

Boro Embroidery: The Ancient Japanese Art of Sustainable Stitching

Gather Your Materials & Tools

- Base fabric: old denim, cotton, linen — preferably natural fibers
- Scraps / patches of fabric to layer
- Sashiko thread or heavy cotton thread; sharp needle, scissors

Prepare & Arrange Patches Thoughtfully

- Wash & dry base & patches first
- Identify worn or weak spots
- Lay out and secure patches before stitching (pins, clips)

Stitch Techniques & Patterns

- Use running stitch / sashiko for structure and design
- Try patterned stitches like Hitomezashi, Moyōzashi, or Kogin for texture
- Maintain even spacing and consistent tension

Finishing Touches

- Trim excess threads & press fabric gently
- Wash / soften if needed without damaging stitches
- Let natural wear show — imperfections are part of Boro's aesthetic

Creative Uses & Sustainable Values

- Repair clothing, create wall art, upgrade decor pieces
- Value storytelling: use meaningful patches or fabrics
- Embrace sustainability: reduce textile waste, reuse, upcycle