

SUNFLOWER DOOR HANGER

QUILT TUTORIAL

Create this beautiful quilted sunflower door hanger with easy appliqué and quilting techniques.

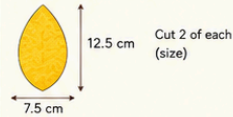
FINISHED SIZE: 45 cm diameter

MATERIALS

- Cotton fabric (100%):
 - Yellow prints (inner petals)
 - Sunflower print (outer petals)
 - Brown (center circle)
 - Green (leaves print on fabric)
- Fusible web
- Batting (thin)
- Backing fabric
- Cotton thread
- Rope or fabric strip for hanging
- Basic sewing supplies

FABRIC CUTTING (include 0.7 cm seam allowance)

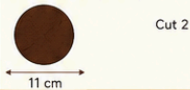
Inner Petals (yellow print)



Outer Petals (sunflower print)



Center Circle (brown)



ASSEMBLY OVERVIEW

- 1 Make the center circle.
- 2 Arrange and appliqué inner petals.
- 3 Add outer petals behind.
- 4 Quilt all layers.
- 5 Add hanging loop and backing.

STEP-BY-STEP INSTRUCTIONS

1. PREPARE THE PIECES

Cut all fabric pieces according to the measurements. Fuse the wrong side of all petals and center pieces with fusible web.



2. MAKE THE CENTER

Place the 2 brown circles right sides together. Sew around the edge, leaving a small opening. Turn right side out, fill lightly with batting (optional) and hand stitch the opening closed.



3. APPLIQUÉ INNER PETALS

Arrange the inner petals around the center like a circle. Fuse in place, then appliqué with a straight stitch or blanket stitch.



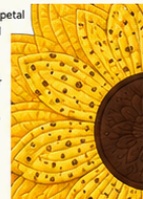
4. ADD OUTER PETALS

Place the outer petals behind the inner layer. Stagger them between the inner petals. Fuse and appliqué in place.



5. QUILT

Quilt along the petal shapes and add details (dots, veins, or lines). Quilt the center with a flower motif or spirals.



6. BACKING AND FINISHING

Place backing fabric right side down. Add batting and the quilted top. Baste the layers together.



7. TRIM AND BIND

Trim the back if needed. Bind the edge with bias tape or fabric strip.



8. ADD HANGING LOOP

Attach a rope or fabric loop at the top center on the back side. Secure with stitching.



9. YOUR SUNFLOWER DOOR HANGER IS READY!

Enjoy your handmade sunflower door hanger!



TIPS

- Use a fabric marker to draw veins on the petals before quilting.
- Press each piece before assembling for a neat finish.
- You can enlarge or reduce the pattern by adjusting the petal sizes proportionally.

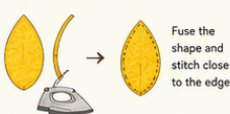


APPLIQUÉ METHODS

TURN-EDGE APPLIQUÉ



RAW-EDGE APPLIQUÉ



QUILTING IDEAS



Straight lines (along veins)



Dotted quilting



Spiral in center



Flower motif in the center

CARE INSTRUCTIONS



Hand wash or gentle machine wash.



Use mild detergent.



Air dry flat.



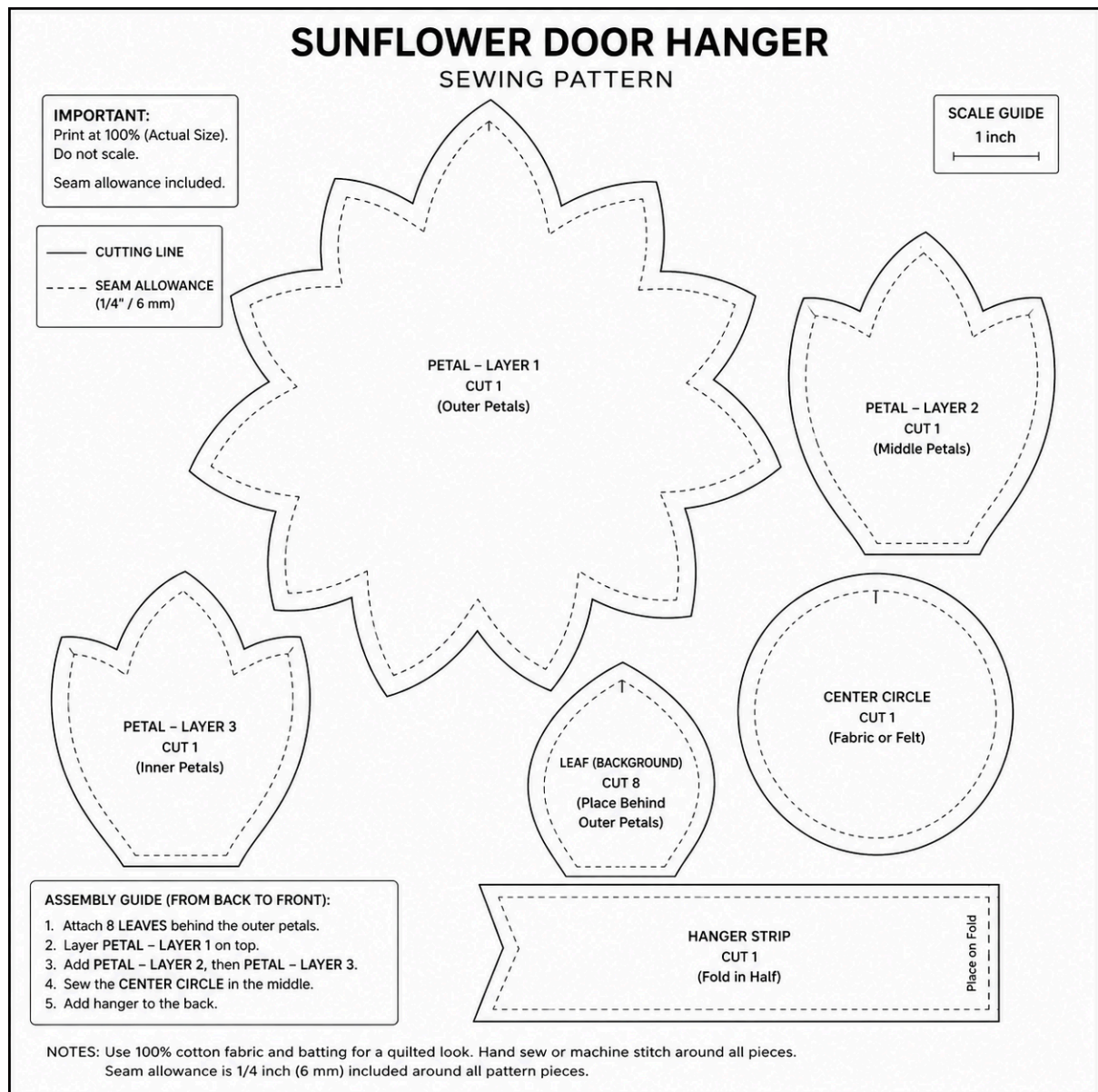
Do not bleach.



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Sunflower Door Hanger Quilt Tutorial 🌻

This Sunflower Door Hanger Quilt is a cheerful fabric decoration made with layered appliqué petals, light batting, decorative quilting, and a hanging loop. The finished sunflower measures approximately 45 cm in diameter, or about 17¾ inches.

The project combines two petal sizes, a padded brown center, a backing layer, and decorative stitching. You may use traditional turn-edge appliqué for a clean finish or raw-edge fusible appliqué for a faster construction method.

Materials and Supplies

You will need the following materials:

- 100% cotton fabric
- Yellow printed fabric for the inner petals
- Sunflower-print fabric for the outer petals
- Brown cotton fabric for the flower center
- Green fabric scraps for optional leaves or decorative accents
- Lightweight fusible web
- Thin quilt batting
- Backing fabric
- Cotton sewing thread
- Coordinating quilting thread
- Rope, fabric strip, ribbon, or cord for the hanging loop
- Fabric marker or erasable marking pen
- Sewing pins or fabric clips
- Hand-sewing needle
- Sewing machine
- Iron and ironing board
- Fabric scissors
- Rotary cutter, acrylic ruler, and cutting mat
- Point turner or blunt tool
- Optional bias tape or fabric strips for binding

Use quilting-weight cotton whenever possible. Cotton is easy to press, holds its shape well, and produces crisp appliqué edges.

Finished Measurements

The completed sunflower should measure approximately:

- 45 cm in diameter
- About 17¾ inches in diameter

The exact finished size may vary slightly depending on how closely the petals overlap and how much you trim the backing.

Fabric Cutting Instructions

The measurements shown below include an approximate 0.7 cm seam allowance, which is slightly more than ¼ inch.

For each petal, cut two matching fabric pieces if you are making turned and lightly padded petals. When using raw-edge fusible appliqué, you may cut only one fabric layer for each petal unless you want additional structure.

Inner Petals

Cut the inner petals from yellow printed cotton.

Each inner petal should measure approximately:

- 12.5 cm long, or about 4⅞ inches
- 7.5 cm wide, or about 3 inches

Cut enough petals to create a full ring around the center. The illustrated project uses a dense arrangement, so approximately 16 to 20 inner petals will provide a similar appearance.

If each petal is constructed from two fabric pieces, cut two mirrored pieces for every completed petal.

Outer Petals

Cut the outer petals from sunflower-print cotton.

Each outer petal should measure approximately:

- 14.5 cm long, or about 5¾ inches
- 8.5 cm wide, or about 3⅜ inches

Cut approximately 12 to 16 completed outer petals, depending on the spacing and fullness you prefer.

For turned petals, cut two matching fabric pieces for each completed petal.

Center Circle

Cut two brown fabric circles.

Each circle should measure:

- 11 cm in diameter
- About 4⅜ inches in diameter

You may also cut one circle of thin batting slightly smaller than the fabric circles to give the center a softly padded appearance.

Step 1: Prepare the Petal Templates

Draw the inner and outer petal shapes on sturdy paper, template plastic, or lightweight cardboard.

Each petal should have a rounded lower section and a pointed upper tip. Make the sides slightly curved rather than completely straight. A gentle curve creates a natural sunflower shape.

Label the templates clearly:

- Inner Petal
- Outer Petal
- Center Circle
- Seam Allowance Included

Check the dimensions before cutting your fabric. Keeping the templates symmetrical will make it easier to arrange the flower evenly.

Place each template on the wrong side of the chosen fabric and trace around it with a fabric marker. Transfer any centerlines or placement marks that may help with quilting later.

Step 2: Apply the Fusible Web

Cut pieces of lightweight fusible web slightly smaller than the fabric shapes.

For raw-edge appliqué, fuse the web directly to the wrong side of the petal fabric according to the manufacturer's instructions. Allow the fabric to cool before cutting the final petal shapes.

For turned petals, apply small pieces of fusible web near the center of each petal after turning. This will help hold the petals in place during assembly.

Do not allow fusible adhesive to touch the surface of the iron. Use a pressing sheet or parchment paper if needed.

Press rather than sliding the iron back and forth. Sliding can stretch the fabric and distort the petal shapes.

Step 3: Sew the Inner Petals

Place two matching inner-petal pieces with their right sides together.

Pin or clip around the curved edges. Leave a small opening along the lower edge for turning.

Using a ¼-inch seam allowance, sew around the petal. Reduce your stitch length slightly near the pointed tip for better control.

Trim the seam allowance near the point. Make several small clips along the curved areas, being careful not to cut through the stitching.

Turn the petal right side out through the opening. Use a point turner or blunt tool to gently shape the tip.

Press the petal flat. Turn the raw edges of the opening toward the inside and press them neatly.

Repeat until all inner petals are complete.

For a slightly fuller appearance, place a very thin piece of batting inside each petal before closing the opening. Avoid thick batting because it may make the petals difficult to layer.

Step 4: Sew the Outer Petals

Construct the outer petals in the same way as the inner petals.

Place two sunflower-print pieces right sides together and sew around the edges, leaving the lower section open.

Clip the curves, trim the pointed tip, and turn each petal right side out.

Press carefully so the edges are smooth and the pointed tip is clearly defined.

The outer petals are larger and form the back layer of the flower. Because they will be visible around the entire edge, take time to make each one consistent.

Close the turning openings with a narrow machine stitch or a small hand-sewn ladder stitch.

Step 5: Make the Brown Center

Place the two brown circles with their right sides together.

Sew around the circle using a ¼-inch seam allowance, leaving a small opening for turning.

Clip small notches around the curved seam allowance. Do not cut through the stitching.

Turn the circle right side out and smooth the edge with a blunt tool.

Insert the optional thin batting circle through the opening. Keep it centered and smooth.

Turn the raw edges of the opening inside and hand-stitch the opening closed.

Press the center gently. Avoid flattening it completely if you want a padded effect.

To create the textured appearance shown in the tutorial, quilt the center with one of these designs:

- **A spiral beginning near the middle**
- **Concentric circles**
- **A flower motif**
- **Free-motion loops**
- **Small seed-shaped curves**
- **Radiating lines**

Use a slightly darker or lighter brown thread to make the quilting visible.

Step 6: Arrange the Inner Petals

Place the brown center on a flat work surface.

Arrange the inner petals around it like the rays of a flower.
Position the narrow lower ends beneath the center circle.

Begin by placing four petals at the top, bottom, left, and right.
These first petals will help establish even spacing.

Add petals between the first four until the circle is filled.

Allow the petals to overlap slightly. The pointed tips should extend outward evenly, and the lower edges should remain hidden beneath the center.

Step back and look at the arrangement from a distance. Adjust any petals that appear too close together or too far apart.

When satisfied with the arrangement, secure the petals with fusible web, pins, or temporary fabric adhesive.

Stitch the lower section of each petal in place. You may use:

- A straight stitch
- A narrow zigzag stitch
- A blanket stitch
- A small hand appliqué stitch

Keep the stitching close to the petal edge.

Step 7: Add the Outer Petals

Place the larger outer petals behind the inner-petal layer.

Stagger them so the outer petal tips appear between the inner petal tips. This creates the full, layered appearance shown in the graphic.

Begin again with four petals placed at the top, bottom, left, and right. Add the remaining petals between them.

Make sure the sunflower-print side faces upward.

Slide the lower edge of each outer petal beneath the inner flower arrangement. The petals should overlap enough to create a continuous shape without large open spaces.

Fuse, pin, or baste the petals in place.

Stitch each petal securely. If the base of the petal will be covered by the center, the stitching does not need to be decorative. It only needs to hold the layers firmly.

Step 8: Attach the Center Circle

Place the finished brown center over the lower ends of the inner petals.

Check that the center is positioned evenly. It should cover the raw edges, openings, and attachment stitches at the bases of the petals.

Pin or temporarily glue the center in place.

Stitch around the outer edge of the circle using a straight stitch, blanket stitch, or narrow zigzag stitch.

For a raised center, avoid stitching too far inside the circle. Stitching close to the edge will help preserve the padded shape.

Quilt the center after attachment if you did not quilt it earlier.

Step 9: Prepare the Backing and Batting

Lay the sunflower right side up on a flat surface and measure its overall shape.

Cut one piece of thin batting and one piece of backing fabric slightly larger than the completed flower.

Place the backing fabric wrong side up.

Place the batting on top of the backing.

Place the sunflower top right side up over the batting.

The layers should be arranged in this order:

- 1. Backing fabric**
- 2. Batting**
- 3. Sunflower top**

Smooth each layer carefully to remove wrinkles.

Baste the layers together using safety pins, temporary adhesive spray, or long hand-basting stitches.

Because the flower has many points and overlapping petals, work slowly around the outside edges.

Step 10: Quilt the Petals

Quilt through all layers to secure the flower and add texture.

One of the easiest quilting designs is to stitch a line down the center of every petal. This creates a natural vein.

Add one or two curved lines on each side of the center vein for more detail.

You may also quilt the petals with:

- Straight lines following the petal shape**
- Dotted quilting**
- Small seed shapes**
- Echo quilting**
- Curved veins**
- Decorative machine stitches**
- Free-motion loops**
- Tiny circles or dots**

Begin quilting near the center and work outward. This helps prevent puckering.

Smooth the fabric frequently as you sew.

Use a coordinating yellow or gold thread for subtle quilting. Use a darker gold or brown thread when you want the stitching to stand out.

Backstitch securely at the beginning and end of each quilting line, or pull the thread tails to the back and knot them by hand.

Step 11: Quilt the Flower Center

Quilt the brown center with a design that complements the petals.

A spiral is one of the simplest options. Start near the middle and slowly stitch outward in a continuous curve.

For a floral design, mark a small flower in the center and add repeated petal shapes around it.

Concentric circles also work well and are easy to sew with a walking foot.

Keep the quilting lines evenly spaced. Dense quilting creates a flatter, firmer center, while wider spacing preserves more puffiness.

Step 12: Trim the Backing and Batting

After quilting, turn the project over and inspect the backing.

Trim away the excess batting and backing fabric around the sunflower.

Follow the outer shape of the petals carefully. Leave a small margin if you plan to bind the edge.

If the turned petal edges are already finished and the backing is hidden behind them, trim the backing slightly inside the outer edge so it cannot be seen from the front.

Use small scissors when trimming between narrow petal points.

Check the front frequently to avoid accidentally cutting the petals.

Step 13: Finish or Bind the Outer Edge

If all outer petals were made with turned edges, you may not need traditional binding. Secure the backing to the outer petals with hand stitching or a narrow machine stitch.

For a more defined finish, bind the outer edge with narrow bias tape.

Cut or prepare bias strips wide enough to wrap around the edge.

Attach the binding to the front with a $\frac{1}{4}$ -inch seam allowance.

Fold the binding over the raw edge and secure it to the back with hand stitching or machine stitching.

A green binding can create the appearance of a subtle leafy outline. Brown, gold, or coordinating yellow binding also works well.

When binding around pointed petals, stop at each point with the needle down, lift the presser foot, pivot the fabric, and continue sewing.

Step 14: Make the Hanging Loop

Cut a piece of rope, ribbon, cord, or folded fabric strip.

A loop measuring approximately 8 to 12 inches long works well for most doors, but you may adjust the length for your display location.

For a fabric loop, cut a strip approximately 2 inches wide.

Fold the strip in half lengthwise and press.

Open it and fold both long raw edges toward the center crease.

Fold the strip in half again and stitch along the open edge.

Shape the strip into a loop.

Position both ends of the loop at the top center on the back of the sunflower.

The loop should extend above the outer petals while the raw ends remain hidden on the back.

Stitch the loop securely with several rows of straight stitching. Reinforce the attachment with a small fabric patch if necessary.

Test the loop by gently pulling it before hanging the project.

Step 15: Add the Final Backing

For a clean back, cut another backing piece slightly smaller than the sunflower.

Turn the raw edge under by approximately $\frac{1}{4}$ inch and press.

Center the backing on the back of the quilted flower. Make sure it covers the batting, quilting stitches, and hanging-loop ends.

Pin it in place.

Hand-stitch around the edge with a ladder stitch or slip stitch.

Keep the stitches small and hidden.

Do not stitch through to the front of the flower unless you want the stitching to become part of the quilting design.

Step 16: Press and Shape the Sunflower

Place the completed door hanger on a padded ironing surface.

Press each petal gently from the back.

Do not crush the batting or heavily quilted details.

Shape the pointed ends with your fingers while the fabric is still slightly warm.

Arrange the petals so they sit evenly. Some petals may be bent slightly forward to create dimension.

Allow the sunflower to cool completely before hanging it.

Turn-Edge Appliqué Method

The turn-edge appliqué method creates smooth, finished petal edges.

Add a seam allowance to each pattern piece.

Fold or turn the raw fabric edge toward the wrong side.

Press the edge carefully around the template or sew two fabric pieces together and turn them right side out.

Attach the finished shape with small hand stitches or machine stitching.

This method takes more time but produces durable petals with no exposed fabric edges.

It is especially useful for a door hanger that will be handled often.

Raw-Edge Fusible Appliqué Method

The raw-edge appliqué method is faster and works well for beginners.

Fuse lightweight adhesive web to the wrong side of the fabric.

Trace and cut the petal shape without adding a seam allowance unless the pattern specifically includes one.

Remove the paper backing and fuse the petal to the project.

Stitch close to the edge with a straight stitch, zigzag stitch, satin stitch, or blanket stitch.

A narrow blanket stitch provides a decorative handmade appearance while helping prevent fraying.

Raw-edge appliqué will soften slightly with use, giving the project a relaxed quilted look.

Decorative Quilting Ideas

For natural-looking petals, stitch a straight center vein and add angled side veins.

For a playful finish, quilt tiny dots throughout each petal.

For a modern design, use evenly spaced echo lines that follow the petal outline.

For the center, try a continuous spiral, concentric circles, or a flower motif.

You may also add small seed-shaped stitches to imitate the texture of sunflower seeds.

Always test the quilting design on a fabric scrap before stitching the finished project.

Tips for a Neat Finish

Use a fabric marker to draw the petal veins before quilting.

Press each fabric piece after every major step.

Arrange all petals before permanently stitching any of them.

Use a walking foot when quilting through several layers.

Use a new sewing-machine needle to prevent skipped stitches.

Reduce the petal measurements proportionally to create a smaller sunflower.

Enlarge the templates proportionally to create a large wall hanging.

Keep the center circle large enough to cover the bases of all the inner petals.

Use temporary adhesive sparingly to prevent stiffness or residue.

Choose fabrics with a mixture of small and medium prints so the petal shapes remain visible.

Care Instructions

Hand washing is the safest cleaning method.

You may also use a gentle machine-wash cycle if all appliqué pieces and the hanging loop are securely attached.

Wash in cool water with mild detergent.

Do not use bleach.

Do not wring or twist the sunflower.

Press it gently between clean towels to remove excess water.

Reshape the petals and allow the door hanger to air-dry flat.

Use a low-temperature iron when needed. Place a pressing cloth over the appliqué to protect the fabric and quilting stitches.

Store the sunflower flat or loosely rolled. Avoid folding it through the center for long periods because permanent creases may develop.

Your Sunflower Door Hanger Is Ready 🌻

Inspect the front and back one final time. Remove loose threads, check the hanging loop, and make sure every petal is firmly attached.

Hang the sunflower on a door, wall hook, porch display, sewing-room wall, or seasonal wreath holder.

Your finished Sunflower Door Hanger Quilt should have a padded brown center, a full ring of bright yellow inner petals, larger sunflower-print outer petals, decorative quilting, and a secure loop at the top.

The final result is a warm handmade decoration that brings the look of a sunflower into your home throughout the year.

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