## **Crochet Spirals**

The microbes in our gut microbiome come in many shapes and sizes. Those with a spiral or helicoid shapes are well suited to moving in a viscous environment. Also fun to crochet.

## **Materials**

Small amount of 8 ply yarn

3.75 crochet hook

## Chain 19

Commencing in the second chain from the hook and leaving a tail approx. 5 cm long, work 2dc in the first 3ch, 2ht in the next 3ch, 2tr in the next 6ch, 2ht in the next 3ch, 2dc in the next 3ch.

Fasten off leaving approx. 5cm of yarn.

Pull this yarn and the beginning length of yarn through the loop on the hook and fray the ends.

