

HOW TO MAKE A DAISY QUILTED TABLE MAT

STEP-BY-STEP TUTORIAL



FINISHED SIZE

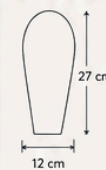
- Diameter: 60 cm

MATERIALS (FABRIC FROM THE USA)

- Assorted 11 cotton fabrics for petals 15 cm x 30 cm each
- Center (yellow fabric): 1 piece 15 cm x 15 cm
- Backing fabric: 65 cm x 65 cm
- Batting (cotton or cotton blend): 65 cm x 65 cm
- Binding fabric: 5 cm x 240 cm
- Coordinating thread
- Fabric marking pen or chalk
- Glue pen (fabric glue)
- Basic sewing supplies

TEMPLATE & CUTTING GUIDE

PETAL TEMPLATE



CUTTING

- Cut 11 petals using the template
- Cut 1 circle for the center

Seam allowance
• 0.75 cm included

MAIN METHODS USED

- Template sewing
- Quilting (echo quilting)
- Topstitching
- Binding

PETAL COLOR SUGGESTION



1 PREPARE THE PETALS

- Trace the petal template on the wrong side of the fabric.
- Cut 11 petals.



2 CENTER CIRCLE

- Cut 1 circle 15 cm in diameter.
- This will be the center of the daisy.



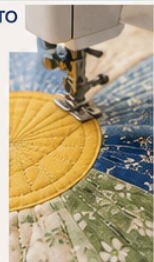
3 ARRANGE THE PETALS

- Arrange the 11 petals around the center circle.
- Place right sides together and pin each petal to the center.



4 SEW PETALS TO THE CENTER

- Sew each petal to the center circle.
- Use a 0.75 cm seam allowance.



5 JOIN PETALS

- After all petals are attached to the center, fold each petal over the next one.
- Pin the edges together.



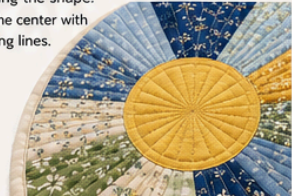
6 SEW PETALS TOGETHER

- Sew along the outer curved edges to join all petals.
- Leave a 10 cm opening for turning.



7 QUILT THE TOP

- Quilt echo lines inside each petal, following the shape.
- Quilt the center with radiating lines.



8 LAYER AND BASTE

- Place backing fabric (right side down).
- Add batting.
- Place quilt top.
- Smooth and baste all layers together.

TOP
BATting
BACKING



9 BINDING

- Cut binding fabric 5 cm wide.
- Join strips with diagonal seams.
- Fold in half lengthwise and press.
- Sew binding to the front, mitering the corners.
- Fold to the back and hand stitch or machine stitch in place.



10 FINISHED!

- Your daisy quilted table mat is ready!



MEASUREMENTS SUMMARY

- Finished diameter: 60 cm
- Petal template: 27 cm (H) x 12 cm (W)
- Center circle: 15 cm diameter
- Backing & Batting: 65 cm x 65 cm
- Binding strips: 5 cm x 240 cm

TIPS

- Use high-quality 100% cotton fabric.
- Press seams open for a flatter finish.
- Take your time with quilting for beautiful texture.
- Perfect for table décor or as a gift!



CARE INSTRUCTIONS

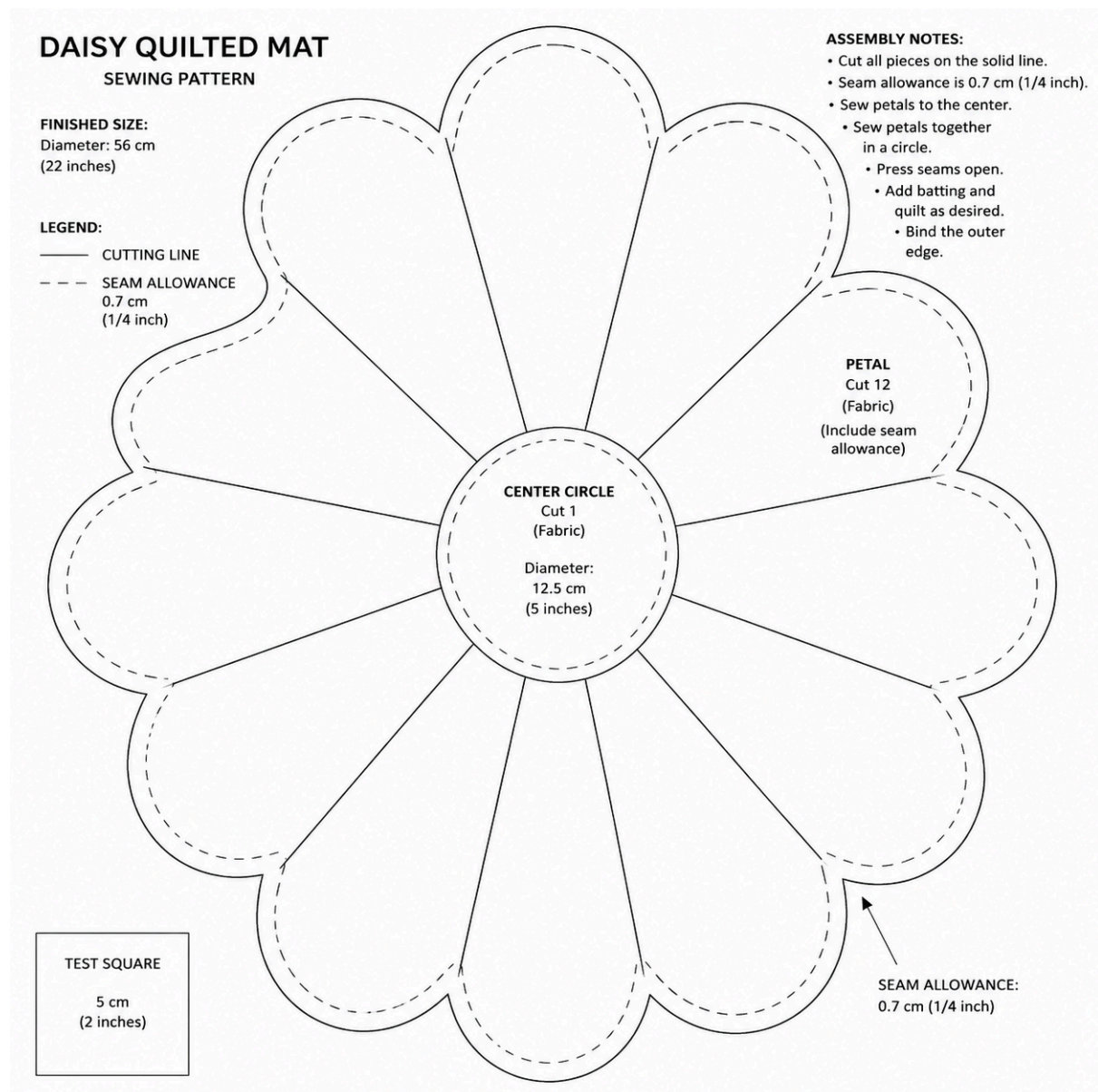
- Machine wash cold
- Gentle cycle
- Do not bleach
- Tumble dry low
- Iron if needed

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How to Make a Daisy Quilted Table Mat – Complete Step-by-Step Tutorial 🌻

This Daisy Quilted Table Mat is a beautiful sewing and quilting project made from 11 individual fabric petals arranged around

a quilted yellow center. The finished piece measures approximately 60 cm (23.6 inches) in diameter, making it a wonderful size for a dining table, coffee table, kitchen island, or decorative centerpiece.

The design is especially attractive when you combine several coordinating cotton prints. Florals, gingham, tiny geometric prints, and subtle vintage-inspired fabrics work beautifully together. The original project uses soft blues, navy, sage green, cream, and golden yellow, but you can easily adapt the colors to match your home décor.

This tutorial follows the construction shown in the reference guide, including the 27 cm × 12 cm petal template, 15 cm center circle, 0.75 cm seam allowance, quilted petals, layered backing and batting, and 5 cm-wide binding. The instructions below explain every stage in additional detail so that a home sewist in the United States can complete the project from beginning to end.

Materials and Supplies

For the petals, prepare 11 assorted 100% cotton fabrics. Each fabric piece should be large enough to accommodate one 15 cm × 30 cm section for cutting the petal.

You will also need:

- 11 coordinating cotton fabrics, approximately 15 cm × 30 cm each
- Yellow cotton fabric for the center, at least 15 cm × 15 cm
- Backing fabric, approximately 65 cm × 65 cm
- Cotton or cotton-blend batting, approximately 65 cm × 65 cm
- Binding fabric, approximately 5 cm × 240 cm
- Coordinating sewing thread
- Fabric marking pen, pencil, or tailor's chalk

- Fabric glue or glue pen
- Sewing pins or quilting clips
- Fabric scissors
- Rotary cutter and cutting mat, if available
- Quilting ruler
- Sewing machine
- Iron and ironing board
- Hand-sewing needle for finishing the binding, if desired

A ¼-inch quilting foot or walking foot can also be useful, although neither is essential.

The tutorial uses metric measurements because they correspond directly to the original pattern. For reference, 0.75 cm is approximately ¾ inch, 5 cm is approximately 2 inches, and 60 cm is approximately 23.6 inches.

Finished Measurements

The completed Daisy Quilted Table Mat measures approximately:

Finished diameter: 60 cm

Petal template: 27 cm high × 12 cm wide

Center circle: 15 cm diameter

Backing fabric: 65 cm × 65 cm

Batting: 65 cm × 65 cm

Binding strip: 5 cm × approximately 240 cm

The 0.75 cm seam allowance is already included in the petal template measurements.

Step 1: Make the Petal Template

Begin by preparing your petal template.

Draw a vertical shape measuring approximately 27 cm from top to bottom and 12 cm across at its widest point.

The upper portion of the petal should be smoothly rounded. The sides should gently taper toward the bottom so that the finished petals can fit neatly around the center circle.

The template should resemble an elongated flower petal rather than a simple oval. Keep the curves smooth because uneven curves will be more difficult to sew and bind later.

The finished dimensions of the template are:

Height: 27 cm

Maximum width: 12 cm

The template already includes the 0.75 cm seam allowance, so you do not need to add another allowance around it.

For repeated use, transfer the shape onto cardstock, template plastic, or another firm material.

Carefully cut out the template along the outer line.

Step 2: Prepare the Fabric for the Petals

Choose 11 coordinating cotton fabrics.

Using several different prints gives the mat the cheerful patchwork appearance shown in the original design.

A combination such as the following works especially well:

Light blue floral

Medium blue print

Dark navy floral

Cream floral

Sage green floral

Green gingham

Golden yellow floral

Blue botanical print

Small cream print

Dark green print

Soft blue geometric print

Before cutting, press all fabrics thoroughly.

Removing wrinkles is important because folds can distort the petal shape and make the pieces inconsistent.

Place each fabric with the wrong side facing up.

Position the petal template on the wrong side of the fabric.

Trace completely around the template using a removable fabric-marking pen or tailor's chalk.

Repeat until you have prepared 11 petals.

Step 3: Cut the 11 Petals

Carefully cut around each traced petal.

Take your time around the rounded upper portion because smooth cutting will help create cleaner curves when the petals are sewn.

You should now have:

11 individual petal pieces

Each petal should measure approximately:

27 cm high × 12 cm wide

Keep the petals arranged in the order you would like them to appear in the finished mat.

This is particularly useful when using several colors because you can balance dark and light fabrics around the flower.

For example, avoid placing all your dark blue petals together. Instead, distribute darker, lighter, green, blue, and cream fabrics around the design.

Step 4: Prepare the 15 cm Center Circle

The center of the daisy is made from yellow fabric.

Cut a circle measuring approximately 15 cm in diameter.

A compass, circular template, plate, bowl, or quilting circle ruler can help you create an accurate circle.

Make sure the circle is smooth and symmetrical.

The yellow circle will become the focal point of the entire flower and will eventually cover the inner ends of the petals.

Press the fabric before continuing.

Step 5: Arrange the Petals Around the Center 🌻

Place the yellow center circle on your work surface.

Arrange all 11 petals around it.

Position the narrow ends of the petals underneath or toward the edge of the center circle.

Work your way completely around the circle.

At this stage, do not rush to sew anything. Spend some time adjusting the arrangement until the colors appear balanced.

A pleasing arrangement alternates light and dark fabrics while spreading similar colors around the flower.

Check that the outer rounded ends create a fairly even circular silhouette.

The completed mat should measure approximately 60 cm across.

Once you are happy with the arrangement, take a photograph with your phone. This gives you a reference in case the pieces become mixed up during sewing.

Step 6: Pin the Petals to the Center

Place each petal in its final position around the center circle.

The petals should sit close together at the center.

Pin each petal securely.

You may also use small amounts of fabric glue or a fabric glue pen to prevent shifting.

Avoid applying too much glue because excess adhesive can make sewing difficult.

Check again that all 11 petals are evenly distributed.

The overall flower should look balanced before you begin stitching.

Step 7: Sew Each Petal to the Center

Set up your sewing machine with coordinating thread.

Working one petal at a time, sew each petal to the center section.

Use approximately a 0.75 cm seam allowance, which is close to a standard ¼-inch quilting seam.

Sew slowly around the center area so the petals remain properly positioned.

Remove pins before the sewing-machine needle reaches them.

Continue until all 11 petals have been secured.

Keep checking that the petals remain evenly spaced while you sew.

If necessary, stop with the needle down, lift the presser foot, reposition the fabric, and continue.

Step 8: Join the Petals

Once all petals are attached around the center, begin organizing the petal edges.

Fold or position one petal over the neighboring petal as shown in the construction sequence.

Align the edges carefully.

Pin the adjoining sections together.

Continue around the entire flower.

The objective is to create a continuous flower-shaped outer edge rather than leaving the petals completely independent.

Work gradually and avoid stretching the curved fabric edges.

Cotton fabric can distort when handled aggressively along curves, so gentle handling gives a smoother final result.

Step 9: Sew the Petals Together

Sew along the curved outer edges to join and define all of the petals.

Follow the rounded outline of each petal carefully.

Use a consistent seam allowance.

Continue around the flower until the entire outer perimeter has been sewn.

As shown in the original construction method, leave approximately a 10 cm opening if you are using the turning method during this assembly stage.

This opening allows the work to be turned right side out if required by your chosen layering sequence.

When sewing curves, shorten your stitch length slightly if necessary. A stitch length around 2.0–2.5 mm generally gives good control.

Sew slowly and pivot gradually instead of trying to force the fabric through tight curves.

Step 10: Clip and Prepare the Curves

Before turning curved seams, inspect the seam allowance.

Carefully make small clips into the seam allowance around concave or strongly curved areas.

Do not cut through the stitching line.

Clipping allows the seam allowance to spread when the piece is turned, helping the curves lie flat.

For convex curves, you can also trim away small amounts of excess seam allowance if necessary.

Turn the work carefully through the opening.

Use a blunt turning tool to gently push out the rounded petal edges.

Avoid using sharp scissors or pointed metal tools because they can puncture the fabric.

Press the flower carefully.

Step 11: Quilt the Petals

The quilting inside each petal is an important feature of this design.

The reference project uses echo quilting, meaning the quilting lines follow the shape of each petal.

Start near the outer edge of one petal.

Sew a curved line that follows the petal contour.

Then sew another parallel line inside the first.

Continue creating gently curved lines toward the center.

Depending on the petal width, you may create several rows of echo quilting.

Keep the spacing consistent for a professional appearance.

Approximately 1 to 2 cm between quilting lines can work well, although you can adjust this according to your preference.

Repeat this technique on every petal.

The quilting helps stabilize the layers while also creating the soft dimensional texture seen in the reference image.

Step 12: Quilt the Yellow Center Circle

The center uses a different quilting pattern.

Begin at approximately the center point of the yellow circle.

Sew straight or gently curved lines radiating outward toward the perimeter.

Think of the quilting pattern as the spokes of a wheel.

Turn the project slightly after each line and repeat.

Continue until the circle contains evenly spaced radiating quilting lines.

You may also add a circular line of stitching around the outer edge of the yellow center.

The combination of circular and radial stitching creates the beautiful sunflower-like texture shown in the original mat.

Step 13: Prepare the Backing and Batting

Cut the backing fabric to approximately:

65 cm × 65 cm

Cut the batting to the same size:

65 cm × 65 cm

Both pieces should be slightly larger than the finished flower.

Press the backing fabric thoroughly.

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

Smooth out all wrinkles.

Place the batting over the backing.

Finally, position the quilted flower top over the batting with the right side facing up.

Your layers should now be arranged as:

Top: Quilted daisy

Middle: Batting

Bottom: Backing fabric

Step 14: Smooth and Baste the Quilt Sandwich

Beginning in the center, smooth the top fabric outward.

Make sure there are no wrinkles in the batting or backing.

Baste the layers together using your preferred method.

You may use:

Safety pins

Quilting pins

Temporary basting spray

Long hand-basting stitches

A small amount of fabric glue suitable for quilting

Work from the center toward the outer petals.

Pay special attention to the spaces between petals because these curved areas can shift while sewing.

The quilt sandwich should lie completely flat before you continue.

Step 15: Complete the Quilting

If the petals and center were not fully quilted before layering, complete the quilting now through all three layers.

Follow the existing petal shapes with echo quilting lines.

Each petal should have several curved quilting lines that emphasize its elongated shape.

For the yellow center, continue the radial quilting.

Quilting through all layers secures the backing and batting to the decorative top.

Check the back of the project frequently.

If you see puckers or folds, stop and smooth the fabric before continuing.

A walking foot can be especially helpful during this stage because it feeds all layers through the machine more evenly.

Step 16: Trim the Outer Edge

Once quilting is complete, trim away excess batting and backing.

Follow the flower-shaped outer edge precisely.

Use sharp fabric scissors for maximum control around the curves.

You can also use a small rotary cutter if you are comfortable using it around curved edges.

Do not cut into the finished flower.

The batting and backing should finish flush with the outer edge of the quilt top.

After trimming, inspect the entire perimeter.

The flower should now have a clean, continuous scalloped outline.

Step 17: Make the Binding

Cut binding strips measuring approximately:

5 cm wide

You will need approximately:

240 cm total length

If one continuous strip is not available, cut several strips and join them.

To join binding strips professionally, place two strip ends right sides together at a 90-degree angle.

Sew diagonally across the overlap.

Trim away the excess fabric, leaving a small seam allowance.

Press the seam open.

Repeat until you have one continuous binding strip measuring approximately 240 cm long.

Step 18: Press the Binding

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

Press firmly along the entire length.

The folded binding will now measure approximately 2.5 cm wide.

You can roll the prepared binding loosely to keep it organized while sewing.

Step 19: Attach the Binding

Position the raw edges of the folded binding along the raw outer edge of the quilt.

Begin sewing somewhere along a relatively gentle curve rather than directly in a deep indentation between two petals.

Leave several centimeters of binding loose at the beginning.

Sew the binding around the entire perimeter.

Because the mat has many rounded petals and inward curves, work slowly.

Gently manipulate the binding around each curve without pulling or stretching excessively.

For outer curves, allow the binding to ease naturally around the rounded petal.

For inner curves, carefully guide the binding so it lies flat without puckering.

Stop frequently with the needle down whenever you need to reposition the fabric.

Step 20: Join the Binding Ends

When you return to the starting point, overlap or join the binding ends using your preferred quilting-binding method.

For a cleaner finish, trim the ends to the correct length and sew them together diagonally.

Press the joining seam.

Finish stitching the remaining section of binding to the mat.

Check that the entire outer perimeter is securely attached.

Step 21: Fold the Binding to the Back

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

The folded edge should cover the previous machine-stitching line.

Use quilting clips or pins to hold the binding in position.

Work around one petal at a time.

Smooth the binding carefully around every curve.

Properly shaped binding is one of the keys to achieving the polished outline seen in the finished example.

Step 22: Finish the Binding

You can finish the binding in one of two ways.

For a traditional handmade finish, hand stitch the folded edge of the binding to the backing using a blind or ladder stitch.

Take small stitches so they are nearly invisible.

Alternatively, you can machine stitch the binding in place.

If machine stitching, sew close to the folded edge and check frequently that the stitching catches the binding on the back.

Continue around the entire flower until the binding is completely secured.

Step 23: Final Pressing

Place the finished table mat on your ironing surface.

Press gently rather than aggressively.

Use steam only if it is appropriate for your batting and fabric.

Shape each petal while pressing.

Make sure the binding lies flat around the outer curves.

Press the yellow center so it sits smoothly over the inner ends of the petals.

Allow the mat to cool completely on a flat surface.

This helps the quilted shape settle.

Step 24: Check the Finished Size

Your completed Daisy Quilted Table Mat should measure approximately:

60 cm / 23.6 inches in diameter

Small differences are completely normal because quilting, trimming, seam allowances, and binding can slightly affect the final dimensions.

The completed mat should feature:

11 quilted petals

One 15 cm yellow center circle

Echo quilting inside each petal

Radiating quilting in the center

Backing and batting throughout

A smooth bound outer edge

A finished diameter of approximately 60 cm

Main Sewing and Quilting Methods Used

Several techniques are used in this project.

Template sewing is used to create consistent petal shapes.

Echo quilting creates the curved lines inside each petal by repeatedly following the petal contour.

Topstitching and quilting secure the fabric layers while adding decorative texture.

Binding covers and finishes the raw outer edge of the quilted mat.

These techniques make this project a useful way to practice curved sewing and decorative quilting while creating something practical for the home.

Tips for Better Results

Use high-quality 100% cotton quilting fabric whenever possible. Quilting cotton is stable, presses well, and produces clean seams.

Press fabrics before cutting so every template piece is accurate.

Keep the seam allowance consistent throughout the project.

When sewing curves, sew slowly and gently rotate the fabric rather than pulling it.

Press seams carefully for a flatter finished piece.

Balance light and dark prints when arranging the petals.

Use coordinating rather than identical fabrics for a more interesting scrappy look.

Take your time with the quilting. The decorative quilting lines are one of the most visible features of this project.

When working with the binding, avoid stretching it excessively around the petal curves.

Most importantly, check the overall flower shape several times during construction. Correcting alignment early is much easier than trying to fix an uneven flower after quilting.

Suggested Petal Color Arrangement 🎨

The table mat in the reference tutorial combines soft vintage colors very effectively.

You might use a sequence including:

Cream floral

Sage green floral

Light blue

Dark navy

Green gingham

Medium blue floral

Golden yellow

Soft cream

Dark green

Blue botanical print

Pale blue floral

You do not have to follow a strict repeating sequence.

The goal is simply to distribute similar colors throughout the design so no single area feels too heavy or too light.

For a completely different style, you could make the petals from rainbow fabrics, Christmas prints, farmhouse neutrals, pastel spring fabrics, or even fabric scraps from previous quilting projects.

Washing and Care Instructions

To keep your quilted table mat looking beautiful, wash it carefully.

Machine wash cold.

Choose a gentle cycle.

Do not use bleach.

Tumble dry on low heat if necessary.

You can also lay the mat flat to dry, which may help maintain its shape.

Iron on an appropriate cotton setting if needed.

After washing, gently reshape the petals while the mat is still slightly damp.

Final Project Checklist

Before considering the project finished, make sure you have:

Cut 11 petals

Used the 27 cm × 12 cm petal template

Prepared a 15 cm center circle

Arranged all petals evenly

Used approximately a 0.75 cm seam allowance

Quilted each petal with curved echo quilting

Quilted the center using radiating lines

Added 65 cm × 65 cm backing

Added 65 cm × 65 cm batting

Trimmed the quilt sandwich evenly

Prepared approximately 240 cm of 5 cm-wide binding

Bound the entire scalloped outer edge

Pressed the completed mat

Checked that the finished diameter is approximately 60 cm

Your Daisy Quilted Table Mat is now complete! 🌻 🧵

The combination of individual fabric petals, soft batting, decorative echo quilting, and the bright circular center creates a handmade table mat that is both practical and decorative. Once you understand the construction method, the same basic pattern can also be adapted into seasonal table decorations, coordinating placemats, wall hangings, or handmade gifts.

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