Ripple Vest

NADYA STALLINGS



Photos by Gale Zucker

Farm & Fiber Knits

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Ripple Vest

NADYA STALLINGS

This design was inspired by rocky landscapes filled with forest growth and hidden mountain lakes. Since my childhood, these natural landscapes have been my touchstone.

There are several ways to seam garter stitch, and knitters often worry about which one they should choose. Technical editor and lover of details Kate Atherley shows four seaming methods in *Farm & Fiber Knits* Summer 2026.

MATERIALS

YARN Mountain Meadow Wool *Cora* (100% Mountain Merino wool; 210 yd [192 m]/3½ oz [100 g]; worsted weight): Brook, 3 (3, 4, 4, 5) (5, 5, 6, 6) skeins. (Also shown in Marigold.)
NEEDLES Sizes 6 (4 mm), 5 (3.75 mm), and 4 (3.5 mm): 16" (40 cm) and 24" (60 cm) circular (cir). Adjust needle size if necessary to obtain the correct gauge.
NOTIONS Markers (m); cable needle (cn); stitch holders; tapestry needle.
GAUGE 19 sts and 27 rows = 4" (10 cm) in cable patt on largest needle.
FINISHED SIZE 31¼ (34½, 38, 43, 46¼) (49¾, 54¾, 58, 61½)" (79.5 [87.5, 96.5, 109, 117.5] [126.5, 139, 147.5, 156] cm) chest circumference. The blue vest shown measures 34½" (87.5 cm), modeled with ¼" (0.5 cm) of ease; the yellow vest shown measures 38" with no ease.

See **farmfiberknits.com/abbreviations** for terms you don't know.

NOTES

- This vest is worked back and forth in pieces from the bottom up and seamed.
- The selvedge is worked in stockinette stitch for ease of seaming.
- When working the armhole shaping, if there are not enough stitches to work a cable panel, work these stitches in stockinette stitch instead.
- Circular needles are used to accommodate the large number of stitches.

Find this pattern, additional resources, and more in the *Farm & Fiber Knits* library. Visit **farmfiberknits.com/library**.

STITCH GUIDE

1/1 RC: Sl 1 st onto cn, hold in back, k1, k1 from cn.
1/1 LC: Sl 1 st onto cn, hold in front, k1, k1 from cn.

Cable A (multiple of 8 sts)
Row 1 (RS) *K1, 1/1 LC, [1/1 RC] twice, k1; rep from * to end.
Row 2 and all WS rows Purl.
Row 3 *K2, 1/1 LC, [1/1 RC] twice; rep from * to end.
Row 5 *K1, [1/1 LC] twice, 1/1 RC, k1; rep from * to end.
Row 7 *K2, [1/1 LC] twice, 1/1 RC; rep from * to end.
Row 9 *K1, [1/1 LC] 3 times, k1; rep from * to end.
Row 11 *K2, [1/1 LC] 3 times; rep from * to end.
Row 13 Rep Row 9.
Row 15 Rep Row 7.
Row 17 Rep Row 5.
Row 19 Rep Row 3.
Row 21 Rep Row 1.
Row 23 *K2, [1/1 RC] 3 times; rep from * to end.
Row 25 *K1, [1/1 RC] 3 times, k1; rep from * to end.
Row 27 Rep Row 23.
Row 28 (WS) Purl.
Rep Rows 1–28 for patt.

Cable B (multiple of 8 sts)
Row 1 (RS) *K1, [1/1 LC] twice, 1/1 RC, k1; rep from * to end.
Row 2 and all WS rows Purl.
Row 3 *[1/1 LC] twice, 1/1 RC, k2; rep from * to end.
Row 5 *K1, 1/1 LC, [1/1 RC] twice, k1; rep from * to end.
Row 7 *1/1 LC, [1/1 RC] twice, k2; rep from * to end.
Row 9 *K1, [1/1 RC] 3 times, k1; rep from * to end.
Row 11 *[1/1 RC] 3 times, k2; rep from * to end.
Row 13 Rep Row 9.
Row 15 Rep Row 7.
Row 17 Rep Row 5.
Row 19 Rep Row 3.
Row 21 Rep Row 1.
Row 23 *[1/1 LC] 3 times, k2; rep from * to end.
Row 25 *K1, [1/1 LC] 3 times, k1; rep from * to end.
Row 27 Rep Row 23.
Row 28 (WS) Purl.
Rep Rows 1–28 for patt.

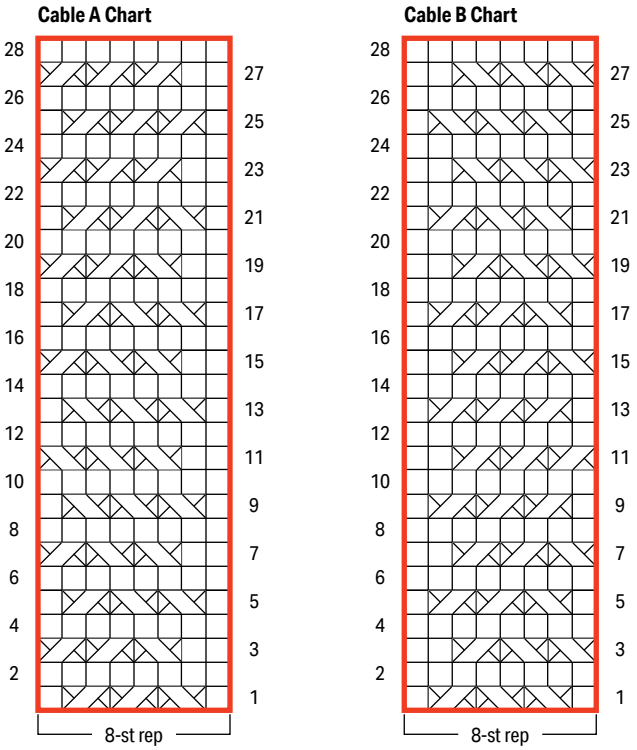
Rib Bind-Off (Rib BO): *Work k2tog if second st on left needle is a knit, or p2tog if second st on left needle is a purl, transfer resulting st to left needle; rep from * to end.

VEST

Back

With middle-size 24" (60 cm) cir needles, CO 76 (84, 92, 104, 112) (120, 132, 140, 148) sts. Do not join.

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Next row (RS) K3, *p2, k2; rep from * to last st, k1.

Next row (WS) P1, *p2, k2; rep from * to last 3 sts, p3.

Rep last 2 rows 5 more times.

Next row (RS) Knit.

Next row (WS) Purl.

Change to largest needles.

Next row (RS) K6 (2, 6, 4, 8) (4, 2, 6, 2), place marker (pm), work 4 (5, 5, 6, 6) (7, 8, 8, 9) reps of Cable A, pm after each rep, work 4 (5, 5, 6, 6) (7, 8, 8, 9) reps of Cable B, pm after each rep, knit to end.

Next row (WS) P1, knit to m, sl m, work 4 (5, 5, 6, 6) (7, 8, 8, 9) reps of Cable B, work 4 (5, 5, 6, 6) (7, 8, 8, 9) reps of Cable A, knit to last st, p1.

Cont in patt until piece measures 8" (20.5 cm) from CO, ending with a WS row.

SHAPE ARMHOLES

Next row (RS) Work in patt to last 4 (4, 5, 6, 7) (8, 8, 10, 10) sts, place 4 (4, 5, 6, 7) (8, 8, 10, 10) sts on holder—72 (80, 87, 98, 105) (112, 124, 130, 138) sts rem.

Next row (WS) Work in patt to last 4 (4, 5, 6, 7) (8, 8, 10, 10) sts, place 4 (4, 5, 6, 7) (8, 8, 10, 10) sts on holder—68 (76, 82, 92, 98) (104, 116, 120, 128) sts rem.

Next row Work in patt to last 3 sts, place 3 sts on holder—3 sts removed.

Rep last row 1 (1, 1, 1, 3) (3, 5, 7, 7) more time(s)—62 (70, 76, 86, 86) (92, 98, 96, 104) sts rem; 7 (7, 8, 9, 13) (14, 17, 22, 22) sts on each holder.

Next row Work in patt to last 2 sts, place 2 sts on holder—2 sts removed.

Rep last row 1 (1, 1, 1, 1) (5, 7, 9, 9) more time(s)—58 (66, 72, 82, 82) (80, 82, 76, 84) sts rem; 9 (9, 10, 11, 15) (20, 25, 32, 32) sts on each holder.

Dec row (RS) K1, ssk, work in patt to last 3 sts, k2tog, k1—2 sts dec'd.

Next row (WS) P2, work in patt to last 2 sts, p2.

Rep last 2 rows 1 (4, 6, 10, 9) (8, 7, 2, 5) more time(s)—54 (56, 58, 60, 62) (62, 66, 70, 72) sts rem.

Work even in patt until armhole measures 9¾ (10, 10¾, 11, 11¾) (12, 12¼, 12¼, 13)" (25 [25.5, 27.5, 28, 30] [30.5, 31, 31, 33] cm), ending with a WS row.

Next row (RS) BO 10 (10, 10, 10, 10) (10, 12, 12, 12) sts, work in patt to last 10 (10, 10, 10, 10) (10, 12, 12, 12) sts. BO 10 (10, 10, 10, 10) (10, 12, 12, 12) sts—34 (36, 38, 40, 42) (42, 42, 46, 48) sts rem for neck. Place sts on holder.

Front

Work as for back until armhole measures 4½ (4¾, 5½, 5¾, 6½) (6¾, 7, 7, 7¾)" (11.5 [12, 14, 14.5, 16.5] [17, 18, 18, 19.5] cm), ending with a WS row.

SHAPE NECK

Place 21 (22, 22, 23, 24) (24, 26, 27, 28) right front sts (and m) on holder, place 12 (12, 14, 14, 14) (14, 14, 16, 16) center front sts on another holder—21 (22, 22, 23, 24) (24, 26, 27, 28) sts rem for left front.

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LEFT FRONT

Dec row (RS) K1, work in patt to last 3 sts, ssk, k1—1 st dec'd.

Next row (WS) P2, work in patt to last st, p1.

Rep last 2 rows 3 (5, 5, 7, 9) (9, 9, 11, 13) more times—17 (16, 16, 15, 14) (14, 16, 15, 14) sts rem.

Dec row (RS) K1, work in patt to last 3 sts, ssk, k1—1 st dec'd.

Next row (WS) P2, work in patt to last st, p1.

Next row K1, work in patt to last 2 sts, k2.

Next row P2, work in patt to last st, p1.

Rep last 4 rows 6 (5, 5, 4, 3) (3, 3, 2, 1) more time(s)—10 (10, 10, 10, 10) (10, 12, 12, 12) sts rem. BO all sts.

RIGHT FRONT

Return 21 (22, 22, 23, 24) (24, 26, 27, 28) right front sts to needle and, with RS facing, rejoin yarn.

Dec row (RS) K1, k2tog, work in patt to last st, k1—1 st dec'd.

Next row (WS) P1, work in patt to last 2 sts, p2.

Rep last 2 rows 3 (5, 5, 7, 9) (9, 9, 11, 13) more times—17 (16, 16, 15, 14) (14, 16, 15, 14) sts rem.

Dec row (RS) K1, k2tog, work in patt to last st, k1—1 st dec'd.

Next row (WS) P1, work in patt to last 2 sts, p2.

Next row K2, work in patt to last st, k1.

Next row (WS) P1, work in patt to last 2 sts, p2.

Rep last 4 rows 6 (5, 5, 4, 3) (3, 3, 2, 1) more time(s)—10 (10, 10, 10, 10) (10, 12, 12, 12) sts rem. BO all sts.

FINISHING

Weave in ends. Block pieces to measurements. With WS facing up, sew shoulder seams (so BO edges show on RS).

Neckband

With largest 16" (40 cm) cir needles and RS facing, beg at left shoulder seam, pick up and knit 27 (28, 28, 27, 28) (28, 28, 27, 28) sts along left front neck, k12 (12, 14, 14, 14) (14, 14, 16, 16) center front sts from holder, pick up and knit 27 (28, 28, 27, 28) (28, 28, 27, 28) sts along right front neck, k34 (36, 38, 40, 42) (42, 42, 46, 48) back neck sts from holder—100 (104, 108, 108, 112) (112, 112, 116, 120) sts total. Pm and join in the rnd.

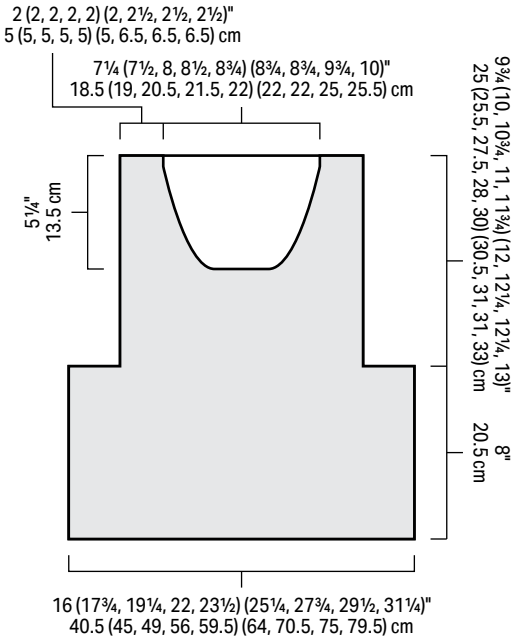
Next rnd Purl.

Change to middle-size needles.

Next 2 rnds P1, *k2, p2; rep from * to last 3 sts, k2, p1.

Change to smallest needles. Cont in patt for 4 more rnds.

Using the Rib BO method (see Stitch Guide), BO all sts.





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Armhole Trim

With largest 24" (60 cm) cir needles and RS facing, beg at underarm edge, k9 (9, 10, 11, 15) (20, 25, 32, 32) sts from holder, pick up and knit 43 (45, 48, 49, 51) (48, 47, 44, 46) sts along armhole to shoulder, 43 (45, 48, 49, 51) (48, 47, 44, 46) sts along armhole to held sts, k9 (9, 10, 11, 15) (20, 25, 32, 32) sts from holder—104 (108, 116, 120, 132) (136, 144, 152, 156) sts total. Do not join.

Next row (WS) Knit.

Change to middle-size needles.

Next row (RS) K1, *p2, k2; rep from * to last 3 sts, p2, k1.

Next row (WS) K1, *k2, p2; rep from * to last 3 sts, k3.

Change to smallest needles. Cont in patt for 4 more rows. Using the Rib BO method, BO all sts.

Sew side seams.

NADYA STALLINGS lives and designs knitwear in her tiny workshop in northeast Ohio. She has been publishing her work since 2009, but she had been creating her own designs for many years before that. She is a wife, a mother, and a grandmother. Nadya likes her little hands to be constantly occupied with knitting, sewing, occasionally crocheting, watercoloring, gardening, playing piano (when it's well tuned), and cooking, not necessarily in this order. Her mind is hungry to listen to audio books and learn something new in any activity she is involved in.

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