

Seed and Furrow Fingerless Mitts,
a mindful knits project.



Stitch Revival Studio
inspired by vintage needlework

ABBREVIATIONS
BO bind off
CO cast on
K knit
P purl

Seed and Furrow Fingerless Mitts Pattern

A simple knitting project suitable for a beginner. Featuring the mindful comfort of a repetitive stitch pattern and the cozy warmth of worsted weight wool.

Size: Adult Medium
Fits hand: 7.75” around
Mitt length: 7.75” cuff to fingers

Materials
Yarn: ‘Harvest’ medium worsted weight yarn, undyed, Revolution Wool Company.
Gauge: 20 sts & 28 rows / 4” on larger needles
Suggested US #5 / 3.75mm and US #7 / 4.5mm straight needles (or as required to meet gauge)
Notions: Stitch markers, darning needle

Instructions
Mitts are worked from cuff to base of fingers
With smaller needles, CO 36 sts
Ribbing: [k1, p1] across
Work ribbing row a total of 10 times.
Change to larger needles.
Next row.
Broken Rib Stitch:
Row 1 (RS): knit.
Row 2 (WS): (k1, p1) till the end of the row.
Repeat these two rows.
Repeat rows for pattern.
Knit 20 rows in Broken Rid Stitch Pattern.
Next row. Ribbing: [k1, p1] across.
Repeat completing 5 rows of ribbing.
BO on next row. Seam mitt, sewing two sides together leaving a 2-3” hole for thumb.

For pattern support please contact Sharlene Bolen at sbolen@stitchrevivalstudio.ca. | Stitch Revival Studio 2026