Sunflower

Petal (knit 10 petals)

Yellow wool 8 ply
using two strands together
size 4 needles
Knitted in moss stitch, one purl one plain, at the beginning of the petals it is tricky doing moss stitch due to increases but it works when you do the best you can.

Cast on one stitch.
Knit two rows
Increase by 1 stitch (2 stitches)
knit 2 rows
Knit one increase one stitch in the centre of row (3 stitches)
knit 1 row
Increase one stitch in the centre of the row (4 stitches)
Knit one row, moss stitch (1 purl, 1 plain alternating on each row)
Increase each end of row (6 stitches)
Moss stitch until petal measures 8 cm
Slip stitch knit pssos moss stitch 2 stitches knit 2 together (4 stitches)
Moss stitch 3 rows
Cast off.
Sew in two strands at the point of the petal
Attach each petal to its neighbour (to eventually form a circle of 10 petals) by sewing together the cast off edges and joining the edges and the base of the petals about 1 and a half cms up (the four stitch rows)

Centre of sunflower

Black wool 8 ply using two strands together
size 4 needles

Cast on 15 stitches
Moss stitch rows until the knitting forms a square
Cast off
Sew circle of petals to the black centre in a circle format.