

APPLIQUÉ QUILT BLOCK TUTORIAL

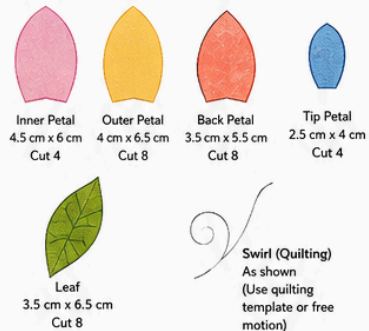
LOTUS FLOWER – FINISHED SIZE: 30 cm x 30 cm



MATERIALS

- Cotton fabric (assorted colors)
- Background fabric (black)
- Fusible web
- Thread to match fabrics
- Quilting thread (gold or yellow)
- Fabric marker or chalk
- Appliqué scissors
- Sewing machine
- Iron and pressing mat
- 30 cm x 30 cm batting (optional)
- 30 cm x 30 cm backing fabric

FABRIC CUTTING GUIDE (add 0.7 cm seam allowance if desired)



Note: All measurements are in centimeters (cm).

1. PREPARE THE BACKGROUND

Cut the background fabric 30 cm x 30 cm.

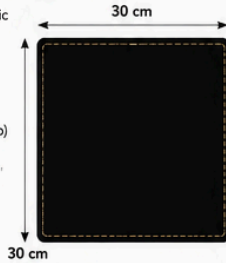
If using batting and backing, layer them (quilt sandwich):

Back fabric (wrong side up)

Batting

Top fabric (right side up)

Baste the layers with safety pins or basting spray.



2. PREPARE THE APPLIQUÉ PIECES

1. Fuse the fusible web to the back of the wrong side of each fabric.
2. Cut out each piece on the drawn shape.
3. Peel off the paper backing.
4. Arrange the pieces on the background fabric as shown in the photo.



3. ARRANGE THE DESIGN

Place the four flower sections in the corners, leaving space in the center for the quilting swirls. Adjust the leaves to form a diamond shape pointing to the center.



4. APPLIQUÉ THE PIECES

1. Position one piece at a time.
2. Fuse in place with a hot iron.
3. Appliqué using one of the methods below.



ZIGZAG STITCH
Use a narrow zigzag stitch around the edge.



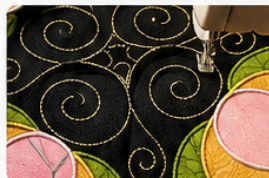
BLIND HEM STITCH
Fold edge under and hand stitch.



RAW EDGE STITCH
Use a decorative stitch to secure raw edge.

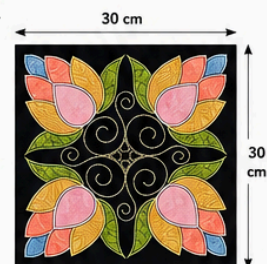
5. ADD THE QUILTING SWIRLS

1. Mark the swirl design in the center with a fabric marker or chalk.
2. Quilt along the lines using gold or yellow thread.
3. You can use free motion quilting or a quilting template.

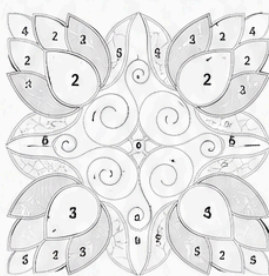


6. FINAL TOUCHES

1. Trim any loose threads.
2. Press the block from the back.
3. Square the block to 30 cm x 30 cm.
4. Your block is ready to be used in a quilt, pillow or wall hanging.

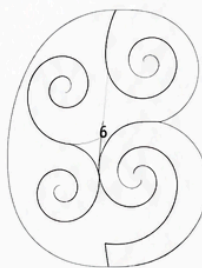


APPLIQUÉ PLACEMENT GUIDE



- 1 - Inner Petal (Pink)
- 2 - Outer Petal (Yellow)
- 3 - Back Petal (Coral)
- 4 - Tip Petal (Blue)
- 5 - Leaf (Green)
- 6 - Swirl Quilting

QUILTING SWIRL GUIDE



Trace and quilt the swirls in the center area.

TIPS

- Use high quality cotton fabric for best results.
- Press each piece before appliqué.
- Take your time with the quilting – it adds elegance!
- Experiment with thread colors.

CARE INSTRUCTIONS



COMMON APPLIQUÉ STITCHES (Choose your favorite method)



Zigzag Stitch Machine



Blanket Stitch Hand

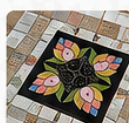


Blind Hem Stitch Hand



Decorative Stitch Machine

FINISHING IDEAS



Quilt Block in a Quilt



Decorative Pillow



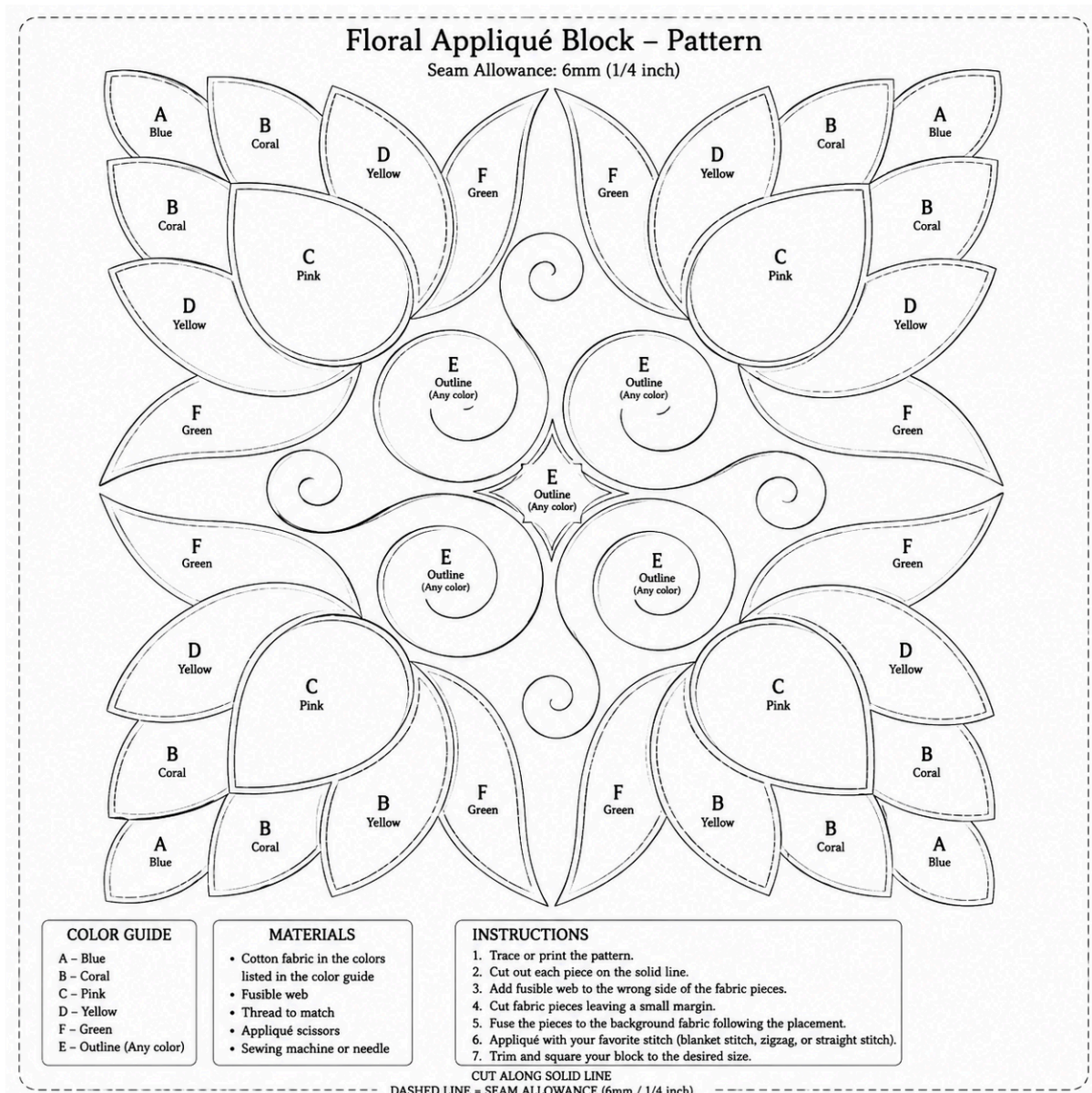
Wall Hanging



Table Topper

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Appliqué Quilt Block Tutorial – Lotus Flower

Finished Size: 30 cm x 30 cm (approximately 11.8 in x 11.8 in)

This beautiful Lotus Flower Appliqué Quilt Block combines colorful fabric petals, green leaves, a dramatic black

background, and decorative golden quilting swirls. The finished block can be used as part of a larger quilt, transformed into a decorative pillow, displayed as a wall hanging, or finished as a table topper.

The tutorial below follows the construction shown in the reference chart as closely as possible. The project uses fusible appliqué, simple machine or hand stitching, and decorative quilting. It is suitable for confident beginners as well as experienced quilters who want a striking floral block.

Materials and Supplies

Before beginning, gather all your materials so you can work through the project without interruption.

You will need assorted cotton fabrics for the lotus petals. The design uses pink for the inner petals, yellow or golden fabric for the outer petals, coral or orange fabric for the back petals, and blue fabric for the small tip petals.

Choose a medium or bright green cotton fabric for the leaves. Small variations in green can make the foliage look more natural, although one green fabric works perfectly well.

For the background, prepare a piece of black cotton fabric measuring at least 30 cm x 30 cm. You may cut it slightly larger at first and trim it after quilting.

You will also need fusible web, matching sewing thread, gold or yellow quilting thread, fabric marking chalk or a removable fabric marker, appliqué scissors, an iron, an ironing or pressing surface, and a sewing machine.

If you want the block to be quilted as a complete mini quilt sandwich, prepare a 30 cm x 30 cm piece of batting and a 30 cm x 30 cm backing fabric.

Basic quilting tools such as a rotary cutter, quilting ruler, cutting mat, pins, safety pins, or temporary basting spray will also make the process easier.

Step 1 – Prepare the Background Fabric

Cut the black background fabric to approximately 30 cm x 30 cm. If you prefer additional room for squaring the block after quilting, begin with a piece approximately 32 cm x 32 cm and trim it later.

Press the fabric carefully with a warm iron. The background should be completely smooth because wrinkles can make appliqué placement difficult.

If you plan to quilt through batting and backing immediately after completing the appliqué, prepare the quilt sandwich now.

Place the backing fabric on your work surface with the wrong side facing upward.

Position the batting over the backing fabric.

Place the black top fabric over the batting with the right side facing upward.

Smooth all three layers from the center toward the edges.

Secure the layers with safety pins or quilting basting spray.

If you prefer to complete the appliqué before adding batting and backing, simply work with the black top fabric during the appliqué steps and assemble the quilt sandwich later.

Step 2 – Prepare the Lotus Appliqué Pieces

The design is made from several repeated petal and leaf shapes.

According to the reference chart, prepare the following pieces:

Inner Petal – Pink: approximately 4.5 cm x 6 cm, cut 4.

Outer Petal – Yellow: approximately 4 cm x 6.5 cm, cut 8.

Back Petal – Coral: approximately 3.5 cm x 5.5 cm, cut 8.

Tip Petal – Blue: approximately 2.5 cm x 4 cm, cut 4.

Leaf – Green: approximately 3.5 cm x 6.5 cm, cut 8.

These measurements represent the approximate finished shapes shown in the tutorial. If you want to turn them under for traditional appliqué, add about 0.7 cm seam allowance around the template pieces.

For fusible raw-edge appliqué, the additional seam allowance is normally unnecessary.

Step 3 – Apply Fusible Web

Place the fusible web with the paper side facing upward.

Trace all the required petal and leaf shapes onto the paper backing.

Leave a small amount of space between each shape so they can be cut apart easily.

Rough-cut around each traced piece, leaving a small margin around the drawn line.

Place each fusible-web shape onto the wrong side of its corresponding fabric.

Follow the temperature and pressing instructions supplied by the fusible-web manufacturer.

Usually, you will press the iron down briefly rather than sliding it across the fabric.

Allow the pieces to cool completely.

Once cooled, cut each appliqué piece directly along the traced outline.

Careful cutting is important because smooth curves create a much cleaner floral design.

Peel the paper backing away from each prepared piece.

The adhesive side should now be exposed and ready to fuse onto the black background.

Step 4 – Arrange the Four Lotus Flowers

The block uses four similar lotus flower sections, one near each corner.

Begin by locating the center of your black fabric.

You can lightly fold the fabric horizontally and vertically and finger-press the folds to create temporary reference lines.

Do not permanently crease the black fabric if you can avoid it.

Position one lotus arrangement near each corner.

Each lotus should point slightly inward so the four flowers visually frame the center of the block.

Start with the larger pink inner petal.

Position the yellow outer petals around it.

Place the coral back petals behind the yellow pieces to create additional layers.

Finally, position the small blue tip petal toward the outside corner.

At this stage, do not immediately fuse the pieces.

Arrange all four flower groups first so you can compare their spacing and symmetry.

The four flowers should appear balanced, with approximately equal distance from the outer edges and the center.

Step 5 – Arrange the Green Leaves

The tutorial uses eight green leaves, approximately two leaves associated with each corner flower arrangement.

Place the leaves between the lotus flowers so they point toward the center.

The leaves create a diamond-like structure around the center quilting area.

Rotate them slightly rather than positioning every leaf at exactly the same angle.

This creates the graceful floral appearance shown in the original block.

Make sure the leaves do not cover too much of the central black area because you need enough space for the decorative quilting swirls.

Once all petals and leaves are arranged, step back and inspect the composition.

Look for balanced spacing between the four corners.

Make small adjustments until the overall design appears symmetrical.

Step 6 – Fuse the Appliqué Pieces in Place

When you are satisfied with the placement, begin fusing the pieces.

It is easiest to work on one flower section at a time.

Start with the pieces that visually sit behind the others.

Fuse the coral back petals first.

Next add the yellow outer petals.

Add the pink inner petal.

Finish with the small blue tip petal.

Fuse the green leaves according to their placement around the flower.

Use the iron according to the fusible-web manufacturer's instructions.

Press rather than rubbing or sliding the iron.

Continue until all four flowers and all eight leaves are securely attached.

Allow the entire block to cool before sewing.

Step 7 – Stitch Around the Appliqué Shapes

Even though fusible web holds the appliqué pieces in place, stitching around them creates a stronger and more finished quilt block.

The tutorial shows several possible appliqué stitches.

You can choose one consistent stitch for the entire design or combine different techniques.

A zigzag stitch is one of the easiest machine methods.

Set your sewing machine to a narrow zigzag and sew carefully around the outer edge of every petal and leaf.

Keep the stitching close to the raw fabric edge.

Reduce your sewing speed when working around curves.

Stop with the needle down whenever you need to pivot slightly.

Another option is a blind hem stitch.

This creates a more subtle appearance than a dense zigzag.

You can also use a decorative machine stitch if your sewing machine includes suitable appliqué settings.

For a handmade appearance, use a blanket stitch around each shape.

Blanket stitch can be completed either by machine or by hand.

Step 8 – Add Decorative Details to the Leaves

The leaves shown in the reference design contain simple stitched vein details.

Use a removable fabric marker or chalk to lightly draw a central vein along each leaf.

Add several smaller diagonal veins branching from the center line.

Thread your sewing machine with a green thread that contrasts slightly with the leaf fabric.

Sew along the marked lines using a straight stitch.

Alternatively, use free-motion quilting if you are comfortable controlling the fabric manually.

Keep the lines simple.

The leaf veins should provide texture without overwhelming the floral design.

Step 9 – Prepare the Center Quilting Design

The central black area is filled with elegant spiral quilting swirls.

According to the tutorial, the swirls can be marked using fabric chalk or a removable marker.

Begin by drawing several loose spiral shapes inside the central black area.

The chart shows approximately four main circular swirl sections arranged around the center.

Do not worry about making the spirals mathematically identical.

Slight variation creates the organic handmade appearance of the reference block.

Keep each spiral flowing and open.

Avoid placing the quilting lines extremely close together unless you are experienced with free-motion quilting.

Leave a small amount of breathing room between each swirl.

Step 10 – Quilt the Golden Swirls

Thread your machine with gold or yellow quilting thread.

The bright thread creates a beautiful contrast against the black background.

If your machine allows free-motion quilting, attach a free-motion or darning foot.

Lower or cover the feed dogs according to your machine instructions.

Begin near one of the marked spiral lines.

Move the fabric slowly while keeping your stitching speed steady.

Follow the drawn swirl toward its center.

Continue quilting the remaining spirals.

If you are not comfortable with free-motion quilting, you can use a walking foot and gently rotate the block while following the lines.

Another beginner-friendly option is to simplify the design into larger curved spirals.

The goal is to create decorative movement through the center rather than perfect identical lines.

Step 11 – Secure and Finish the Quilting

After quilting the central design, inspect the back of the block.

Check for loose thread ends or areas where the quilting tension may have produced loops.

Tie or secure loose thread ends according to your preferred quilting method.

Trim unnecessary threads from both sides.

Press the block lightly from the back.

Avoid pressing too aggressively over raised appliqué stitching.

If fusible web was used, follow its heat recommendations to prevent damaging the adhesive.

Step 12 – Square the Quilt Block

Place the finished block on a cutting mat.

Use a quilting ruler to check the dimensions.

Trim the block carefully to 30 cm x 30 cm.

Measure from multiple points rather than assuming that the original fabric remained perfectly square during sewing.

Align the ruler with the edges and with the visual center of the floral design.

Trim only small amounts at a time.

The four flower sections should remain evenly positioned inside the finished block.

Step 13 – Final Pressing

Turn the block over so the backing faces upward.

Press from the back using moderate heat.

Use a pressing cloth if necessary.

Avoid dragging the iron across the quilt.

Instead, lift and lower the iron over different sections.

This helps preserve the appliqué shapes and prevents distortion.

Let the block cool completely on a flat surface.

Your 30 cm x 30 cm Lotus Flower Appliqué Quilt Block is now complete.

Appliqué Stitch Options

The reference tutorial suggests several different stitches that can be used around the fabric pieces.

Zigzag Stitch: A narrow machine zigzag works especially well for raw-edge fusible appliqué. It is strong, fast, and beginner-friendly.

Blanket Stitch: Blanket stitch produces a traditional decorative border. It can be worked by hand or machine.

Blind Hem Stitch: This method gives a softer and less noticeable edge treatment.

Decorative Machine Stitch: Many modern sewing machines include appliqué or embroidery-style stitches that can become part of the visual design.

Choose the stitch that matches your sewing skill and the finished appearance you prefer.

Finishing Ideas

Once the quilt block is complete, you can use it in several projects.

For a larger quilt, repeat the lotus block and join several blocks together with sashing.

You can also surround one block with patchwork borders and turn it into a small decorative quilt.

For a decorative pillow, add coordinating fabric around the block if additional size is needed, then create an envelope or zippered pillow back.

For a wall hanging, add batting, backing, binding, and a hanging sleeve.

A wooden dowel can then be inserted through the sleeve for display.

The design also works beautifully as a table topper.

For this version, add a narrow binding around the finished 30 cm x 30 cm block.

Care Instructions

Because this project contains appliqué and decorative quilting, gentle care will help preserve the stitching.

Machine wash on a cold or gentle cycle when necessary.

A delicate wash cycle is preferable.

Avoid bleach because it can damage the colored fabrics and quilting thread.

Tumble dry on low or allow the project to air-dry flat.

If pressing becomes necessary, use a warm iron rather than very high heat.

Press from the back whenever possible.

Helpful Tips for the Best Results

Use high-quality quilting cotton whenever possible. Stable cotton fabric is easier to cut, fuse, stitch, and quilt than very lightweight or stretchy fabric.

Always press each fabric before cutting the appliqué pieces.

When using fusible web, test a small scrap first. Different brands require different pressing temperatures and times.

Arrange the entire design before permanently fusing anything. This is one of the easiest ways to maintain symmetry between the four lotus flowers.

Work slowly around curved petals.

Shorter stitches can help create smoother curves.

Use a fresh sewing-machine needle before beginning the appliqué stitching.

For the golden swirls, practice several spirals on a fabric sandwich made from scraps before quilting the actual block.

Do not try to make every spiral identical. The slightly free-flowing lines are part of the handmade character of the design.

Most importantly, enjoy the process. Once you understand the basic arrangement, you can experiment with different petal colors, background fabrics, thread colors, and quilting patterns to create your own variation of this Lotus Flower Appliqué Quilt Block.

A useful next step would be to create a printable full-size English template sheet for all five appliqué pieces, including the 0.7 cm seam allowance and cutting quantities, so the project can be printed and made directly from the pattern.

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