



Know Your Sew

Linen

Linen is possibly one of the oldest fibers used in textile history, with dyed linen fabric remnants being found in caves in West Asia dating as far back as 36,000 BCE. Linen is 100% natural plant based fiber that has a long storied use throughout the world.

Starting as a simple flax plant, the reeds are then soak in a process called retting, then further broken down via scutching, and then “heckled” to removed the last reedy bits from the strong long fibers before it is dyed and woven into fabric. Because this process is both labour and resource intensive, reusing already manufactured fabric is an eco-friendly alternative.

Because linen is such a strong and sturdy natural fiber, garments made with linen will create a long lasting and sustainable garment. And because linen is simply just plants, washing and wearing linen won’t shed micro-plastics into the environment, making linen such an exciting and sustainable fashion statement!

Shop our linen collection [here!](#)

