

Frost Blossom Cowl Crochet Pattern Printable PDF

The Frost Blossom Cowl is one of those projects you can easily finish in a weekend. This pattern works up beautifully into a textured accessory perfect for everyday wear. It's the perfect piece to reach for on chilly mornings.

This cowl was designed as part of our Frost Blossom Collection, a special collaboration between my daughter Casey and me. After creating the blanket, we knew we wanted a wearable piece that carried the same cozy texture and gentle color movement, and this cowl quickly became one of our favorites.

Lemon Peel Stitch

At the center of the design is the simple lemon peel stitch. If you've never worked it before, you're in for a treat. It has a lovely rhythmic flow that makes this pattern relaxing and beginner friendly while still producing a rich, textured look.

When worked in strict black and white, this stitch creates the classic houndstooth effect. But by using variegated yarns, it takes on a completely different personality. The colors blend and shift, creating that signature "frost meets bloom" look we love so much.

Pattern Overview

The Frost Blossom Cowl is crocheted using the beautifully textured lemon peel stitch, a simple combination of single crochet and double crochet stitches. This engaging stitch pattern creates rich texture while still being wonderfully relaxing to crochet.



Worked flat and seamed, this design is approachable for all skill levels and comes together quickly, making it a great project for a weekend make or a thoughtful handmade gift.

As part of the Frost Blossom Collection, this cowl coordinates perfectly with the matching blanket and accessories. It's a lovely way to carry that same cozy texture and soft color palette into your everyday wardrobe.

Directions: Frost Blossom Throw Blanket

Skill Level

Beginner-Friendly

Gauge

Approximately 12 stitches and 10 rows = 4" x 4" in lemon peel stitch.

Size

Approximately 8 inches wide X 24 inches long lying flat before joining the ends to create the infinity cowl.

To adjust the width, simply adjust your chains by any odd number of chains. To make the project longer or shorter, simply crochet more or fewer rows.

Abbreviations

- CH = Chain
- DC = Double Crochet
- SC = Single Crochet
- SK = Skip
- SP = Space
- ST = Stitch
- STs = Stitches
- YO = Yarn Over
- [] = Repeat Between

Materials

<https://patternprincess.com>



Yarn. Red Heart Super Saver Bitty Stripes from Yarnspirations. It is a #4 medium weight yarn, 515 yards each skein. 100% Acrylic.

This cowl uses approximately 350 yards. You will need one skein of each yarn color.

I used two yarn colors:

- **Color A:** Crayon Box
- **Color B:** Moonbeam

Size I 5.5mm Crochet Hook.

Scissors

Tapestry Needle

Tape Measure

Stitch Markers

Pattern Notes

Written in US Terms.

This pattern uses the Lemon Peel Stitch.

Chain 1 at the beginning of the row is the turning chain and does not count as a stitch.

This pattern is written to carry the yarn up the side of the blanket.

Helpful Tips for Beginners

✓Alternating Stitches

You'll always be alternating single crochet and double crochet stitches throughout this pattern.

Here's the simple rule of thumb:

- If the stitch below is a **double crochet**, work a **single crochet** into it.
- If the stitch below is a **single crochet**, work a **double crochet** into it.



<https://patternprincess.com>

This alternating pattern gives you the signature lemon peel-like texture.

✓ Use a Stitch Marker

Because this stitch uses alternating heights, the last stitch can blend in. Place a stitch marker in the first stitch of the row. This prevents accidental increases or decreases that throw off your count.

✓ Counting Made Easy

If you start with an **odd number of chains**, you'll end up with an **even number of stitches**, which ensures the alternating pattern lands correctly on the **next row**.

✓ **Make sure to watch the video tutorials** to see how to crochet the lemon peel stitch and how to change yarn color. They are located after the written directions.

Crochet Stitches Used

Chain Stitch (CH ST)

Begin the chain stitch by making a slip knot on the crochet hook. Leave about a 5-inch tail on the yarn. This will be weaved in later.

Next snug up the yarn loop that is on the crochet hook; while it should be firm, it should also be loose enough to slide on the hook with ease.

Keeping the loop on the hook, insert the hook in the stitch, wrap the yarn over the crochet hook from back to front. Draw the yarn through the loop. (The first chain stitch is complete).

[HOW TO CROCHET THE CHAIN STITCH](#) video tutorial

Double Crochet (DC)

Yarn over, insert the hook through both loops and pull up a loop. Next, yarn over and pull through two loops on the hook. Lastly, yarn over again and pull through the last two loops on the hook.

[HOW TO CROCHET THE DOUBLE CROCHET STITCH](#) video tutorial



Single Crochet (SC)

Insert the hook, pull up a loop. Yarn over and pull through the two loops on the hook.

[HOW TO CROCHET THE SINGLE CROCHET STITCH](#) video tutorial

Begin Crochet Pattern

Chain any odd number of chain stitches.

Crochet a Foundation Row

Starting with yarn color A

Begin the chain stitch by making a slip knot on the crochet hook.

Chain 25

Row 1

SC in 2nd CH from the hook. DC in next CH. [SC in the next ST, DC in the next ST]. Repeat across between []. End with a DC in the last St. Turn (You'll have an even number of stitches.)

Do not cut your yarn. Add a stitch marker.

Row 2

Change to yarn color B. Pull the new yarn color through the loop on the hook and snug up yarn color A. Continue with the pattern using yarn color B.

CH 1 (Turning Chain Doesn't Count as a Stitch). SC in the first DC ST, DC in the SC ST. [SC in the next ST, DC in the next ST]. Repeat across between []. End with a DC in the last St.

Add a stitch marker.

Row 3

Change back to yarn color A



Now you'll see the unused color strand (Color A) waiting at the other end. To reuse it.

- Insert your hook into the first stitch.
- Gently **pull up Color A** and yarn over with it to start the row.

The unused yarn will be carried neatly up the side.

CH 1 (Doesn't Count as a ST). DC in the first SC ST, SC in the DC ST. [DC in the next ST, SC in the next ST]. Repeat across between []. End with a SC in the last St. Turn

Row 4

Change back to yarn color B

CH 1 (Doesn't Count as a ST). DC in the first SC ST, SC in the DC ST. [DC in the next ST, SC in the next ST]. Repeat across between []. End with a SC in the last St. No Turn

Row 5

Change back to yarn color A

CH 1 (Doesn't Count as a ST). SC in the first DC ST, DC in the SC ST. [SC in the next ST, DC in the next ST]. Repeat across between []. End with a DC in the last St. Turn

Row 6

Change back to yarn color B

CH 1 (Doesn't Count as a ST). SC in the first DC ST, DC in the SC ST. [SC in the next ST, DC in the next ST]. Repeat across between []. End with a DC in the last St. No Turn

Rows 7 through 64

Continue repeating rows 3-6 until desired length.

Once you reach your desired length, leave about a 20-inch-long yarn tail.



Use this to join the ends together to work the infinity cowl.

Joining

You can use any method to join the ends. A slip stitch or a single crochet through both ends. You could use the yarn needle and work a whip stitch through both ends.

Today, I chose a whip stitch to join the ends.

- **Whipstitch.** Insert the needle from back to front, wrapping the yarn around the edges in a spiral motion.
- **Mattress Stitch.** Work through the middle of the stitches on the edges of both pieces, creating an almost invisible seam.

Keep the Tension Even. As you sew, ensure the yarn is snug but not so tight that it puckers or distorts the fabric.

Lay the rectangle flat. Align the ends of the rectangle. Thread the yarn needle with the yarn tail.

Using the yarn where you ended your last stitch, insert the yarn needle in the stitch directly across. Wrap the yarn over the edges and insert the hook in the next stitch on the other side. Continue wrapping the yarn over the edges and inserting the yarn needle in the next stitch across.

Finishing

Once you've sewn all the ends together, weave in any remaining yarn tails with the yarn needle. Snip off the excess yarn.

Video Tutorials on our YouTube Channel

Welcome to our Lemon Peel Stitch crochet tutorial!

In this video, we'll guide you step-by-step through creating this cozy, textured stitch in both a solid yarn color and alternating yarn colors. Learn how to carry the yarn up the side to save time and for minimal yarn ends to weave in.



How to Crochet the Lemon Peel Stitch right hand

<https://youtu.be/aPsQq8JWgNo>

How to Crochet the Lemon Peel Stitch left hand

<https://youtu.be/LVfo6wBpqtg>

We hope that you have enjoyed this lovely crochet pattern.

XO

Vicky & Casey



<https://patternprincess.com>

