

# August Stir Crazy Upcycled Denim Apron

by Marty Ornish



To honor and acknowledge Earth Day, I created this project using old jeans. Any sturdy fabric can be used, and the more things we make out of otherwise unwanted clothing, the less waste heads to our landfills. There are endless ways to repurpose denim.

Be sure to take a photo of your Upcycled Denim Apron and post on Facebook and Instagram using [#stircrazyvam](#) and [#vamdenimapron](#).

## SUGGESTED MATERIALS

- Extra-large denim jeans
- 6 yards of double-fold bias binding (2.75m wide)
- Measuring tape, straight pins, chalk or marking pen, scissors, thread
- Sewing machine with denim #14 needle

## INSTRUCTIONS

1. Cut off one leg from a pair of jeans just below the inseam. Cut off the two back pockets, leaving three inches of fabric above each pocket opening while cutting close to the edge of the rest of the pocket (see photos). Set pockets aside. Cut the belt loops off and set aside.
2. Use scissors to open up one of the long side seams of the pant leg along the seam that is not flat felled. Look at the diagram and mark the narrow end of the pants 5" from the center seam, then measure down from the narrow end at 12" from the sides.
3. Draw a curve from these two marks to create the "bib" area of the apron. While the jeans are folded in half, cut the jeans along this marked line, and then open the apron and lay out flat (see photos).
4. If the cut fabric will not lay flat, cut the jeans just inside the flat fell seam at the bottom of the apron only until the fabric lays flat. Lay the opened side with the flat fell seam over the other part until it lays flat, pin as shown in the photos, and straight stitch this area together.
5. Cut the excess fabric away from the back.
6. Use a narrow bias binding in a contrasting color and stitch the binding down (see photos). Leave at least 12" to 20" of extra bias binding to hang off the top of each side of the apron bib. This will create the tie to hold the apron around your neck.
7. Turn the apron over, fold the bias tape over the seam to make a "sandwich," and sew the bias binding edges down using a wide zigzag stitch.
8. Place the jeans pockets on the apron as shown in the photos. I left the pockets unstitched on three sides, but the pockets can be sewn down flat on three sides if preferred. Stitch the belt loop vertically at the waistline of the apron, and then add loops horizontally above the pockets to hold utensils. String another length of bias binding through the waistline belt loops to create the tie for the waist.
9. Feel free to add embroidery, embellishments, lace, and even ruffles to personalize your apron.



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