

Patchwork Appliqué Flower Bouquet

Step-by-Step Tutorial

Finished size: 30 cm x 38 cm



MATERIALS

- Cotton fabrics (assorted prints)
- Linen or cotton background fabric
- Fusible web
- Embroidery floss (DMC or similar)
- Needle (appliqué and embroidery)
- Scissors, fabric pen, pins
- Quilting thread
- Batting
- Backing fabric

BACKGROUND FABRIC

Cut 1 piece

34 x 42 cm

(Includes seam allowance)

FABRIC CUTTING (Measurements in cm)

FLOWERS

	Large petals (A)	6 pcs – 7.5 x 4.5 cm
	Medium petals (B)	5 pcs – 6.5 x 3.5 cm
	Small petals (C)	5 pcs – 4.5 x 2.5 cm
	Flower centers	4 pcs – Ø 2.0 cm

LEAVES

	Large leaf	6 pcs – 7.5 x 3.5 cm
	Medium leaf	4 pcs – 6.0 x 3.0 cm
	Small leaf	3 pcs – 4.5 x 2.5 cm

BERRIES & ACCENTS

	Berries (D)	12 pcs – Ø 1.2 cm
	Tiny flower	1 pc – Ø 2.5 cm

1. PREPARE



Cut all fabric pieces according to the measurements.
Iron fusible web to the wrong side of each piece.

2. APPLIQUÉ



Arrange and fuse the pieces on the background fabric.
Appliqué using a blanket stitch around each piece.

3. EMBROIDER



Embroider the centers with French knots.
Stitch the stems with backstitch (2 strands).

4. ADD DETAILS



Add berry stems with backstitch and make French knots for the berries.
Add small flower with French knots in the center.

5. QUILT



Quilt around the design (appliqué and embroidery) with straight or echo quilting.

6. LAYER & BIND



Layer: background (right side up), batting, backing (right side down).
Quilt, trim excess fabric, and bind the edges.

MAIN SEWING & QUILTING METHODS (USA QUILT STYLE)



Appliqué (Blanket Stitch):
Attach fabric pieces to the background using a blanket stitch.



French Knot:
Wrap the thread around the needle and pull through to create a knot.



Backstitch:
Strong stitch used for outlines and stems.



Quilting (Echo Quilting):
Quilt around the design lines to add texture and dimension.



Binding:
Attach binding strips to the edges for a clean and durable finish.

LAYOUT GUIDE (Positioning)



TIPS

- ♥ Use contrasting fabrics for petals and leaves.
- ♥ Press fabrics before cutting for accuracy.
- ♥ Use matching or neutral thread for appliqué.
- ♥ Secure knots on the back.
- ♥ Quilt gently to avoid puckering.



COLOR SUGGESTIONS

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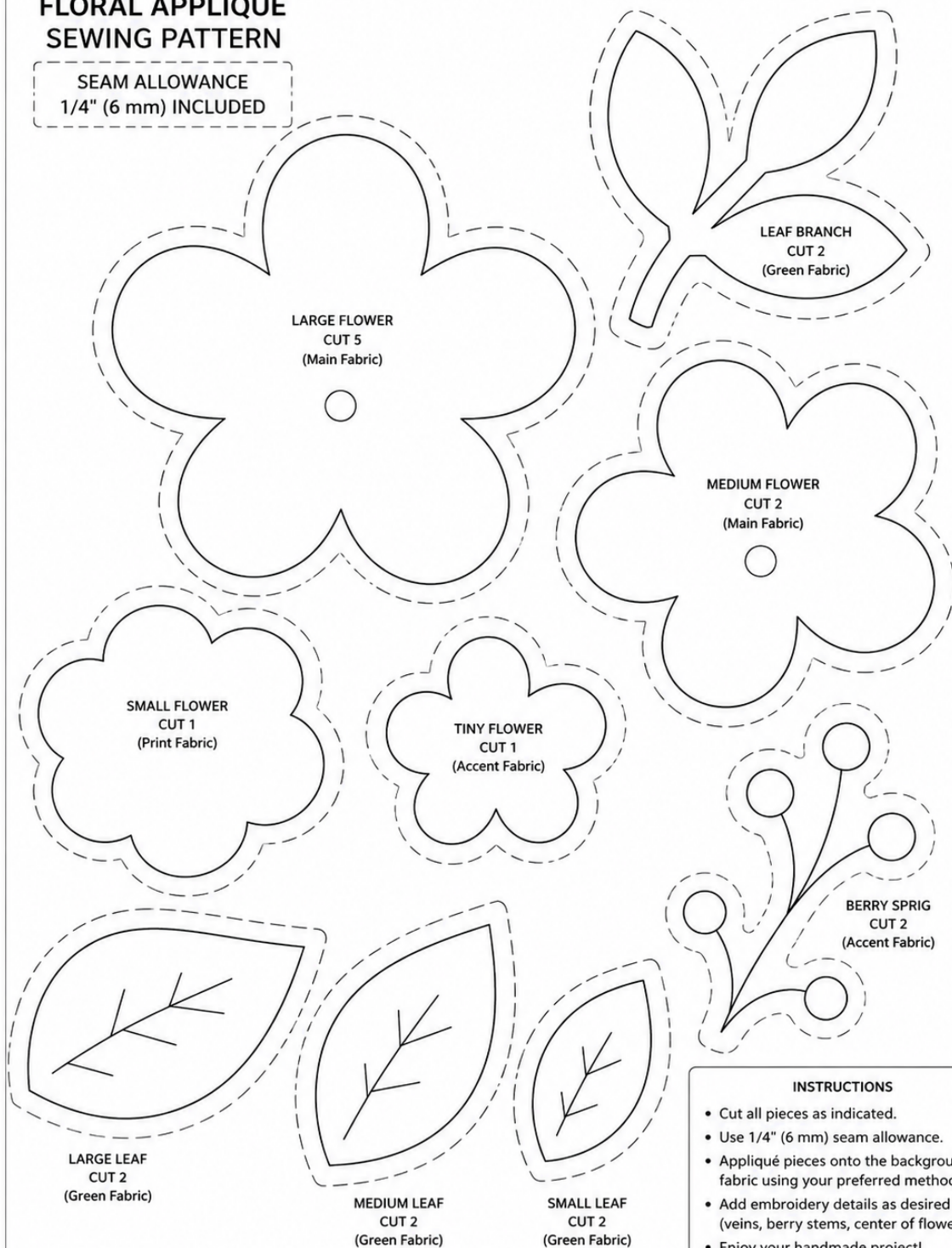
CARE INSTRUCTIONS

- Hand wash gently or machine wash on delicate.
- Use mild detergent.
- Do not bleach.
- Lay flat to dry.
- Iron on low.

♥ Enjoy your handmade quilt! ♥

FLORAL APPLIQUÉ SEWING PATTERN

SEAM ALLOWANCE
1/4" (6 mm) INCLUDED



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Patchwork Appliqué Flower Bouquet: Complete Step-by-Step Tutorial

This **Patchwork Appliqué Flower Bouquet** is a decorative quilted panel made with layered fabric flowers, appliquéd leaves, embroidered stems, French-knot centers, berries, and echo quilting. The finished piece measures approximately **30 cm × 38 cm**, or about **11¾ × 15 inches**.

The project combines traditional appliqué and embroidery techniques commonly used in American quilting. It is suitable for confident beginners and intermediate sewists, but patient first-time quilters can also complete it by following each step carefully.

The cutting measurements below are based on the original tutorial graphic. Small variations are acceptable because the flowers are intentionally handmade and organic in appearance.

Finished Size and Project Overview

The finished quilted panel measures:

30 cm wide × 38 cm tall

Approximately **11¾ inches wide × 15 inches tall**

The bouquet contains:

- One large dusty-pink flower
- One large cream floral-print flower
- One medium terracotta flower
- One medium blue flower
- One small purple flower
- One small cream flower
- Assorted green leaves
- Embroidered stems and branches
- Fabric berries
- French-knot flower centers and accents
- Quilted background lines
- Fabric binding around the edges

You may frame the finished panel, turn it into a wall hanging, use it as the front of a decorative pillow, or incorporate it into a larger quilt.

Materials

Gather all materials before beginning.

You will need:

- Assorted cotton fabrics for the flower petals
- Assorted green cotton fabrics for the leaves
- Small scraps for berries and flower centers
- Linen or cotton background fabric
- Lightweight fusible web

- Embroidery floss, such as DMC cotton floss
- Appliqué needle
- Embroidery needle
- Quilting needle
- Sewing thread
- Quilting thread
- Fabric scissors
- Small embroidery scissors
- Fabric marking pen or removable fabric pencil
- Straight pins
- Iron and ironing board
- Batting
- Backing fabric
- Binding fabric
- Sewing machine, although some steps may be sewn by hand
- Quilting ruler
- Rotary cutter and cutting mat, if available
- Thimble, optional
- Embroidery hoop, optional

Use quilting-weight cotton whenever possible. Linen may be used for the background, but choose a stable linen that does not stretch excessively.

Fabric Cutting Guide

The measurements include the shapes needed for the bouquet. Because the petals and leaves are appliqué pieces, they do not require a traditional seam allowance unless you choose a turned-edge appliqué method.

For the method shown in the tutorial, cut the pieces to the finished appliqué size and secure them with fusible web before stitching around the raw edges.

Large Petals A

Cut:

6 pieces measuring approximately 7.5 cm × 4.5 cm

Approximately 3 × 1¾ inches

These petals are used for the largest flowers.

Medium Petals B

Cut:

5 pieces measuring approximately 6.5 cm × 3.5 cm

Approximately 2½ × 1⅜ inches

These petals may be used for the medium-sized flowers or mixed with other petal sizes.

Small Petals C

Cut:

5 pieces measuring approximately 4.5 cm × 2.5 cm

Approximately $1\frac{3}{4} \times 1$ inch

Use these for the smallest flower and smaller floral accents.

Flower Centers

Cut:

4 circles measuring approximately 2 cm in diameter

Approximately $\frac{3}{4}$ inch in diameter

The dimensional centers may also be created entirely with French knots instead of fabric circles.

Large Leaves

Cut:

6 pieces measuring approximately 7.5 cm × 3.5 cm

Approximately $3 \times 1\frac{3}{8}$ inches

Medium Leaves

Cut:

4 pieces measuring approximately 6 cm × 3 cm

Approximately $2\frac{3}{8} \times 1\frac{1}{8}$ inches

Small Leaves

Cut:

3 pieces measuring approximately 4.5 cm × 2.5 cm

Approximately $1\frac{3}{4} \times 1$ inch

Berries D

Cut:

12 circles measuring approximately 1.2 cm in diameter

Approximately $\frac{1}{2}$ inch in diameter

Small circles can be difficult to cut neatly. You may trace around a small button, coin, or circle template.

Tiny Flower

Cut enough pieces to make:

1 tiny flower measuring approximately 2.5 cm in diameter
Approximately **1 inch in diameter**

Background Fabric

Cut:

1 background rectangle measuring 34 cm × 42 cm
Approximately **13³/₈ × 16¹/₂ inches**

This larger size includes extra fabric around the design for quilting, trimming, and finishing. The panel will be trimmed to approximately **30 cm × 38 cm** after quilting.

Batting and Backing

Cut the batting and backing slightly larger than the background fabric.

A good cutting size is:

36 cm × 44 cm
Approximately **14¹/₄ × 17³/₈ inches**

The extra margin makes quilting easier and allows for minor shifting.

Prepare the Fabric

Wash and dry the cotton fabrics before cutting if you expect the finished project to be washed. Prewashing helps prevent uneven shrinkage and removes excess dye.

Press every fabric carefully. Wrinkles can distort the appliqué shapes and make accurate cutting difficult.

Sort the fabrics into color groups:

- Flower fabrics
- Leaf fabrics
- Berry fabrics
- Background fabric
- Backing fabric
- Binding fabric

Choose prints with small-scale patterns. Tiny florals, dots, checks, and subtle textures work especially well because they remain visible inside the small appliqué shapes.

Avoid very large prints because much of the design may disappear when the petals are cut.

Make the Petal, Leaf, and Berry Templates

Draw each shape on paper or template plastic using the measurements in the cutting guide.

The petals should have a gently pointed or rounded outer end and a narrower base. They do not need to be perfectly identical. Slight variations make the bouquet look handmade.

Create three petal templates:

- Large petal
- Medium petal
- Small petal

Create three leaf templates:

- Large leaf
- Medium leaf
- Small leaf

The leaves should be almond-shaped with pointed ends.

Create circle templates for:

- Flower centers
- Berries

Label every template clearly before cutting it out.

Apply the Fusible Web

Follow the manufacturer's instructions for your chosen fusible web because pressing temperatures and timing can vary.

Place the paper side of the fusible web facing upward.

Trace the required petals, leaves, berries, flower centers, and tiny flower pieces onto the paper side. Leave a small amount of space between the traced shapes.

Cut loosely around each shape. Do not cut directly on the traced line yet.

Place the adhesive side of the fusible web against the wrong side of the selected fabric.

Press with a dry iron for the amount of time recommended by the manufacturer. Do not slide the iron back and forth. Lift and press it in sections to prevent distortion.

Allow the fabric to cool completely.

Cut each appliqué shape precisely along the traced line.

Peel away the paper backing only when you are ready to position the pieces.

Plan the Bouquet Layout

Place the background fabric on a flat work surface with the right side facing up.

Mark a centered finished area measuring approximately **30 cm × 38 cm**. Keep all important appliqué pieces inside this area, leaving room near the edges for trimming and binding.

Arrange the bouquet vertically.

The main stem should begin near the lower center of the panel and travel upward through the arrangement.

Place the flowers in a balanced composition:

- Position the large dusty-pink flower near the upper center.
- Position the cream floral-print flower toward the upper left.
- Place the blue flower toward the middle right.
- Place the terracotta flower slightly below the center.
- Position the small purple flower toward the lower right side of the bouquet.
- Add the tiny cream flower near the lower-left or central stem area.

Arrange the leaves around the flowers, alternating their direction.

Place several large leaves near the lower portion of the bouquet to visually support the flowers.

Add smaller leaves near the top and around the outer edges.

Leave space for embroidered stems, berry branches, and small decorative accents.

Take a photograph of the arrangement before fusing. This gives you a visual reference in case the pieces shift.

Fuse the Appliqué Pieces

Once you are satisfied with the composition, begin fusing the pieces in layers.

Start with the pieces that should appear behind the others:

- Lower stems, if they are made from fabric
- Large background leaves
- Leaves positioned underneath flowers
- Lower flower petals

- Upper flower petals
- Flower centers
- Small accents and berries

Remove the paper backing from each piece.

Place it on the background with the adhesive side facing down.

Cover the project with a pressing cloth.

Press each section according to the fusible-web manufacturer's instructions.

Avoid moving the iron across the surface because this can shift the appliqué pieces.

Allow the panel to cool before lifting it from the ironing board.

Check every edge. If an edge is loose, cover it with the pressing cloth and press again briefly.

Appliqué Around the Flowers

The graphic uses a visible blanket stitch around the raw edges of the appliqué pieces.

Thread an appliqué or embroidery needle with coordinating thread. For a decorative handmade appearance, use embroidery floss.

Separate the floss and use approximately two strands.

Bring the needle up from the back near the edge of one petal.

Insert the needle just outside the appliqué edge and bring it back up through the fabric close to the petal.

Pass the working thread under the needle before pulling the stitch tight. This creates the horizontal bar of the blanket stitch along the edge.

Continue around the entire petal.

Keep the stitches evenly spaced. A spacing of approximately **2 to 3 mm** works well for small appliqué pieces.

Do not pull the thread too tightly. Tight stitches can make the background pucker.

Repeat the blanket stitch around every flower petal.

Use thread that matches the petal for a soft effect, or use slightly darker thread to emphasize the handmade outline.

When moving from one petal to another, secure the thread on the back rather than carrying a long strand across the panel.

Appliqué Around the Leaves

Stitch around the leaves using the same blanket-stitch method.

Choose olive, sage, brown, or muted green embroidery floss.

Begin near the base of each leaf and work around the complete shape.

For additional detail, embroider a central vein after the outer edge is secured.

Use a backstitch or stem stitch to create the main vein.

Add short angled stitches extending from the center toward the sides.

The veins do not need to be identical. Vary their direction slightly to imitate natural leaves.

For plaid or printed leaves, use a neutral olive thread so the stitching does not compete with the fabric pattern.

Embroider the Flower Centers

The dimensional flower centers shown in the graphic are made with clusters of French knots.

Thread an embroidery needle with two or three strands of floss.

Use mustard yellow, golden brown, rust, cream, or another coordinating color.

Bring the needle up through the center of the flower.

Hold the working thread firmly with your non-dominant hand.

Wrap the thread around the needle one or two times.

Keep the wraps close to the fabric.

Insert the needle back into the fabric very near the original exit point, but not through the exact same hole.

Continue holding the thread gently while pulling the needle through to the back.

A small knot will form on the surface.

Repeat the process to create a dense circular cluster.

Place the knots close together so very little background fabric is visible.

For a fuller center, mix two related thread colors. Use a darker shade around the outer edge and a lighter shade toward the center.

Do not pull the knots too tightly, or they may disappear through the fabric.

Embroider the Main Stems

Use backstitch, stem stitch, or a combination of both.

Choose olive green, brown, beige, or muted green embroidery floss.

For backstitch, bring the needle up a short distance ahead of the previous stitch.

Insert the needle back into the end of the previous stitch.

Bring it up again one stitch length ahead.

Continue along the marked stem line.

For stem stitch, bring the needle up at the beginning of the line.

Insert it a short distance ahead and bring the point back up halfway between the entry and exit points.

Keep the working thread consistently below or above the needle to create an even twisted line.

Use two strands of floss for fine stems.

Use three or four strands for the thicker main branch.

Create a natural main stem that begins at the lower center and divides into smaller branches around the flowers.

Avoid perfectly straight lines. Gentle curves make the bouquet look more organic.

Add the Berry Branches

Mark the berry stems lightly with a removable fabric pen.

Extend several thin branches from the main stems.

Use backstitch with two strands of olive, tan, or brown embroidery floss.

At the end of each small branch, attach a berry circle.

Fuse each berry in place and secure it with a tiny blanket stitch or whipstitch.

Alternatively, create the berries with dense French knots.

For a raised fabric berry, place a tiny amount of stuffing beneath the circle before stitching around it.

Use mauve, dusty rose, burgundy, plum, or muted red fabrics for the berries.

Add several French knots around the branches to imitate tiny buds.

Make the Tiny Accent Flower

Position the tiny cream flower near one of the lower branches.

Fuse it in place.

Secure the edges with small blanket stitches.

Create the center using one or more golden French knots.

For a dimensional flower, overlap five small rounded petals around the center.

Keep the flower approximately **2.5 cm**, or **1 inch**, in diameter.

This small flower helps connect the lower leaves to the larger flowers above.

Add Decorative Embroidery Details

After the main appliqué is complete, examine the bouquet for empty spaces.

Add small embroidered buds, leaves, or branches where needed.

Useful embellishments include:

- French-knot buds
- Small lazy-daisy stitches
- Tiny straight-stitch leaves
- Additional backstitched branches
- Decorative petal veins
- Short seed stitches
- Small cross stitches

Use embellishment sparingly. The largest flowers should remain the focal point.

Secure all thread ends neatly on the back.

Do not make large knots on the back because they may create bumps during quilting.

Press the Completed Appliqué

Place the appliquéd panel right side down on a thick towel.

The towel protects the raised French knots and embroidery.

Press gently from the back.

Use a pressing cloth if needed.

Do not flatten the flower centers.

Allow the panel to cool completely before assembling the quilt sandwich.

Prepare the Quilt Sandwich

Lay the backing fabric on a flat surface with the wrong side facing up.

Smooth it carefully.

Place the batting over the backing.

Center the appliquéd background fabric on top with the right side facing up.

The layers should be arranged as follows:

1. Backing fabric, wrong side up
2. Batting
3. Appliquéd background, right side up

Smooth the layers from the center outward.

Secure them with safety pins, quilting pins, temporary basting spray, or hand-basting stitches.

Begin near the center and work toward the edges.

Place pins approximately every **7 to 10 cm**, or **3 to 4 inches**, apart.

Keep pins away from areas where you plan to quilt immediately.

Quilt Around the Appliqué

The tutorial uses straight quilting and echo quilting.

Begin by quilting close to the outer edges of the appliqué shapes.

Stitch approximately **2 to 4 mm** away from the petals and leaves.

This outline quilting makes the appliqué appear raised.

You may quilt by hand or machine.

For machine quilting, use a walking foot for straight lines or a free-motion quilting foot for curved echo lines.

Use a neutral quilting thread that blends with the background.

Quilt slowly around the flowers, leaves, stems, and berries.

Do not stitch directly through the dimensional French-knot centers.

Stop with the needle down when turning around tight curves.

Lift the presser foot, rotate the quilt slightly, lower the foot, and continue.

Add Echo Quilting

Echo quilting consists of repeated lines that follow the shape of the appliqué.

Stitch the first echo line approximately **6 to 10 mm**, or **¼ to ⅜ inch**, away from the bouquet.

Continue adding curved lines outward from the design.

Keep the lines approximately the same distance apart.

The curves do not need to be perfectly parallel. Gentle variation adds to the handmade appearance.

Fill the open background areas evenly.

Avoid quilting the background so densely that it becomes stiff.

The goal is to add texture while keeping the appliqué flowers soft and prominent.

Check the back regularly for puckers or folds.

Smooth the layers before continuing whenever necessary.

Trim the Quilted Panel

After quilting is complete, lay the panel on a cutting mat.

Use a quilting ruler and rotary cutter to square the edges.

Trim the panel to approximately:

30 cm × 38 cm

Approximately **11¾ × 15 inches**

Check that the bouquet remains centered.

Measure the opposite sides to confirm that they are equal.

Verify that all four corners are square.

Do not trim too close to the appliqué or embroidery.

Prepare the Binding

Cut binding strips from coordinating cotton fabric.

For narrow quilt binding, cut strips approximately:

5.5 to 6.5 cm wide

Approximately **2¼ to 2½ inches wide**

Join the strips with diagonal seams until the binding is long enough to go around the entire panel, plus at least **20 cm**, or **8 inches**, of extra length.

Trim the joining seams to approximately **6 mm**, or **¼ inch**.

Press the seams open.

Fold the full binding strip in half lengthwise with the wrong sides together.

Press firmly.

The folded binding is now ready to attach.

Attach the Binding

Begin along one side of the quilt, not directly at a corner.

Leave an unsewn binding tail of approximately **10 cm**, or **4 inches**.

Align the raw edges of the folded binding with the raw edge of the quilt front.

Sew using a **6 mm**, or **¼-inch**, seam allowance.

Stop approximately **6 mm**, or **¼ inch**, before the first corner.

Backstitch and cut the thread.

Fold the binding upward at a 45-degree angle.

Fold it back down so the new fold aligns with the top edge of the quilt.

Begin sewing down the next side.

Repeat this process at every corner.

When you reach the starting point, join the binding ends neatly.

Finish sewing the remaining section.

Fold the binding over the raw edge to the back of the quilt.

Clip or pin it in place.

Hand-stitch the folded edge to the backing using a blind stitch or ladder stitch.

At each corner, fold the binding into a neat miter.

Make sure no batting or raw edges remain visible.

Optional Hanging Sleeve

To display the project as a wall hanging, add a fabric sleeve to the back.

Cut a strip approximately **8 to 10 cm**, or **3 to 4 inches**, deep and slightly shorter than the finished panel width.

Hem both short ends.

Fold the strip in half lengthwise with the wrong sides together.

Press.

Position it near the upper edge of the quilt back.

Hand-stitch the upper and lower edges of the sleeve to the backing fabric.

Do not stitch through to the quilt front.

Insert a small dowel or hanging rod through the sleeve.

Color Suggestions

A **soft vintage palette** works beautifully for this design.

Use:

- Dusty pink
- Faded blue
- Warm beige
- Sage green
- Cream
- Muted mustard

For a **warm rustic palette**, consider:

- Terracotta
- Mustard yellow
- Burnt orange
- Olive green
- Warm brown

- Natural linen

For a **cool and elegant palette**, use:

- Lavender
- Slate blue
- Dusty mauve
- Soft gray
- Sage green
- Ivory

For a more traditional American quilt style, combine small floral prints, gingham, tiny polka dots, and subtle reproduction fabrics.

Choose contrasting fabrics for neighboring petals so the individual flower shapes remain visible.

Tips for Better Results

Press the fabrics before tracing and cutting the shapes.

Test the fusible web on a fabric scrap before applying it to the main project.

Use a pressing cloth to protect the fabric and iron.

Keep appliqué stitches even, but do not worry about absolute perfection.

Use matching or neutral thread when you want the appliqué edges to blend.

Use contrasting thread when you want the blanket stitching to become part of the decoration.

Secure embroidery thread ends carefully on the back.

Avoid carrying dark threads behind light-colored fabric because they may show through.

Do not pull embroidery or quilting stitches too tightly.

Work from the center of the project toward the edges whenever possible.

Use a new, sharp needle if the fabric becomes difficult to pierce.

Take breaks while making French knots. Repetitive stitching is easier when completed in short sessions.

Photograph the planned layout before fusing any pieces.

Check the project from a distance occasionally to evaluate the balance of the bouquet.

Care Instructions

Hand washing is the safest cleaning method for this decorative panel.

Use cool or lukewarm water and a mild detergent.

Do not use bleach.

Do not wring or twist the quilt.

Rinse gently until the water runs clear.

Lay the quilt flat on a clean towel to dry.

Reshape the edges while the piece is still damp.

If machine washing is necessary, use a delicate cycle and place the project in a protective laundry bag.

Avoid high heat.

Press from the back on a low setting.

Place the quilt face down on a towel so the dimensional embroidery is not crushed.

Do not iron directly over the French knots.

Final Inspection

Check the front for loose appliqué edges.

Inspect the flower centers and berries to ensure that all knots are secure.

Check the back for loose threads.

Confirm that the binding is attached along the entire perimeter.

Remove all visible fabric markings.

Gently brush away loose fibers.

Press the finished panel from the back.

Your **Patchwork Appliqué Flower Bouquet** is now complete. The layered printed fabrics, hand-stitched edges, embroidered branches, dimensional French knots, and textured quilting create a warm heirloom-style piece that can be proudly displayed or given as a handmade gift. 

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