

LEAF QUILTED PLACEMATS

Step-by-Step Tutorial



Finished Size (each placemat)
43 cm x 33 cm

These leaf placemats are made using strip piecing and curved seams. Perfect for confident beginners!



MATERIALS

- Assorted 100% cotton quilting fabrics (green, yellow, beige tones)
- Backing fabric: 50 cm x 40 cm (per placemat)
- Batting (cotton or cotton blend): 50 cm x 40 cm (per placemat)
- Binding fabric: 30 cm x 6 cm (per placemat)
- Threads to match fabrics
- Quilting ruler, rotary cutter, mat
- Pins or clips, fabric marker
- Sewing machine
- Iron and ironing board

MAIN METHODS USED

- Strip Piecing
- Curved Seam Sewing
- Pressing
- Layering (Quilt Sandwich)
- Topstitching
- Binding

SEAM ALLOWANCE

0.7 cm
(1/4 inch)

1. CUT FABRICS

Cut the fabrics into strips with different widths.

Strip Width	Length
3 cm	30 cm
4 cm	30 cm
5 cm	30 cm
6 cm	30 cm
7 cm	30 cm

You will need at least 10 different strips in coordinating fabrics.



2. STRIP PIECING (SECTIONS)

Sew the strips together along the long edges to form a piece at least 30 cm wide.

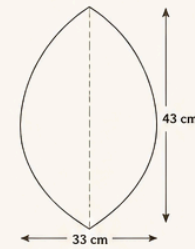


Press seams open or to one side.



3. CUT LEAF TEMPLATE

Draw or print the leaf template at full size.



Cut out the template.

4. CUT LEAF SHAPE

Place template on the pieced fabric. Align the center line of the template with the direction of the strips. Cut around the template.



5. MAKE 4 PLACEMATS

Repeat steps 1-4 to make 4 leaf-shaped tops.



6. PREPARE BACKING

Cut 4 pieces of backing fabric and 4 pieces of batting using the template.



7. MAKE QUILT SANDWICH

Layer each placemat:

1. Backing (wrong side up)
2. Batting
3. Top (right side up)

Baste layers together with pins or spray.



8. QUILTING OPTIONS

You can quilt by machine using one of these designs:

A. STRAIGHT LINE QUILTING

Quilt lines following the direction of the strips.



B. ECHO QUILTING

Quilt around the leaf shape in 1-2 cm intervals.



C. FREE MOTION QUILTING

Add decorative stitches in the background.



QUILTING TIPS

- Use a walking foot for even feeding.
- Match thread color with fabrics.
- Start quilting from the center and move outward.



9. TRIM EXCESS

Trim backing and batting even with the quilt top if needed.



10. MAKE BINDING

Cut binding fabric: 6 cm x 30 cm

Fold in half lengthwise, wrong sides together. Press.



11. ATTACH BINDING

1. Align raw edge of binding with edge of placemat. Sew with 0.7 cm seam allowance.



2. Miter the corners (45° angle).



3. Fold binding to the back and hand stitch or machine stitch in the ditch.

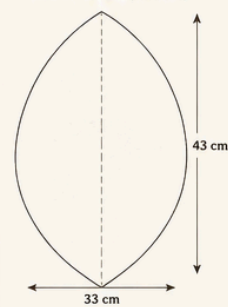


FINISHED!

Your beautiful leaf placemats are ready to use!



LEAF TEMPLATE (Actual Size)

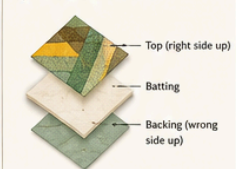


Print at 100% scale.

BINDING MITER CORNER TUTORIAL

1. Sew binding until 10 cm from corner.
2. Stop sewing and cut the thread.
3. Fold binding up at 45°.
4. Fold binding down at 45°.
5. Fold binding over the edge and start sewing again.
6. Continue sewing along the next side.

QUILT LAYERS DIAGRAM



COMMON SEWING / QUILTING METHODS (US QUILT STYLE)

1/4" SEAM ALLOWANCE

Standard seam used in quilting for accuracy and matching points.



PRESSING

Press seams open or to one side for a flat finish.



STRIP PIECING

Sew long strips together to create fabric panels.



CURVED SEAMS

Sew slowly, easing fabric if needed. Use pins or clips.



TOPSTITCHING

Stitch along the edge or in the ditch for a beautiful finish.



BINDING

Finishes raw edges and gives durability and beauty.



QUILTING

Stitches the layers together and adds texture.

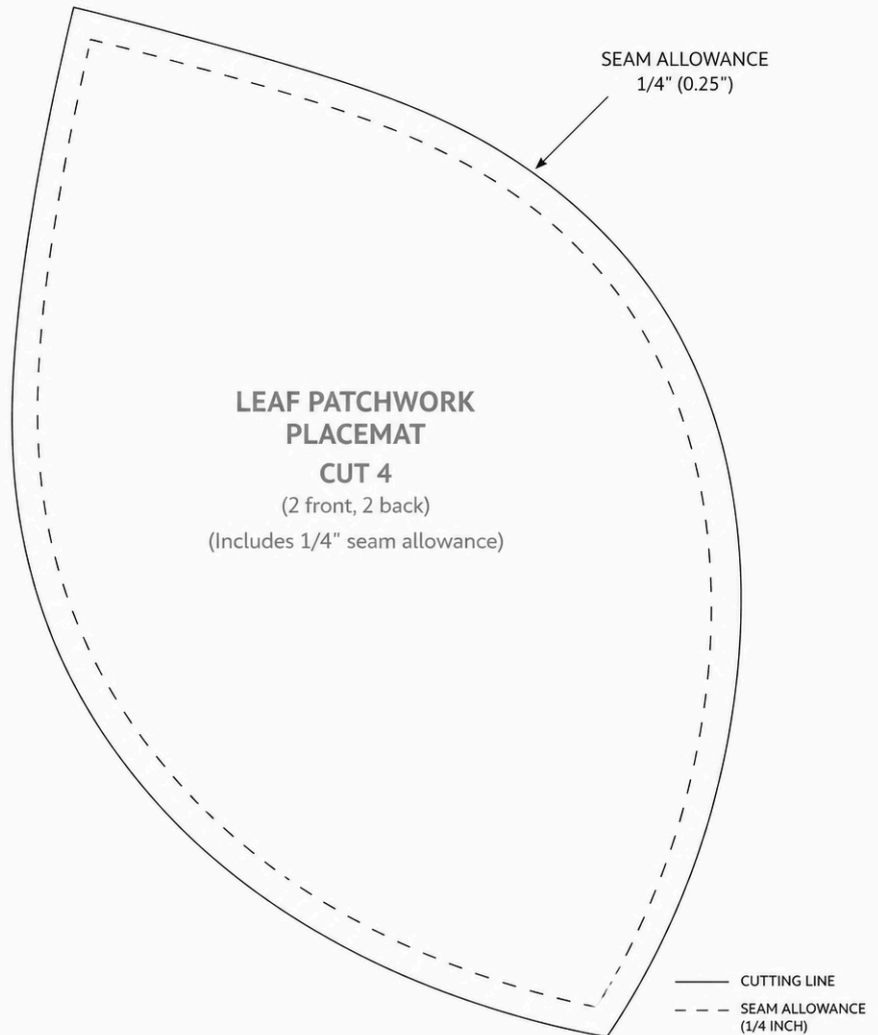


LEAF PATCHWORK PLACEMAT TEMPLATE

Includes 1/4" seam allowance
All measurements are in inches.

INSTRUCTIONS

1. Cut fabric pieces following the patchwork design.
2. Sew pieces together with 1/4" seam allowance.
3. Layer with batting and backing fabric.
4. Quilt as desired.
5. Bind the edge for a clean finish.



Leaf Quilted Placemats – Complete Step-by-Step Tutorial (US Quilting Style)

Creating these beautiful **Leaf Quilted Placemats** is a fun and rewarding quilting project that combines traditional **strip piecing, quilting, binding, and curved-edge finishing techniques** commonly used in the United States. This beginner-friendly project is perfect for decorating a dining table during any season and is an excellent way to use fabric scraps.

The finished placemat measures approximately **43 cm high × 33 cm wide**.

This tutorial follows the exact construction process shown in the infographic and explains every step in detail so that anyone can successfully complete the project from start to finish.

Materials and Supplies

Before starting, gather the following materials:

- Assorted 100% cotton quilting fabrics
- Colors: greens, yellows, beige, cream, olive, and sage tones
- Backing fabric: **30 cm × 40 cm** per placemat
- Cotton batting: **30 cm × 40 cm** per placemat
- Binding fabric strips
- Coordinating thread
- Rotary cutter
- Cutting mat
- Acrylic quilting ruler
- Fabric marker
- Sewing machine
- Iron and ironing board
- Fabric scissors
- Pins or quilting clips

Seam Allowance

Use a standard quilting seam allowance of:

0.7 cm (¼ inch)

Maintaining a consistent seam allowance is one of the most important secrets to accurate quilting.

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Step 1 – Cut the Fabric Strips

The leaf design is built using strips of fabric sewn together before the leaf shape is cut.

Cut multiple strips in various widths:

Strip Width	Length
3 cm	30 cm
4 cm	30 cm
5 cm	30 cm
6 cm	30 cm
7 cm	30 cm

Prepare at least **10 different strips** using coordinating fabrics.

Mix:

- Floral prints
- Dots
- Geometric prints
- Tone-on-tone fabrics
- Solid fabrics

The more variety you use, the more interesting your leaf design will become.

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Step 2 – Create the Strip-Pieced Fabric Panel

Arrange the strips on your worktable.

Alternate:

- Light fabrics
- Dark fabrics
- Prints
- Solids

Try not to place similar fabrics beside each other.

Sew the strips together one at a time using a **0.7 cm seam allowance**.

After each seam:

1. Sew the strip.
2. Press the seam.
3. Add another strip.
4. Press again.

Continue until you have a panel measuring at least:

30 cm wide × 43 cm high

Pressing Method

US quilters typically use one of two methods:

Press Open

- Reduces bulk.
- Creates flatter seams.

Press to One Side

- Stronger seams.
- Traditional quilting technique.

Either method works for this project.

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Step 3 – Make the Leaf Template

Draw a leaf shape on paper or template plastic.

Finished template size:

- Height: **43 cm**
- Width: **33 cm**

The shape should resemble a natural leaf with a pointed top and a rounded base.

Draw a center line vertically through the middle.

Cut out the template carefully.

For repeated projects, transferring the template to plastic template material is highly recommended.

Step 4 – Position and Cut the Leaf Shape

Place the template on top of the strip-pieced fabric panel.

Before cutting:

- Align the center line with the strip direction you prefer.
- Rotate the template until the design looks balanced.
- Ensure bright fabrics are distributed evenly.

Pin the template in place.

Using a rotary cutter or fabric scissors, carefully cut around the entire template.

You now have your first quilted leaf top.

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Step 5 – Make Additional Leaves

Repeat Steps 1 through 4.

Create:

- 2 placemats
- 4 placemats
- Or an entire table set

The example shown in the tutorial uses **four leaf placemats**.

Changing fabric placement slightly on each leaf creates a beautiful coordinated collection.

Step 6 – Prepare the Backing and Batting

Using the leaf template, cut:

Backing Fabric

Cut one backing leaf for each placemat.

Batting

Cut one batting leaf for each placemat.

Your layers should now consist of:

- Leaf top
- Batting
- Backing

All cut to the same shape.

Step 7 – Make the Quilt Sandwich

Layer the placemat as follows:

Bottom Layer

Backing fabric

Wrong side facing up

Middle Layer

Batting

Top Layer

Leaf top

Right side facing up

This arrangement is known as a **Quilt Sandwich**.

Carefully smooth all layers.

Remove wrinkles and bubbles.

Secure the layers using:

- Quilting pins
- Curved safety pins
- Quilting spray adhesive
- Quilting clips



Step 8 – Quilt the Placemat

Now it's time to stitch all layers together.

There are several quilting methods commonly used by American quilters.

Option A – Straight-Line Quilting

This is the easiest method.

Sew lines following the direction of the strips.

Benefits:

- Beginner-friendly
- Modern appearance
- Fast to complete

Option B – Echo Quilting

Sew curved lines that follow the shape of the leaf.

Space lines:

1–2 cm apart

Benefits:

- Highlights the leaf shape
- Creates beautiful texture

Option C – Free-Motion Quilting

Use your sewing machine's free-motion foot.

Create:

- Swirls
- Leaves
- Pebbles
- Organic vines

Benefits:

- Professional appearance
- Unique finish

Quilting Tips

Always:

- Start near the center.
- Work outward.
- Use matching thread.
- Quilt slowly on curves.

Step 9 – Trim Excess Fabric

After quilting is complete:

Trim away any excess:

- Batting
- Backing fabric

Follow the leaf shape exactly.

Check all edges for smooth curves.

A clean edge will make the binding process much easier.

Step 10 – Prepare the Binding

Binding finishes and protects the raw edges.

Cut strips:

6 cm wide × 30 cm long

Join strips if necessary.

Fold the binding in half lengthwise.

Wrong sides together.

Press well with an iron.

The folded binding should measure approximately:

3 cm wide

Step 11 – Attach the Binding

Begin sewing the binding around the leaf edge.

Align:

- Raw edge of binding
- Raw edge of placemat

Sew using:

0.7 cm seam allowance

Move slowly around the curves.

Do not stretch the binding.

Instead:

- Ease it gently around the shape.
- Use clips frequently.

How to Make Mitered Corners

If your project contains corners, follow this standard US quilting method.

Step 1

Sew until approximately:

10 cm before the corner

Step 2

Stop sewing.

Backstitch.

Cut thread.

Step 3

Fold binding upward at a 45° angle.

Step 4

Fold binding back downward.

Step 5

Resume sewing from the new edge.

Step 6

Continue around the project.

This creates crisp professional corners.



Finish the Binding by Hand or Machine

After the binding is sewn to the front:

Fold it over to the back side.

Secure using:

Hand Stitching

Use an invisible ladder stitch.

Pros:

- Traditional finish
- Professional appearance

Machine Stitching

Stitch in the ditch from the front.

Pros:

- Faster
- More durable

Both methods are widely used by US quilters.

★ Common US Quilting Techniques Used in This Project

Strip Piecing

Sewing fabric strips together to quickly create larger quilt panels.

Pressing

Using an iron to set seams and reduce bulk.

Quilt Sandwich

Layering top, batting, and backing before quilting.

Quilting

Decorative stitching that joins all layers.

Topstitching

Visible stitching near edges for strength and decoration.

Binding

Fabric finishing that encloses raw edges.

Curved Seam Handling

Techniques used to smoothly sew around rounded shapes like leaves.



Finished Placemat

Once the binding is complete, your **Leaf Quilted Placemat** is finished.

Final size:

43 cm × 33 cm

You now have a beautiful handmade placemat featuring classic American quilting techniques including **strip piecing, pressing, quilting, topstitching, and binding**. Create a matching set of four for a stunning table display, or experiment with seasonal fabrics to make versions for spring, summer, fall, and holidays. Happy quilting! 🌿 🧵 ✨

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