HOW TO MAKE A CROCHET MITOCHONDRIA

QUICK GUIDE

COLOUR 1


COLOUR 2

Step 1: dc around the edge of the fabric, ss to join, cut the working end of the yarn leaving about 20cm spare. Step 2: use hook to pull yarn through to back of fabric, then use hook to pull yarn through to front of fabric in desired location. Step 3: make 2-4 ss in a horizontal line across the surface of the fabric. At the end of the line pull the yarn through the loop on your hook to finish the ss. Step 4: repeat Steps 2 and 3, making horizontal lines across the surface of the fabric from both sides - these are your cristae!

1. START BY MAKING A SLIP KNOT

TIE THE SLIP KNOT WHERE THE TAIL END MEETS THE WORKING END

Make a loop about 10cm from the tail end (loose end) of the yarn. Pull the tail end through the loop to make a second loop. Place your crochet hook in the working end. Tighten by pulling on both ends.

2. HOLD THE HOOK AND YARN READY TO START

Hold the slip knot between the thumb and index finger of your left hand. Let the tail end hang down and loop the working end over your index and middle fingers, under your ring finger, and over your little finger. Stretch out the yarn between your index and middle fingers. Keep tension in this part of the yarn as this is the part you will hook. Hold the hook in your right hand, gripping the flat part with your thumb and index finger.
3. MAKE THREE CHAIN STITCHES (ch 3)

Move your hook from left to right under the yarn stretched between your index and middle fingers. This is known as yarn over (yo).

Pull the hook down, grabbing the yarn and pulling it through the loop on your hook. Repeat 2 more times.

4. MAKE A DOUBLE CROCHET IN THE SECOND STITCH FROM THE HOOK (dc 1)

Put your hook through the top loop of the second stitch from the hook (blue). You will now have 2 loops on your hook.

Yarn over (as in Step 3)

Pull the yarn through the first loop on the hook. You will now have 2 loops on your hook again.

Yarn over again and, this time, pull through both loops on your hook. You will be left with 1 loop on your hook. This completes one double crochet (dc).

5. MAKE A SECOND DOUBLE CROCHET IN THE SAME STITCH (dc 1 in same stitch)

Make another double crochet by inserting the hook into the same stitch again (blue), and repeating Step 4.

6. MAKE TWO DOUBLE CROCHETS IN THE NEXT STITCH (dc 2 in same stitch)

Insert your hook into the top loop of the next stitch (blue) and repeat Steps 4 and 5.

7. MAKE ONE CHAIN STITCH TO TURN (ch 1)

Repeat Step 3 to make 1 chain stitch (blue). This stitch is added to allow space to turn. Then flip the fabric over ready to start the next round.
8. MAKE TWO DOUBLE CROCHETS IN THE SECOND STITCH FROM THE HOOK (dc in same stitch)

Make 2 double crochet stitches in the second stitch from the hook (blue)

9. MAKE ONE DOUBLE CROCHET IN EACH OF THE NEXT TWO STITCHES ((dc 1)x2)

Make 1 double crochet in each of the next 2 stitches (blue)

10. MAKE TWO DOUBLE CROCHETS IN THE FINAL STITCH, THEN MAKE ONE CHAIN STITCH (dc 2 in same stitch, ch 1)

Make 2 double crochets in the final stitch (blue), then make 1 chain stitch to turn. Flip the fabric ready to start the next row

11. MAKE SIX DOUBLE CROCHETS, THEN ONE CHAIN STITCH. REPEAT 3 MORE TIMES ((dc 6, ch 1)x4)

Make 6 double crochets running back along the fabric, then one chain stitch to turn at the end. Repeat 3 more times

12. DOUBLE CROCHET TWO TOGETHER (dc2tog)

Place your hook through the front loops of the first two stitches (blue). Complete the stitch as you would a double crochet, i.e. yarn over, pull through the first two loops on the hook, yarn over again, and pull through the next two loops

13. MAKE ONE DOUBLE CROCHET IN EACH OF THE NEXT TWO STITCHES ((dc 1)x2)

Make 1 double crochet in each of the next 2 stitches

14. DOUBLE CROCHET TWO TOGETHER, THEN MAKE ONE CHAIN STITCH (dc2tog, ch 1)

Repeat Step 8 with the final 2 stitches. Make 1 chain stitch to turn

15. DOUBLE CROCHET TWO TOGETHER TWICE (dc2tog x2)

Double crochet two together (as in Step 8), then repeat for the final 2 stitches
16. **FINISH OFF**

To finish off, pull the hook away from the fabric to make the loop on the hook much larger. Cut the working end of the yarn, leaving about 5cm spare, then pull this end through the loop.

17. **MAKE A SLIP KNOT AND INSERT AT THE EDGE OF THE FABRIC**

Starting in a new colour, make a slip knot and insert the hook into a stitch at the edge of the fabric (blue).

18. **MAKE DOUBLE CROCHETS ALL ALONG THE EDGE OF THE FABRIC (dc as needed)**

Yarn over and pull through the fabric (blue). You will now have two loops on your hook.

Yarn over again and pull through both loops on your hook (blue).

This completes the double crochet.

Repeat Step 17 moving all the way around the edge of the fabric, back to the beginning.

19. **MAKE A SLIP STITCH TO JOIN (ss 1)**

Place your hook through the first stitch (blue), yarn over, and pull yarn through all three loops on the hook.

20. **CUT 20CM OF YARN AND PULL THROUGH TO BACK OF FABRIC**

Cut the working end of the yarn, leaving about 20cm spare. Pull the yarn through the final loop on your hook to finish. Then use hook to pull yarn through to the back of the fabric.

21. **PULL YARN TO FRONT OF FABRIC IN DESIRED LOCATION**

Use hook to pull yarn through to the front of the fabric in desired location along the edge.
22. MAKE 2-4 SLIP STITCHES ACROSS THE FABRIC (ss 2-4)

Keeping the working end of the yarn on the right, place your hook through the fabric (blue) and back up Yarn over and pull through the fabric (blue). This completes the first slip stitch Repeat, this time pulling through both the fabric and the loop on your hook. This completes the second slip stitch Repeat if desired, making a line of 2-4 slip stitches in total. At the end, pull the yarn through the loop on your hook. Then pull the yarn through to the back of the fabric

23. REPEAT STEPS 21 AND 22 MAKING HORIZONTAL LINES ACROSS THE FABRIC ((ss 2-4) x 3-5)

Repeat steps 21 and 22 to make horizontal lines of slip stitches across the surface from both sides - these are your cristae! Finish by pulling yarn through to back of fabric and cutting.

24. ADD YOUR MITOCHONDRIA TO OUR GIANT CELL!

Stick a velcro pad to the back of your mitochondria. Add it to our giant cell to help it produce energy!