The Green Stitch, Hera Gallery & Hera Educational Foundation

April 2021 Rhode Island’s Herring Migration

In conjunction with our speaker, Paul Chappin of the River Herring Collective, we’ll be making sachets in the shape of fish to freshen up our homes and welcome spring scents.

Supplies (makes 2)

2 pieces of fabric (10” x 10”)

fabric scraps

fish paper pattern

2-4 buttons

scissors

sewing pins

needle and thread

1 cup rice mixed with lavender in plastic zip baggie

Directions

1. Fold your 10” x 10” fabric in half, right sides together.
2. Place your fish pattern in the center of you folded fabric and pin. Cut pattern along outside dotted line (tip— fabric cuts are cleaner with the paper attached, it keeps the fabric from slipping). Remove pins.
3. Use a button to sew a fish eye on or add scales to the right side of your fabric before you sew the body together. If you want to use this as a warmer, omit any buttons or plastic that could melt in the microwave.
4. Pin the fish with the right sides of the fabric together.

5. Thread needle, tie an overhand knot at end of threads.

6. Push needle through wrong sides of fabric and use a backstitch (the most secure hand

stitch to seal our rice inside the sachets). Stitch 5/8” in from cut line.

7. Stitch your fish together leaving a gap to fill your sachet.

8. Snip the seam allowance to 1/4” (except in gap) and clip corners. Flip fabric inside out.

9. Cut a corner of your plastic bag and funnel the rice filling into your fish.

10. Flip in seam allowance inside and use a slip stitch to close gap.

*Feeling Fancy?!?!?*

Use some fabric scraps to give your fish some fun contrasting scales. Stitch on top using some of your new sashiko skills or appliqués stitches from past projects.

+++More info and photos on Hera’s Facebook and Instagram accounts and through our website, [www.heragallery.org](http://www.heragallery.org)+++