

# TULIP BLOOM QUILTED TABLE MAT

— STEP-BY-STEP TUTORIAL —



## FINISHED SIZE

Diameter: 39 cm

## MATERIALS

- Cotton fabric (quilter's weight)
- Cotton batting
- Cotton thread
- Fabric for backing
- Fusible interfacing (light)
- Sewing needle
- Quilting thread (optional)
- Fabric glue pen (optional)

## FABRIC (U.S.)

- Cream (background)  
1/4 yd
- Assorted (star points)  
8 fabrics, 10 x 10 cm each
- Green (leaves)  
1/4 yd
- Assorted (tulips)  
8 fabrics, 12 x 12 cm each
- Backing fabric  
1/4 yd
- Binding fabric (green)  
1/4 yd

## MAIN METHODS USED

- Seam Allowance: 0.7 cm
- Straight Stitch
- Topstitching
- ✂ Appliqué
- ☀ Quilting (Echo & Stitch in the Ditch)
- 🧵 Bias Binding
- 🧊 Pressing

## CUTTING GUIDE (All measurements in cm)

NOTE: Add 0.7 cm seam allowance around all pieces

### CENTER STAR

- 8 pointed diamonds (4 pairs)
- Cut from different fabrics
- Piece size (finished): 8.5 x 4.5

### BACKGROUND

- 8 wedges
- Piece size (finished): 8.5 (top) x 10 (side)

### LEAVES (Green)

- 16 pieces
- Leaf shape
- Piece size (finished): 9 x 4.5

### TULIPS (Assorted)



### STEMS (Green)

- 8 pieces
- Strip
- 1.5 x 4

### CENTER CIRCLE (Cream)

- 1 piece
- Circle
- Diameter: 18.5

## 1 CENTER STAR

1. Take 8 diamond pieces (4 pairs in different fabrics).
2. Arrange and sew pairs together along the long side.
3. Join all pairs to form a star.
4. Press seams open.



## 2 BACKGROUND & CIRCLE

1. Sew the 8 cream wedges around the star.
2. Join the wedges to form a circle.
3. Press seams open.
4. Cut 1 cream circle (18.5 cm diameter) and place on the back as the base.

## 3 APPLIQUÉ LEAVES & STEMS

1. Appliqué 2 leaves with right sides together on each side of the circle (16 leaves total).
2. Insert the green stem strip between the leaves and the circle.
3. Stitch around the leaves and stems using appliqué stitch (0.2–0.3 cm).



## 4 APPLIQUÉ TULIPS

1. Appliqué each tulip at the end of the stem.
2. Adjust spacing evenly around the mat.
3. Stitch around each tulip (0.2–0.3 cm).



## 5 QUILTING

1. Layer: backing fabric (right side down) + batting + quilt top.
2. Baste all layers.
3. Quilt echo lines around the center circle and along the leaves and background.
4. Quilt in the ditch between wedge seams.



## 6 BINDING

1. Cut binding strips 5 cm wide x WOF.
2. Join strips, fold in half lengthwise, and press.
3. Sew binding around the edge using 0.7 cm seam allowance.
4. Fold to the back and hand stitch in place.



## 7 FINISHED!

Your beautiful Tulip Bloom quilted table mat is ready!



## TIPS

- Use a fabric glue pen to hold appliqué pieces before stitching.
- Press frequently for a flat and professional finish.
- You can enlarge or reduce the pattern by adjusting the measurements proportionally.
- Perfect for table décor or as a handmade gift!

## SEWING METHODS – QUICK REFERENCE

METHOD	HOW TO	BEST FOR
Straight Stitch	--- Basic stitch for piecing fabric together.	Seams, patchwork
Topstitching	--- Stitch on the right side for detail and strength.	Edges, binding, appliqué
Appliqué Stitch	..... Small, close stitches to attach appliqué pieces.	Leaves, tulips, details
Quilting (Echo)	----- Stitch around shapes to add texture.	Background, design
Stitch in the Ditch	--- Stitch exactly in the seam line.	Seamlines, definition
Bias Binding	🧵 Finish raw edges with folded bias strips.	Edges, curves

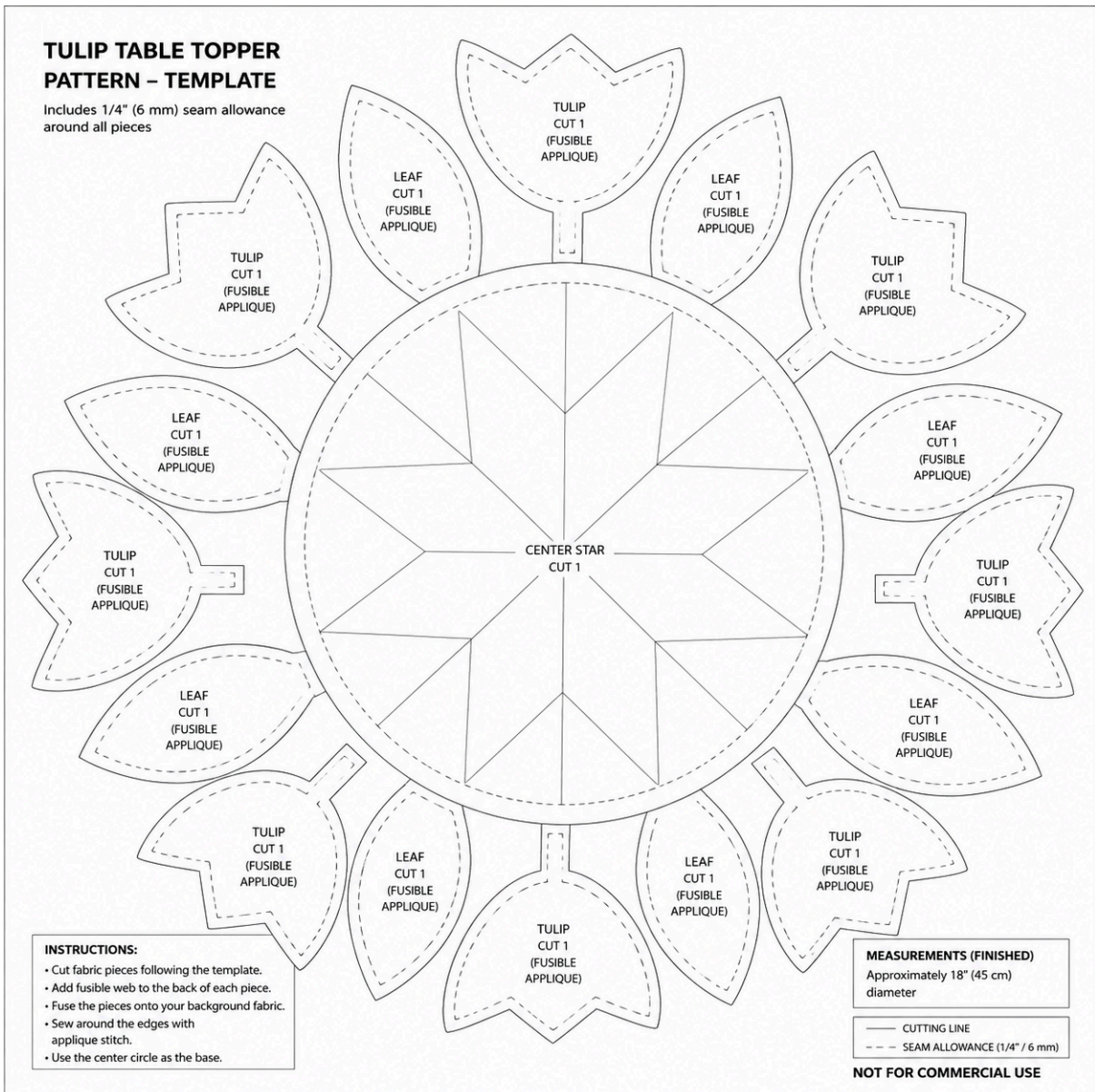
## FABRIC (U.S. CONVERSIONS)

US (Inches)	CM (Approx.)
1/8 yd	11.4 cm
1/4 yd	22.9 cm
1/3 yd	30.5 cm
1/2 yd	45.7 cm
5/8 yd	57.2 cm
2/3 yd	61.0 cm
3/4 yd	68.6 cm
1 yd	91.4 cm

## CARE INSTRUCTIONS

- 🧺 Machine wash (gentle)
- 🧴 Use mild detergent
- 🌀 Tumble dry low
- 🧊 Warm iron if needed
- 🚫 Do not bleach

♥ Handmade with love – Enjoy the process and happy sewing! 🧵



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

## Tulip Bloom Quilted Table Mat – Complete Step-by-Step Tutorial

Create a beautiful Tulip Bloom Quilted Table Mat featuring a colorful eight-point star center, elegant appliqué tulips, curved leaves, and a professionally quilted finish. This tutorial is based on the pattern shown in the reference guide and

expands every step with detailed explanations so that beginners and experienced quilters alike can confidently complete the project from start to finish.

The finished mat measures approximately 39 cm (15.4 inches) in diameter and is an excellent project for spring décor, gifts, or adding a colorful handmade touch to your dining table.

 **Happy quilting!**

 **Finished Size**

- **Finished Diameter: 39 cm (15.4 inches)**

 **Materials**

**Prepare all materials before beginning.**

**You will need:**

- **Quilting cotton fabric**
- **Cotton batting**
- **Cotton sewing thread**
- **Backing fabric**
- **Lightweight fusible interfacing (optional but recommended)**
- **Quilting thread (optional)**
- **Fabric glue pen (optional)**
- **Rotary cutter**
- **Cutting mat**
- **Acrylic ruler**
- **Fabric scissors**
- **Iron and ironing board**
- **Sewing machine**
- **Hand sewing needle**
- **Pins or quilting clips**
- **Marking pencil or fabric marker**

## **Fabric Requirements**

### **Cream Background**

- **1/4 yard**

### **Assorted Star Fabrics**

- **8 different fabrics**
- **Cut four diamonds from each color**
- **Approximately 10 × 10 cm pieces are sufficient**

### **Green Fabric (Leaves)**

- **1/4 yard**

### **Assorted Tulip Fabrics**

- **8 coordinating fabrics**
- **Approximately 12 × 12 cm pieces**

### **Backing Fabric**

- **1/4 yard**

### **Green Binding Fabric**

- **1/4 yard**

## **General Seam Allowance**

**Use a 0.7 cm (1/4 inch) seam allowance throughout the project unless otherwise stated.**

**Always maintain the same seam allowance to ensure all pieces fit together correctly.**

## **Sewing Techniques Used**

**During this project you will practice several traditional quilting techniques.**

- **Straight piecing**
- **Topstitching**
- **Raw-edge appliqué**
- **Echo quilting**
- **Stitch in the ditch**
- **Bias binding**
- **Pressing**

**Take your time with each technique. Accurate stitching and pressing make a tremendous difference in the finished project.**



## **Cutting Guide**

### **Center Star**

#### **Cut:**

- **8 pairs (16 total) diamond pieces**

#### **Finished diamond size:**

- **Approximately 8.5 × 4.5 cm**

**Each pair should consist of contrasting fabrics to create movement in the star.**

### **Background Wedges**

#### **Cut:**

- **8 wedges**

#### **Finished size:**

- **Approximately 8.5 cm (top) × 10 cm (side)**

**These wedges surround the star and create the circular center.**

### **Leaves**

#### **Cut:**

- 16 leaves

**Finished size:**

- 9 × 4.5 cm

**Tulips**

**Cut:**

- 8 tulip shapes

**Use eight coordinating prints for a colorful appearance.**

**Stems**

**Cut:**

- 8 strips

**Finished size:**

- 1.5 × 4 cm

**Center Circle**

**Cut:**

- One cream circle

**Diameter:**

- 18.5 cm

**Remember to include the seam allowance when cutting every piece.**

**★ Step 1 – Construct the Center Star**

**Begin by organizing the diamond pieces according to color.**

**Lay them on a flat surface before sewing. This allows you to verify the color arrangement and avoid mistakes.**

**Pair each set of diamonds with right sides together.**

**Sew each pair using a ¼-inch seam.**

**Press every seam open to reduce bulk.**

**Next, join two pairs together.**

**Continue until all eight star points have been assembled.**

**Arrange the sections on your table before joining them permanently.**

**Check that all points meet neatly in the center.**

**Sew the units together one section at a time.**

**Take extra care when sewing across the center intersection.**

**If necessary, pin the center carefully to keep all seams aligned.**

**Press the completed star from the wrong side.**

**The finished star should lie perfectly flat without puckers.**

## **Step 2 – Add the Background Wedges**

**Take the eight cream wedges.**

**Arrange them around the completed star.**

**Verify that every wedge fits smoothly against the adjacent pieces.**

**Sew one wedge at a time.**

**After attaching each wedge, press the seam toward the cream fabric.**

**Continue around the entire star until all wedges have been attached.**

**Join the first and last wedge carefully to complete the circle.**

**Check that the circle remains flat.**

**Press all seams thoroughly.**

**A well-pressed foundation makes the later appliqué much easier.**

### **Step 3 – Prepare the Base Circle**

**Using the cream fabric, cut one circle measuring 18.5 cm in diameter.**

**Place the pieced star on the wrong side of the circle.**

**Center it carefully.**

**Use pins or temporary fabric adhesive to keep everything stable.**

**If using fusible interfacing, apply it now according to the manufacturer's instructions.**

**Press gently without stretching the fabric.**

**The circle now serves as the stable foundation for the decorative appliqué.**

### **Step 4 – Appliqué the Leaves and Stems**

**Arrange the sixteen leaves around the outside of the cream circle.**

**Position two leaves together at each location.**

**Leave even spacing all around the circle.**

**Next, slide one green stem underneath each pair of leaves.**

**Adjust the angle until the arrangement looks balanced.**

**Once satisfied, secure the pieces with pins or a fabric glue pen.**

**Using an appliqué stitch, sew around every leaf.**

**Keep your stitches approximately 2–3 mm from the edge.**

**Repeat for all sixteen leaves.**

**Then stitch each stem securely.**

**Work slowly around the curves for a smooth professional finish.**

**Press lightly after completing the appliqué.**

### **Step 5 – Attach the Tulips**

**Position one tulip at the end of every stem.**

**Each tulip should extend slightly beyond the circular edge to create the blooming effect.**

**Arrange all eight tulips before stitching.**

**Step back and verify that the spacing appears symmetrical.**

**Adjust as needed.**

**Secure each tulip using pins or temporary adhesive.**

**Using the same appliqué stitch, sew around each tulip.**

**Keep the stitching consistent around the curved petals.**

**Take your time around the points at the top of each flower.**

**When finished, remove any visible marking lines.**

**Give the entire project another light pressing.**

## **Step 6 – Prepare the Quilt Sandwich**

**Lay the backing fabric on a flat surface with the right side facing down.**

**Place the batting on top.**

**Finally, position the quilt top with the right side facing up.**

**Smooth every layer carefully.**

**Remove wrinkles as you go.**

**Pin or baste the layers together.**

**Use enough pins to prevent shifting during quilting.**

**A stable quilt sandwich produces much cleaner quilting lines.**

## **Step 7 – Quilt the Table Mat**

**Begin quilting around the center circle.**

**This creates emphasis on the star.**

**Continue by quilting around each leaf.**

**Repeat around every tulip.**

**Echo quilting works beautifully for this design.**

**Next, quilt across the cream background using gentle curves or echo lines.**

**Finally, stitch in the ditch along the seams surrounding the star wedges.**

**This enhances the piecing while keeping the design crisp.**

**Work from the center outward to minimize fabric distortion.**

**Remove basting pins as quilting progresses.**

**After quilting, trim away excess batting and backing.**

## **Step 8 – Bind the Edges**

**Cut binding strips approximately 5 cm (2 inches) wide.**

**Join the strips using diagonal seams.**

**Press the seams open.**

**Fold the binding in half lengthwise with wrong sides together.**

**Press well.**

**Beginning at any straight section, sew the binding around the entire edge using a ¼-inch seam allowance.**

**Ease the binding smoothly around all curves.**

**Do not stretch the binding.**

**When reaching the starting point, join the ends neatly.**

**Fold the binding over to the back.**

**Hand stitch it in place using small invisible stitches.**

**Alternatively, machine stitch from the front if preferred.**

**Press the finished binding for a crisp edge.**

## **Final Inspection**

**Before calling your project complete, check the following:**

- **All appliqué edges are securely stitched.**
- **The quilt lies flat.**

- No loose threads remain.
- The binding is smooth around every curve.
- The center star is flat and symmetrical.
- Quilting stitches are evenly spaced.
- Every tulip is securely attached.

Give the entire mat one final press.

Your Tulip Bloom Quilted Table Mat is now finished and ready to display!



### Helpful Tips

- Always prewash fabrics if shrinkage is a concern.
- Press after every seam instead of waiting until the end.
- Use a walking foot during quilting for smoother stitches.
- Reduce sewing speed around curved appliqué.
- Test thread tension on fabric scraps first.
- Replace rotary blades frequently for accurate cutting.
- Choose high-quality quilting cotton for the best results.
- Organize pieces before sewing to avoid color placement mistakes.
- Use matching thread for nearly invisible appliqué or contrasting thread for decorative stitching.



### U.S. Fabric Conversion Reference

Fabric	Approximate Metric
1/8 yard	11.4 cm
1/4 yard	22.9 cm

**1/3      30.5 cm**  
**yard**

**1/2      45.7 cm**  
**yard**

**5/8      57.2 cm**  
**yard**

**2/3      61 cm**  
**yard**

**3/4      68.6 cm**  
**yard**

**1        91.4 cm**  
**yard**

### **Care Instructions**

- **Machine wash using the gentle cycle.**
- **Use mild detergent.**
- **Tumble dry on low heat or air dry.**
- **Press with a warm iron if necessary.**
- **Do not use bleach.**
- **Store flat whenever possible to preserve its shape.**

### **Congratulations!**

**You have successfully completed your Tulip Bloom Quilted Table Mat. This charming design combines traditional piecing, beautiful appliqué, and elegant quilting techniques into a stunning finished project that will brighten any table. Whether you made it for your own home or as a thoughtful handmade gift, enjoy the satisfaction of creating something beautiful with your own hands.**

 **Handmade with love — Happy Sewing!**

