

Meadowlands Socks



Inspired by *Phragmites*, the dominant tall grass of the New Jersey Meadowlands, this sock features crossed ribbing at the cuff and trellis lace on the leg to suggest meandering streamlets, gently swaying reeds, and nodding panicles (or possibly footballs). Its construction, based on Cat Bordhi's Cedar architecture, is equally beguiling.

Skills needed: Knitting and purling in the round, increasing and decreasing, short rows, grafting. Previous experience with Cedar architecture is not required.

The sample socks are *Phragmites* in their autumn and winter colors, Claudia Hand Painted Fingering, Moss, and Regia Silk, 012 Camel.

Meadowlands Socks

Construction: Cuff down on 5 double-pointed needles using Cat Bordhi's Cedar architecture, also suitable for 2 circulars or Magic Loop.

Size: Medium.

Suggested yarn: 100 g sock yarn.

Needle size: US 0 or 2.0 mm.

Gauge: 8.5 sts per inch over stockinette in the round.

Notions: Tapestry needle.



Pattern

Cast on 64 sts. Distribute stitches evenly on 4 needles and join to work in the round. The beginning of the round is the center back of the sock.

Cuff

Work 1x1 crossed ribbing over 64 sts for 1-1/2 inches (3.8 cm) or to preferred length, end Round 2.

1x1 Crossed Ribbing

-		2 ←	Rnd 1: *K1 tbl, p1*, rep *to*.
-	?	1 ←	Rnd 2: *K1, p1*, rep *to*.

Note: Crossed rib has twist sts on every other rnd and forms a slight zigzag; twisted rib has twist sts on every rnd and has a tightly corded appearance.

Leg

Work 1-1/2 reps of Trellis Lace 031 over 64 sts, that is, work Rnds 1-32, then Rnds 1-16. The leg extends to the top of the ankle bone.

Trellis Lace 031

-	/	o	/	o	/	o	-				o			/	32
-							-								
-	/	o	/	o	/	o	-			o				/	
-							-								
-	/	o	/	o	/	o	-		o					/	
-							-								
-	/	o	/	o	/	o	-	o						/	
-							-								
-	/	o	/	o	/	o	-			o				/	25
-							-								
-	/	o	/	o	/	o	-			o				/	
-							-								
-	/	o	/	o	/	o	-		o					/	
-							-								
-	/	o	/	o	/	o	-	o						/	17
-							-								
-	\			o			-		o	\	o	\	o	\	16
-							-								
-		\			o		-		o	\	o	\	o	\	
-							-								
-		\			o		-		o	\	o	\	o	\	
-							-								
-		\			o		-		o	\	o	\	o	\	
-							-								
-		\			o		-		o	\	o	\	o	\	
-							-								
-		\			o		-		o	\	o	\	o	\	2 ←
-							-								1 ←
16							8								1

Rnd 1 (and all odd-numbered rnds): *K7, p1*, rep *to*.
 Rnd 2: *(Ssk, yo) 3x, k1, p1, yo, k2, ssk, k3, p1*, rep *to*.
 Rnd 4: *(Ssk, yo) 3x, k1, p1, k1, yo, k2, ssk, k2, p1*, rep *to*.
 Rnd 6: *(Ssk, yo) 3x, k1, p1, k2, yo, k2, ssk, k1, p1*, rep *to*.
 Rnd 8: *(Ssk, yo) 3x, k1, p1, k3, yo, k2, ssk*, rep *to*.
 Rnd 10: Rep Rnd 2.
 Rnd 12: Rep Rnd 4.

Rnd 14: Rep Rnd 6.
 Rnd 16: Rep Rnd 8.
 Rnd 18: *K3, k2tog, k2, yo, p1, k1, (yo, k2tog) 3x, p1*, rep *to*.
 Rnd 20: *K2, k2tog, k2, yo, k1, p1, k1, (yo, k2tog) 3x, p1*, rep *to*.
 Rnd 22: *K1, k2tog, k2, yo, k2, p1, k1, (yo, k2tog) 3x, p1*, rep *to*.
 Rnd 24: *K2tog, k2, yo, k3, p1, k1, (yo, k2tog) 3x, p1*, rep *to*.
 Rnd 26: Rep Rnd 18.
 Rnd 28: Rep Rnd 20.
 Rnd 30: Rep Rnd 22.
 Rnd 32: Rep Rnd 24.

Cedar Expansion

Cedar expansion provides ease for the heel similar to a traditional heel flap and gusset. It is worked in the round before the heel turn by inserting increases at the purl sts, rather than after the heel turn by picking up stitches on the heel flap. The



Cedar expansion starts at the ankle bone and ends following the line of a tailored trouser cuff – it rides over the arch of the foot in front and dips almost to the bottom of the heel in back.

Begin with 16 sts on each Ndl. Continue Trellis Lace as established, work Rnds 17-32 and Rnds 1-3 **and** add purl increases as indicated:

Rnd 17: Ndl 1, inc 1 p st at St 8 and at St 16 (18 sts);
 Ndl 2, inc 1 p st at St 8 (17 sts);
 Ndl 3, inc 1 p st at St 8 and at St 16 (18 sts);
 Ndl 4, inc 1 p st at St 8 (17 sts).
 Rnd 25: Ndl 1, inc 1 p st at St 16 (19 sts);
 Ndl 2, inc 1 p st at St 8 (18 sts);
 Ndl 3, inc 1 p st at St 8 and at St 16 (20 sts);
 Ndl 4, work even.

Rnd 1: Ndl 1, inc 1 p st at St 8 and at St 16 (21 sts);
Ndl 2, inc 1 p st at St 8 (19 sts);
Ndl 3, inc 1 p st at St 8 and at St 16 (22 sts);
Ndl 4, inc 1 p st at St 8 (18 sts).

For a smoother heel, on Rnds 1-3, k all k sts and p all p sts on Ndls 1 and 4, continue working Trellis Lace on Ndls 2 and 3.

Heel

The heel is worked back and forth in short rows on Ndls 1 and 4. First the heel is turned using w&t and cw, then the expansion sts are decreased.

Rearrange sts:

Move the last 5 sts on Ndl 1 to Ndl 2.

Move the first 2 sts on Ndl 4 to Ndl 3.

Ndls contain (16, 24, 24, 16) sts.

Yarn is at the center back, between Ndls 1 and 4.

Turn heel:

Row 1: On Ndl 1, k14, w&t (1 st wrapped).

Row 2: P28 across Ndls 1 and 4 to last 2 sts, w&t (1 st wrapped).

Row 3: K27 across Ndls 4 and 1 to last 3 sts, w&t (2 sts wrapped).

Row 4: P26 across Ndls 1 and 4 to last 3 sts, w&t (2 sts wrapped).

Row 5: K25 across Ndls 4 and 1 to last 4 sts, w&t (3 sts wrapped).

Row 6: P24 across Ndls 1 and 4 to last 4 sts, w&t (3 sts wrapped).

Row 7: K23 across Ndls 4 and 1 to last 5 sts, w&t (4 sts wrapped).

Row 8: P22 across Ndls 1 and 4 to last 5 sts, w&t (4 sts wrapped).

Row 9: K21 across Ndls 4 and 1 to last 6 sts, w&t (5 sts wrapped).

Row 10: P20 across Ndls 1 and 4 to last 6 sts, w&t (5 sts wrapped).

Row 11: K19 across Ndls 4 and 1 to last 7 sts, w&t (6 sts wrapped).

Row 12: P18 across Ndls 1 and 4 to last 7 sts, w&t (6 sts wrapped).

Row 13: K17 across Ndls 4 and 1 to last 8 sts, w&t (7 sts wrapped).

Row 14: P16 across Ndls 1 and 4 to last 8 sts, w&t (7 sts wrapped).

Row 15: K16 across Ndls 4 and 1 to wrapped sts, cw 6x, cw/ssk.

Row 16: S1 1, p22 across Ndls 1 and 4 to wrapped sts, cw 6x, cw/p2tog.

Rearrange sts:

Move the first 8 sts on Ndl 2 to Ndl 1.

Move the last 8 sts on Ndl 3 to the active Ndl.

Ndls contain (23, 16, 16, 8, 15) sts.

Yarn is between active Ndl and Ndl 4.

Resume knitting from Ndl 4 to active needle.

Decrease expansion sts:

Row 1: Sl 1, k28 across Ndl 4 and 1, ssk, turn.

Row 2: Sl 1, p28 across Ndl 1 and 4, p2tog, turn.

Rows 3-12: Rep Rows 1-2.

Row 13: Sl 1, k14 across Ndl 4, on Ndl 1 k14, ssk, k1, continue knitting as established (Rnd 4 of Trellis Lace) across Ndl 2 and 3, on Ndl 4 k1, ssk, k14.

Ndls contain (16, 16, 16, 16) sts.

Yarn is at the beginning of the rnd, the center back of the sock.

Resume knitting in the round.

Fancy Foot



A fiddly adjustment is needed to keep the Trellis Lace pattern correct on the sides of the foot. Six expansion purl sts are decreased and 6 sts (2 p, 4 k) increased to balance the st count.

Rnd 1 (Rnd 5 of Trellis Lace): Ndl 1, k15, inc 1 p, k1;
Ndl 2, work Trellis Lace and work p2tog at expansion sts;
Ndl 3, work Trellis Lace and work p2tog at expansion sts;
Ndl 4, k2, inc 1 p, k14.

Rnd 2 (and even rnds): Work as established.

Rnd 3: Ndl 1, work even;
Ndl 2, inc 1 k, work Trellis Lace and p2tog at expansion sts;
Ndl 3, work Trellis Lace and work p2tog at expansion sts;
Ndl 4, inc 1 k.

Rnd 5: Rep Rnd 3.

If desired, rearrange sts so that there are:

Ndl 1: 15 k sts, 1p st;
Ndl 2: 16 sts Trellis Lace;
Ndl 3: 16 sts Trellis Lace;
Ndl 4: 16 k sts.

Continue as established until foot is 2 inches (5 cm) less than desired length.

Toe

Begin with 16 sts on each Ndl.

Rnd 1: K around.

Rnd 2: Ndl 1, k to last 3 sts, k2tog, k1;

Ndl 2, k1, ssk, k to end;

Ndl 3, k to last 3 sts, k2tog, k1;

Ndl 4, k1, ssk, k to end.

Rep Rnds 1-2 8x (end 8 sts on each Ndl).

Rep Rnd 2 4x (end 4 sts on each Ndl).

K around, then k4 sts on Ndl 1.

Rearrange sts and graft toe.

Finish: Repeat. Weave in loose ends. Wash and block, if desired.

Suggested Variations

Sensible foot: Knitters who prefer a sensible plain foot can easily substitute a stockinette foot.

Mirror image socks (because knitters can): The bias ladders stretch more than the bias stockinette, so the sock may fit one foot slightly better than the other. To balance this, adventurous knitters may like to start the Trellis Lace at Rnd 1 and end at Rnd 16 for one sock and start at Rnd 17 and end at Rnd 32 for the other, adapting the Cedar expansion as needed.

Toe-up: Cedar architecture has a toe-up corollary, Foxfire architecture. Both crossed ribbing and Trellis Lace can be worked toe up with no modification, so adventurous knitters may enjoy converting this cuff down pattern to toe up.

Abbreviations and Symbols

k	□	Knit
p	-	Purl
k tbl	ℓ	Knit through the back loop (twist)
ssk	\	Slip 2 sts, then k them tog tbl
yo	○	Yarn over
k2tog	/	Knit 2 stitches together
st(s)		Stitch(es)
rnd(s)		Round(s)
rep(s)		Repeat(s)
inc		Increase
sl		Slip k sts knitwise, p sts purlwise
w&t		Wrap and turn
cw		Conceal wrap
cw/ssk		Unwrap st, then k3tog tbl
cw/p2tog		Unwrap st, then p 2 p sts & wrap tog
Ndl(s)		Needle(s)
RS		Right side

The pattern assumes stitches are uncrossed unless specified. The written directions are for Western uncrossed knitters, but the charts may be followed by Eastern uncrossed and combination knitters.

Increases may be worked as the knitter prefers. One sample sock uses yos to create decorative eyelets, the other uses knit or purl into the stitch below, sometimes called lifted or raised increase, for an unobtrusive effect.

Wrap and turn and conceal wrap are Cat Bordhi's elegant variations on the standard techniques. Tutorials may be found on YouTube [here](#) and [here](#) and also in *New Pathways for Sock Knitters*. Or standard wrap and turn and pick up wrap techniques may be substituted.

Knitters familiar with Cat Bordhi's diagrams may be accustomed to visualizing the direction of knitting as counter-clockwise. For this pattern, it is assumed that the left hand holds stitches about to be knit, the right hand holds the active needle with the stitches just knit, and the direction of knitting is right-to-left.

Needles are numbered 1-4 from the beginning of the round. The fifth needle is the active needle and acquires the number of the needle from which it receives stitches.

Acknowledgements

Crossed Ribbing is the "standard" ribbing in many knitting traditions. Its slight zigzag adds movement to the cuff and complements the slight zigzag of the Trellis Lace.

Trellis Lace 031 is a modified version of stitch pattern 031 in a Japanese stitch dictionary, *Knitting Patterns Book 250* (ISBN 4-529-04176-X), adapted for sock knitting.

Cedar Architecture is one of eight innovative sock constructions in *New Pathways for Sock Knitters, Book One* by Cat Bordhi (ISBN 978-0-9708869-6-5), which see for a full discussion of the technique.

About *Phragmites* (frag-MY-tees)

Mighty *Phragmites* grows to 5-15 feet (1.5-4.5 meters) tall and is found in wetlands all over the world – it's the reed mentioned in the biblical story of Moses. The European subspecies is taller and considerably more aggressive than the American subspecies. Travelers to New York City can see extensive stands, remarkable in such a heavily urbanized area, around major airports, turnpikes, railways, and sports complexes. Some consider these areas waste land, but there is growing appreciation of the environmental role of meadowlands and their unique beauty.

About the Author

Ina knits and [blogs](#) in northern New Jersey roundabout Exit 151. She started knitting before *When Dinosaurs Ruled the Earth* and very much appreciates *New Pathways*. There's a small patch of *Phragmites* near her backyard and the New Jersey Meadowlands are a short bike ride away.

The fine print:

© Ina Isobe

<http://jerseyknitter151.blogspot.com>

All rights reserved.

All text and images of this pattern are the property of the author. A copy of the pattern may be downloaded and printed for your personal use. Finished socks knit from this pattern may not be sold for profit, nor may the pattern be reproduced and sold.