

# SUNFLOWER QUILT BLOCK

## Step-by-Step Sewing Tutorial (Quilt from USA)

This beautiful sunflower block is perfect for wall hangings, cushion covers, table runners or quilts. The project combines piecing and appliqué techniques.

**FINISHED SIZE**  
Block: 35 cm x 45 cm  
(13 3/4" x 17 3/4")

**MATERIALS**

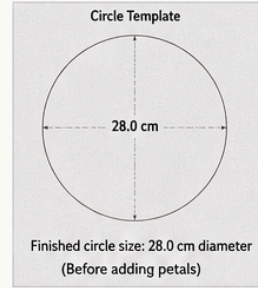
- Cotton fabric (assorted prints)
- Background fabric (light): 50 cm x 60 cm
- Fusible web for appliqué
- Thread (matching colors)
- Batting: 40 cm x 50 cm
- Backing fabric: 40 cm x 50 cm
- Basic sewing tools



### 1 CUTTING GUIDE (All measurements include 0.7 cm seam allowance)

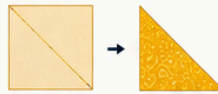
#### A. Center Circle – Patchwork (Make 1)

Cut 16 squares of 6.5 cm x 6.5 cm in assorted prints.



#### B. Petals (Yellow print)

Cut 20 squares of 7.5 cm x 7.5 cm.



You will get 40 half-square triangles (HST)

#### C. Stem and Leaves (Green prints)

Stem: 1 strip 4.0 cm x 26.0 cm

Leaves: (Make 4 pieces)



Small leaf  
6.0 cm x 12.0 cm

Large leaf  
8.0 cm x 16.0 cm

### 2 CENTER CIRCLE – PATCHWORK

1. Arrange the 16 squares (6.5 cm) in a pleasing color layout.



2. Sew into rows.



3. Sew the rows together to form a 24.5 cm x 24.5 cm square.



4. Using the circle template (28 cm), center and trim the patchwork into a circle.

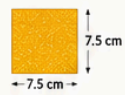


### METHODS LEGEND

	<b>Sewing a straight seam</b> Use 0.7 cm seam allowance.
	<b>Pressing</b> Press seams open or to the side.
	<b>Half-Square Triangle (HST)</b> Draw a diagonal line, sew on both sides, cut on the line, open and press.
	<b>Appliqué (Fusible)</b> Fuse shapes, then sew with blanket stitch or straight stitch.
	<b>Topstitching</b> Sew on the right side for detail and security.
	<b>Quilting (Sandwich)</b> Top + Batting + Backing Baste and quilt as desired.
	<b>Binding</b> Attach strips to the edge for a clean finish.

### 3 PETALS – SUNFLOWER RING

1. Take a 7.5 cm square.



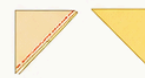
2. Draw a diagonal line (from corner to corner).



3. Sew 0.7 cm on both sides of the line.



4. Cut on the line.



5. Open and press. You have 2 HST.



6. Repeat to make 40 HST.



7. Arrange around the circle. Place the points outward.



8. Sew each HST to the circle using 0.7 cm seam allowance.



9. Complete the ring. Press seams outward.



Outer diameter (tip to tip): approximately 40 cm

### 4 STEM AND LEAVES – APPLIQUÉ

1. Prepare the pieces.



2. Fuse the pieces to the background using fusible web.

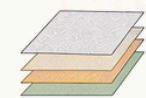


3. Stitch around the edges with blanket stitch or straight stitch.



### 6 QUILTING AND FINISHING

1. Make a sandwich: Top + Batting + Backing.



2. Baste the layers.



3. Quilt as desired.



4. Square the block if needed.



5. Bind the edges with 6.0 cm strips.



### 5 ASSEMBLY

1. The block top is complete.



Block size: 35 cm x 45 cm  
(13 3/4" x 17 3/4")

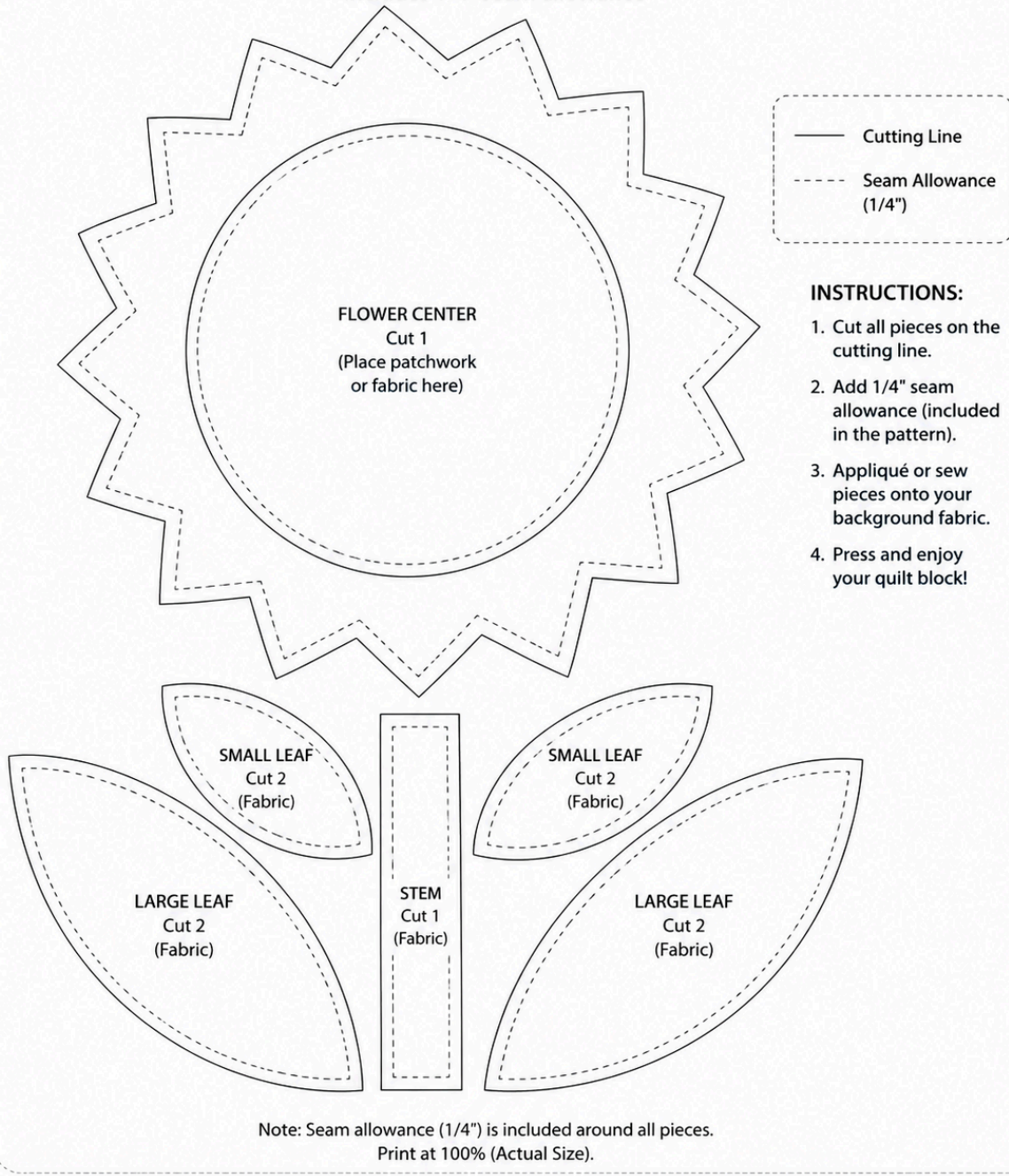
#### TIPS

- Use bright prints for the center and petals for a vibrant look.
- Press well at each step for accurate results.
- Appliqué can also be done with fabric glue and stitched after drying.
- This block looks beautiful in a quilt with other flowers or garden themes.

**HAPPY QUILTING!** ❤️  
Create with love and enjoy

## SUNFLOWER QUILT BLOCK – APPLIQUÉ PATTERN

Includes 1/4" seam allowance



<https://creative.craftsforlove.com/> - SEE THE BEST PATTERNS

## Sunflower Quilt Block Tutorial

This Sunflower Quilt Block tutorial will guide you from cutting the fabric to finishing the quilt block. The finished block size is 35 cm x 45 cm, approximately 13 3/4" x 17 3/4". Use a 0.7 cm seam allowance, about 1/4", throughout the project.

### Materials Needed

Cotton fabric scraps in assorted bright prints for the patchwork center.

Light background fabric: 50 cm x 60 cm.

Fusible web for appliqué.

Thread in matching colors.

Batting: 40 cm x 50 cm.

Backing fabric: 40 cm x 50 cm.

Basic sewing tools, rotary cutter, ruler, iron, pins, and scissors.

### Step 1: Cut the Patchwork Center

Cut 16 squares, each measuring 6.5 cm x 6.5 cm, from assorted printed fabrics.

Arrange the squares in a colorful 4 x 4 layout.

Sew the squares together in rows using a 0.7 cm seam allowance.

Press the seams open or to one side.

Join the rows together to make one patchwork square.

**Your finished patchwork piece should measure about 24.5 cm x 24.5 cm.**

## **Step 2: Make the Center Circle**

**Use a circle template measuring 28 cm in diameter.**

**Place the template over the patchwork square.**

**Center it carefully so the colors are balanced.**

**Trace the circle and cut around it.**

**This will become the bright patchwork center of the sunflower.**

**Set it aside while you prepare the petals.**

## **Step 3: Cut and Sew the Sunflower Petals**

**Cut 20 yellow squares, each measuring 7.5 cm x 7.5 cm.**

**On each square, draw a diagonal line from one corner to the opposite corner.**

**Sew 0.7 cm away from both sides of the drawn line.**

**Cut directly on the drawn line.**

**Open and press each piece.**

**You will have 40 half-square triangles, also called HSTs.**

## **Step 4: Attach the Petals Around the Circle**

**Arrange the 40 yellow HST petals around the patchwork circle.**

**Place the pointed edges outward to create the sunflower shape.**

**Make sure the petals overlap evenly and form a full ring.**

**Sew each HST to the circle using a 0.7 cm seam allowance.**

**Continue until the entire circle is surrounded by petals.**

**Press the seams outward.**

**The sunflower ring should measure approximately 40 cm from tip to tip.**

### **Step 5: Cut the Stem and Leaves**

**For the stem, cut 1 green strip measuring 4.0 cm x 26.0 cm.**

**For the leaves, prepare 4 appliqué leaf pieces.**

**Small leaf size: 6.0 cm x 12.0 cm.**

**Large leaf size: 8.0 cm x 16.0 cm.**

**Use green printed fabrics for a natural look.**

**Apply fusible web to the back of each leaf and stem piece.**

### **Step 6: Prepare the Background**

**Place your light background fabric flat on your work surface.**

**Position the sunflower head near the top center.**

**Place the stem under the flower.**

**Arrange the leaves on both sides of the stem.**

**Check that the entire design fits inside the finished block size of 35 cm x 45 cm.**

**Fuse the pieces in place according to the fusible web instructions.**

### **Step 7: Appliqué the Flower, Stem, and Leaves**

**Stitch around the sunflower center, petals, stem, and leaves.**

**You may use a blanket stitch, zigzag stitch, or straight stitch.**

**Use matching thread for a clean finish.**

**Sew slowly around curves and points.**

**Make sure all appliqué edges are secure.**

**Press gently after stitching.**

### **Step 8: Make the Quilt Sandwich**

**Place the backing fabric wrong side up.**

**Add the batting on top.**

**Place the sunflower block top right side up.**

**Smooth all layers carefully.**

**Baste the layers with pins or temporary basting spray.**

**Make sure there are no wrinkles before quilting.**

### **Step 9: Quilt the Block**

**Quilt as desired.**

**You can stitch around the sunflower petals, around the patchwork circle, and along the leaves.**

**You may also add simple straight lines or echo quilting in the background.**

**Keep the quilting even and soft.**

**After quilting, trim and square the block if needed.**

**The block should remain close to 35 cm x 45 cm.**

## **Step 10: Bind the Edges**

**Cut binding strips measuring 6.0 cm wide.**

**Sew the strips together if needed.**

**Attach the binding around the edge of the block.**

**Fold it to the back and stitch it down neatly.**

**Press the finished block.**

**Your Sunflower Quilt Block is complete 🌻**

## **Tips for a Beautiful Finish**

**Use bright prints for the center and yellow petals to create a cheerful sunflower.**

**Press well after each step for accurate results.**

**Appliqué can be done by machine or by hand.**

**Let the block dry completely after using fusible web or spray products.**

**This block looks beautiful as a wall hanging, cushion cover, table runner, or part of a larger garden quilt.**

**Happy quilting! 🌻**