a 4in <10cm> tail for securing the end.

[\\*\\*Instructions for knitting i-cord are at the end of this pattern.](#)

At the end of the i-cord, thread the end of the yarn through a darning needle and slip through 4 stitches, pull tight and secure the end by tying a tight knot.

Using a darning needle or crochet hook, pull the loose yarn end down the center of the i-cord tube.

Tie the i-cord into a loose knot close the top of the hat as seen in the cover photo.

## LEAF DIRECTIONS

Using CC2 and 2 DPNs- create leaf as follows:

Cast on 3 stitches.

Row 1: K1, kfb, kfb – 5 sts.

Row 2: Purl.

Row 3: K2, M1R, k1, M1L, k2 – 7 sts.

Row 4: Purl.

Row 5: K3, M1R, k1, M1L, k3 – 9 sts.

Row 6: Purl.

Row 7: K4, M1R, k1, M1L, k4 – 11 sts.

Row 8: Purl.

Row 9: K5, M1R, k1, M1L, k5 – 13 sts.

Row 10: Purl.

Row 11: K6, M1R, k1, M1L, k6 – 15 sts.

Row 12: Purl.

### Begin decrease

*(it is possible use ssk instead of skp)*

Row 13: K1, skp, k9, k2tog, k1 – 13 sts.

Row 14: Purl.

Row 15: K1, skp, k7, k2tog, k1 – 11 sts.

Row 16: Purl.

Row 17: K1, skp, k5, k2tog, k1 – 9 sts.

Row 18: Purl.

Row 19: K1, skp, k3, k2tog, k1 – 7 sts.

Row 20: Purl.

Row 21: K1, skp, k1, k2tog, k1 – 5 sts.

Row 22: Purl.

Row 23: K1, skp, k2tog – 3sts.

Row 24: Purl.

Row 25: Sl 1, k2tog, psso – 1 st.

Cut yarn, pull end through last stitch.

## FINISHING

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Secure the leaf to the stem using the tail from the leaf's cast on edge.

Weave in ends.

**Note:** When weaving in the tail from the main color cast on edge, keep in mind that the edge will roll to where the purl row begins. You may wish to weave the tail on the right side of the hat so that the finishing is less noticeable when rolled.

Depending upon the yarn used, you may or may not need to block. To achieve a more rounded shape you can air dry over a small bowl or balloon.

## HOW TO KNIT I-CORD

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Using using 2 double-point needles, cast on 4 stitches (in general i-cord is typically made with 3 to 5 stitches).

Row 1: Knit. Slide your work to the other end of your double pointed needle. Do not turn the work. The working yarn will be at the "wrong" end of your work.

Row 2: Pull the working yarn tightly across the back of your work and knit the row.

Repeat rows 1 & 2 until the i-cord is the desired length.

## ABBREVIATIONS

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**approx:** approximately

**BOR:** beginning of the round

**CC:** contrasting color

**dec:** decrease

**k:** knit

**k2tog:** knit 2 together

**LH:** left hand

**M1L:** make one left (left leaning increase)

Pick up the bar between the last stitch knit and the one you're about to knit from front to back. Next, with the bar on the left needle, knit the bar through the back loop.

**M1R:** make one right (right leaning increase)

Pick up the bar between the last stitch knit and the one you're about to knit, from back to front. Next, with the bar on the left needle insert the tip of the right needle knitwise into the front leg of the bar and knit as usual.

**MC:** main color

**p:** purl

**psso:** pass slipped stitch over

**rem:** remain(ing)

**RH:** right hand

**rnd(s):** round(s)

**sl:** slip

**sm:** slip marker

**skp:** slip, knit, pass (left-leaning decrease)

Slip 1 knitwise, knit 1, pass slip stitch over knit stitch.

**st(s):** stitch(es)

**ssk:** slip slip knit (left-leaning decrease)

Slip 2 stitches, one at a time, knitwise to the RH needle, return stitches to LH needle in turned position and knit them together through the back loops.