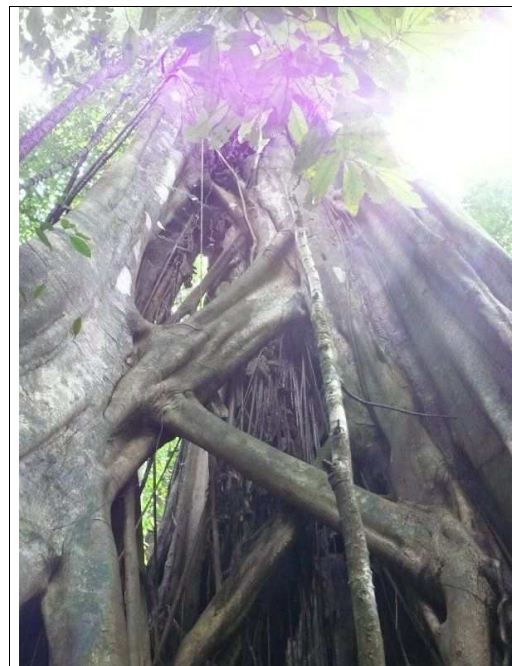


Strangler Fig Socks



There are several plants of the genus ficus that are known as strangler figs. Common to all of them is that they grow on other trees and form aerial roots. When the aerial roots reach the ground, they undergo a growth spurt and the underlying tree is crushed. As seen in the photo, the network of aerial roots forms a flowing design that converts well to an irregular cable pattern.

MATERIALS

- 100g 4-ply sock yarn, single colour
- Set of size 2 ½ double pointed needles

Required skills

Sock knitting, twisted stitches (knitting through the back of the loop), simple cables

Basic sock knitting guidelines can be found online, including here:

<http://knitty.com/ISSUESpring05/FEATsocks101.html>

DIRECTIONS:

Leg

Cast on 60 stitches. Distribute on 4 needles.

Work 7 rounds of [**k1tbl, k1tbl, p1** to end].

Work 1 round of [**knit 2, purl 1** to end].

Work 7 rounds of [**k1tbl, k1tbl, p1** to end].

A knitting pattern from www.lismeta.ch to benefit WWF Switzerland's 2008 Amazon Campaign

Katia Weibel, December 2007

On the 16th round, evenly work 12 increases by knitting through the front and back of the loop (3 increases per needles) = 72 stitches.

Work 45 rounds in the strangler fig pattern.

Heel flap

On the next round, increase 6 stitches on the first and second needles (3 increases per needle) = 30 stitches on needles 1 and 2.

Working only these 30 stitches, knit 23 rows in plain stockinette.

Heel

The heel ends up 16 stitches wide by doing the following:

On the right side, k21, sl1, k1, pss0, turn.

p15. P2tog, turn.

k15. Sl1, k1, pss0. Turn.

Continue until only 16 stitches remain on the needle.

Pick up 13 stitches from each side of the heel and knit on in the round. On the heel needles knit in plain stockinette (this will be the sole), on the remaining needles knit in the strangler fig pattern.

Instep

On every 3rd round, knit to the last 3 stitches on the 1st needle, then k2tog, k1. Knit across the 2nd and 3rd needles. On the 4th needle, k1, sl1, k1, pss0, then knit to end. Do this 6 times = 30 sole stitches (15 per needle). The first needle starts in the centre of the sole.

Foot

Keep knitting in plain stockinette over the sole stitches and in the strangler fig pattern over the remaining stitches. On the 50th round, decrease every 3 stitches = 60 stitches (15 stitches per needle).

Toe

Sixty rounds from the heel, start knitting the toe:

On the 1st round: on the 1st and 3rd needles, knit across to the last 3 stitches, then k2tog, k1. On the 2nd and 4th needles, k1, sl1, k1, pss0, then knit across to the end of the needle.

(The first needle starts in the centre of the sole).

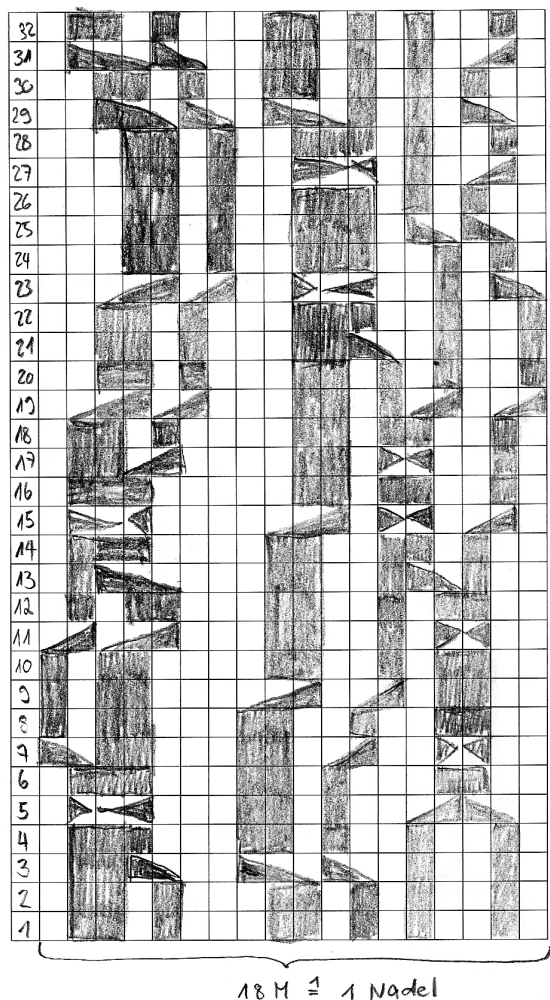
On the 2nd round: knit around.

Repeat these 2 rounds until 24 stitches remain on the needles.

Bind off the toe, either with kitchener stitch or using a 3-needle bind off.

STRANGLER FIG PATTERN

- After round 32, the pattern continues by starting again on round 3.
- All knit stitches become twisted, so that the root network pattern clearly stands out against the background.



Legend

	1. sl1 purlwise onto a cable needle, hold in back, k1tbl, p1 from cable needle
	2. sl1 onto cable needle, hold in front, p1, k1tbl from cable needle
	3. sl1 onto cable needle, hold in back, k1, k1 from cable needle
	4. sl2 onto cable needle, hold in front, p1; k1tbl, k1tbl from cable needle
	5. sl1 purlwise onto cable needle, hold in back, k1tbl, k1tbl; p1 from cable needle
	6. sl1 onto cable needle, hold in back, k1tbl, k1tbl; k1 from cable needle
	7. sl2 onto cable needle, hold in back, k1; k1tbl, k1tbl from cable needle

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