

# The Twist and Sprout Hat

by [Mary Ann Stephens](#) for [Kidsknits.com](#) and the [Two Strands Blog](#)

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*a charming chapeau, sure to brighten the darkest winter day*

Instructions for infant (toddler, teen-to-adult, large adult)

## **Suggested yarn for main portion of hat:**

A: 2-50g balls of worsted weight yarn

## **Suggested yarn for optional flower:**

B: 1-50g ball, or remnants, of worsted weight yarn (shown in fuchsia, for main portion of flower)

C: 1-50g ball, or remnants, of worsted weight yarn (shown in green, for leaf)

D: 1-50g ball, or remnants, of worsted weight yarn (shown in orange for center of flower)

*Note: The original toddler's hat on the left was knit with Dale of Norway Freestyle yarn. The violet blue used in that hat was discontinued long ago; but, you can still get the [Twist and Sprout Hat kit](#) in whatever shades of [Dale Freestyle](#) strike your fancy. It comes with 3 balls of Freestyle – 2 for the hat, 1 for the flower - plus remnants for the leaf and flower center. You can order it through my [Kidsknits.com on-line yarn shop](#). You can also substitute with any worsted weight yarn of your choice (see the hand dyed version, on the right.)*

## **Suggested needles:**

**Main portion of the hat:** US size 8 (5.0mm)

**For ribbed brim:** US size 7 (4.5mm) (*Rolled brim uses the same needle as the main portion.*)

**For flower:** US size 6 (4.0mm) (*Optional.*)

*Note: You can choose to knit this hat with double pointed needles, two circulars, or one extra long circular with the “magic loop” method. Any of these methods can be used to produce the same hat.)*

***USE WHATEVER SIZE YOU NEED TO OBTAIN THE GAUGE, BELOW!***

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**Gauge:**

18 stitches and 24 rows = 4"/10cm in stockinette stitch.

One repeat of twist pattern spans 2 ½"

(Save time by taking the time to check the gauge!)

**Abbreviations:**

**CO** = cast on; **K** = knit; **K2tog** = knit 2 stitches together; **M1** = Make 1 stitch: Insert left needle, front to back, under strand of yarn between next stitch on left needle and previous stitch on right needle; knit lifted stitch through back loop; 1 stitch increased; **P** = purl; **pssso** = pass the 1 slipped stitch over the last stitch; **rd(s)** = round(s); **rem** = remain(ing); **rep** = repeat; **sl** = slip, purlwise in this case; **SSK** = slip 2 sts individually knitwise, then knit those 2 stitches together; **RS** = right, public side; **st(s)** = stitch(es); **WS** = wrong, private side; **yo** = yarn over (bring yarn to front of work and lay over right needle as you K the next st.)

**Twist stitch:**

All even # rounds: \*Sl 1, k1, pssso, k6, yo, k3, repeat from \* to marker. All odd # rounds: K all sts to marker.

**Rolled brim:** (*Shown on original hat, with flower.*) Work rolled brim and main portion of hat on same size needle(s).

**Ribbed brim:** (*Shown on plain blue hat.*) Work ribbing on needle(s) one size smaller than those to be used for main portion of hat.

**Hat instructions:** Using A and needles sized appropriately for your brim style (above), CO 77(88,99,110) sts. Place marker (= *end of rd*). CO 1 more st. Taking care not to twist CO sts, join work circularly as follows: K1, pssso - *the extra CO st is passed over to form the join and we're back to the original 77(88,99,110) CO sts.*

**Rolled brim:** K 7 rounds. Proceed to "Main portion".

**Ribbed brim:** \*K 1, P 1, rep from \* for 9 rounds. Change to larger needles for main portion.

**Main portion:** Work twist stitch (above) until length = 5½ (6,6½,6½)" from cast on edge.

**Top shaping:**

\*Sl 1, k2tog, pssso, k5, yo, k3, rep from \* to marker. K 1 round.

\*Sl 1, k2tog, pssso, k4, yo, k3, rep from \* to marker. K 1 round.

\*Sl 1, k2tog, pssso, k3, yo, k3, rep from \* to marker. K 1 round.

\*Sl 1, k2tog, pssso, k2, yo, k3, rep from \* to marker. K 1 round.

\*Sl 1, k2tog, pssso, k4, rep from \* to marker. K 1 round.

\*Sl 1, k2tog, pssso, k2, rep from \* to marker. K 1 round.

\*Sl 1, k2tog, pssso, rep from \* to marker. K 1 round.

\*K2tog, rep from \* to marker. \*Pssso, rep to end. Cut yarn & pull through last st, leaving a few inches for tying off inside hat.

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**Leaf:**

Using C, CO 1. K into front, back & front; (3 sts).

K1, yo, K1, yo, K1. P 1 row.

K2, yo, K1, yo, K2. P 1 row.

K3, yo, K1, yo, K3. P 1 row.

K4, yo, K1, yo, K4. P 1 row.

SSK, K3, yo, K1, yo, K3, K2tog. P 1 row.

SSK, K7, K2tog. P 1 row.

SSK, K5, K2tog. P 1 row.

SSK, K3, K2tog. P 1 row.

SSK, K1, K2tog. P 1 row.

Sl 1, K2tog, psso. Cut yarn & pull through last st, leaving a few inches for attaching to hat.

**Flower:**

Using B, CO 27 sts, leaving a tail a few inches long for gathering the center and attaching the flower to the hat.

Row 1 (RS): K1, \*p1, K1, rep from \* to end.

Row 2 and all WS rows: K the knit sts, p the purl sts.

Row 3: K1, \*p1, M1, K1; rep from \* to end.

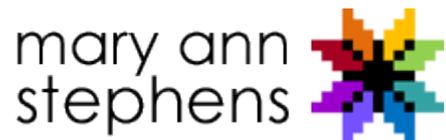
Row 5: K1, \*p2, M1, K1; rep from \* to end.

Row 7: K1, \*p3, M1, K1; rep from \* to end.

Row 9: K1, \*p4, M1, K1; rep from \* to end.

Row 10 = last WS row.

Bind off all sts, leaving a tail about 8" long. Run the CO tail through the CO sts using a tapestry needle; gather tightly. Using BO tail, sew flower seam from outer edge toward center. Attach flower center to hat near hat bottom. Attach leaf bottom to flower center and leaf top to hat at 2 o'clock angle. Make a bobble using D as follows: CO 1st, K into front, back, then front again (3 sts). K into front, then back of each of the 3 sts (6 sts). P6. K1, \*K1, psso, repeat to end. Cut yarn and pull through last st, leaving a few inches. Run tail through far side of work, forming large bobble. Tie ending tail with CO tail, pull both tails through center of flower, tie and weave into WS of hat. Bestow hat upon beautiful head with hugs and kisses.



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