



Passos

Educational Workbook: Brazilian Dimensional Embroidery on Sugar Sacks



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Target Audience: All skill levels (Ages 10 to 70+)

Approach: Inclusive art, 3D dimensional technique, living heritage, and tactile expression.

Course Overview

Brazilian Embroidery on cotton sugar sacks (*sacaria*) is a unique textile art form. It combines the rustic texture of unbleached cotton sugar sacks with the sheen of rayon or fine handspun wool yarns. This workbook provides a simple, step-by-step approach to creating stunning 3D dimensional embroidery.

MODULE 01

Materials and Background Fabric

Selecting the right materials ensures that your dimensional stitches maintain their structure and lift.

- **Cotton Sugar Sack Fabric (Sacaria):** Open-weave, durable cotton fabric that allows thick needles to pass through smoothly without damaging the threads.
- **Yarns & Threads:** High-sheen rayon/viscose threads for vibrant highlights, combined with fine handspun wool for rich matte textures and body.
- **Needles:** Long embroidery needles (such as milliners or tapestry needles with sharp points) designed to hold multiple thread wraps.

MODULE 02

Step-by-Step 3D Dimensional Stitches

1. Bullion Knot (Ponto Rococó)

The core stitch of Brazilian embroidery, used to create flower centers, rosebuds, and textured spirals.

- Bring the needle up through the fabric and re-insert at the desired length without pulling the thread completely through.
- Wrap the thread around the needle shaft 10 to 20 times smoothly.
- Gently pull the needle through while holding the coiled wraps down with your thumb. Secure the end.

2. Cast-on Stitch (Ponto Caseado em Relevô)

Perfect for creating raised, 3D flower petals that lift off the fabric surface.

- Form a loop over the needle similar to a knitting cast-on.
- Cast on multiple loops onto the needle to establish the petal's width.
- Pull the thread through and shape the curved petal onto the fabric.

3. Woven Trellis / Spiderweb Stitch (Ponto Aranha)

Used to craft dramatic dimensional roses and circular floral motifs.

- Stitch 5 straight spokes radiating from a central point.
- Weave the thread alternately over and under the spokes without piercing the fabric until the circle is filled.

4. Structural Stitches: Stem and Leaf Stitches

Connect botanical arrangements with fluid stems and shaded green leaves.

MODULE 03

Botanical & Nature-Inspired Motifs

Botanical Element	Stitches Used	Visual Effect
Dimensional Rose	Woven Trellis + Central Bullion Knot	Sculptural flower standing off the fabric
Brazilian Ipê Blossoms	Cast-on Stitch + French Knots	Dense, velvety clusters of colorful flowers
Stems & Vine Leafwork	Stem Stitch + Leaf Stitch	Smooth, organic lines grounding the bouquet

MODULE 04

Assembly, Finishing & Care

1. **Gentle Washing:** Hand-wash the embroidered sugar sack in cool water with mild soap. Never wring out 3D embroidery.
2. **Pressing:** Press the piece on the reverse side over a soft towel to protect the dimensional stitches from flattening.
3. **Finished Applications:** Turn your completed work into luxury tea towels, table runners, cushion covers, or framed hoop art.