

APPLIQUÉ FLOWER GARDEN – STEP BY STEP TUTORIAL

Create this charming fabric appliqué flower garden
Finished Block Size: 20 cm x 25 cm

ALL SEAM ALLOWANCES ARE
0.5 cm (1/4 in)

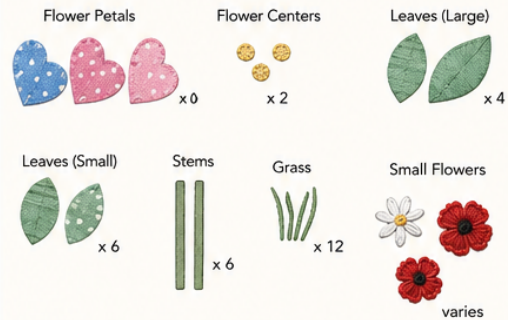
1. MATERIALS

- Assorted cotton fabrics (floral, polka dots, stripes)
- Background fabric (linen look) – 22 cm x 27 cm
- Fusible web (lightweight)
- Embroidery floss (green, yellow, white, red)
- Embroidery needles
- Fabric scissors
- Iron & ironing board
- Marking pen or pencil
- Optional: fabric glue pen

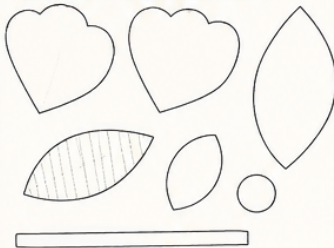


2. FABRIC CUTTING GUIDE

Cut pieces using the templates below.



3. TEMPLATES (Actual Size)



4. PREPARE THE PIECES

1. Trace templates on the paper side of the fusible web.
2. Rough cut the fabric pieces, leaving 0.5 cm margin.
3. Fuse the pieces to the wrong side of the fabric following manufacturer instructions.
4. Cut out the pieces neatly on the line.



5. ARRANGE THE DESIGN

1. Place all pieces on the background fabric (22 cm x 27 cm).
2. Arrange as shown in the picture or create your own layout.
3. When satisfied, take a photo or mark the position lightly.



6. APPLIQUÉ THE PIECES

1. Peel off the paper backing.
2. Place each piece on the background fabric.
3. Press gently with iron to fuse in place.
4. For extra hold, use a few stitches around the edges.



9. FINISHED BLOCK SIZE

Your block should measure
20 cm x 25 cm
after completing.



7. EMBROIDER THE DETAILS

Use embroidery floss and backstitch, straight stitch, French knots and satin stitch.

- Stems: Backstitch (2 strands)

- Leaves: Satin stitch (2–3 strands)

- Flower Centers: French knots (2 strands)

- Flower Stamens: Straight stitch (2 strands)

- Grass: Straight stitch

- Daisies: Straight stitch petals, French knot center

- Poppies: Satin stitch petals, French knot center

8. ADD THE FINISHING TOUCHES

1. Add decorative stitches around the design if you like.
2. We used a blue running stitch as a border.
3. Press the work from the back.



LEGEND – MAIN STITCHES

- | | | |
|-----------------|-----------|--|
| Backstitch | — — — — — | Strong line for stems and outlines. |
| Satin Stitch | | Fills leaves and petals. |
| French Knot | • • • • • | Adds texture for flower centers. |
| Straight Stitch | ————— | Great for stamens, grass and daisy petals. |
| Running Stitch | - - - - - | Perfect for borders and decoration. |

TIPS FOR SUCCESS

- Use small, even stitches.
- Keep fabrics flat and smooth while stitching.
- Iron carefully between steps.
- Experiment with your own color combinations!



CARE INSTRUCTIONS



Hand wash gently



Use mild detergent



Do not bleach



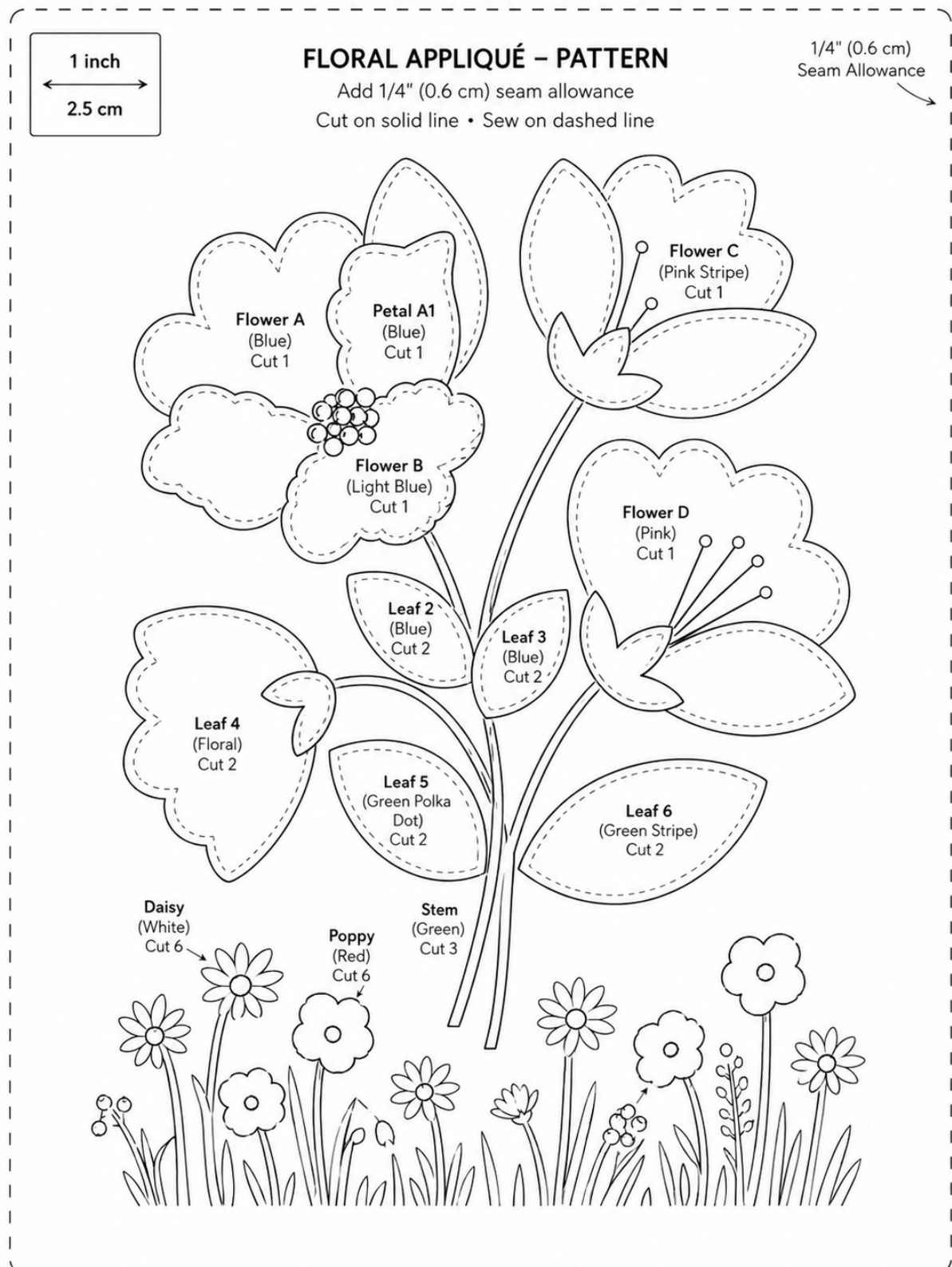
Lay flat to dry



Iron on low heat (back side)

ENJOY YOUR APPLIQUÉ FLOWER GARDEN!





Appliqué Flower Garden – Complete Step-by-Step Tutorial

Create a charming Appliqué Flower Garden using colorful cotton fabrics, lightweight fusible web, simple embroidery stitches, and a natural linen-look background. This project combines raw-edge appliqué with hand-embroidered details to produce a decorative floral block filled with patterned flowers, green leaves, delicate grass, daisies, and red poppies.

The completed block measures approximately 20 cm × 25 cm, or about 7⁷/₈ × 9⁷/₈ inches. The background fabric is initially cut slightly larger so that the block can be trimmed accurately after the appliqué and embroidery are finished.

All seam allowances and outer margins in this project are approximately 0.5 cm or ¼ inch.

This tutorial is suitable for beginners, but it also gives experienced sewists plenty of room to personalize the design through fabric selection, embroidery, and flower placement.

1. Gather the Materials

Before beginning, collect all the materials and tools you will need. Preparing everything in advance will make the construction process easier and prevent interruptions while you are arranging or fusing the appliqué pieces.

You will need:

- Assorted cotton fabrics in floral, polka-dot, striped, and small-print designs
- Linen-look fabric for the background
- Lightweight paper-backed fusible web

- Embroidery floss in green, yellow, white, red, and coordinating colors
- Embroidery needles
- Fabric scissors
- Small sharp scissors for detailed cutting
- Iron and ironing board
- Marking pencil, chalk pencil, or removable fabric marker
- Paper scissors for cutting the fusible-web templates
- Optional fabric glue pen
- Optional embroidery hoop
- Pressing cloth
- Ruler
- Cutting mat and rotary cutter, if available

Choose quilting-weight cotton for most of the appliqué shapes. Thin or medium-weight cotton is easier to fuse and stitch than heavy fabric.

For a balanced appearance, select a combination of light, medium, and dark prints. Blue, pink, red, yellow, green, and white fabrics work particularly well for this garden design.

Small prints are ideal because their patterns remain visible inside the relatively small flower and leaf pieces. Large prints may lose their visual effect after the shapes are cut.

2. Prepare the Background Fabric

Cut one rectangle of linen-look background fabric measuring 22 cm × 27 cm, approximately 8⁵/₈ × 10⁵/₈ inches.

The extra fabric around the edges gives you room to work and allows the block to be trimmed to its final measurement after all stitching has been completed.

Press the background fabric carefully to remove wrinkles. A smooth surface is essential because creases can affect the placement and bonding of the fusible appliqué pieces.

Find the center of the rectangle by folding it gently in half vertically and horizontally. Finger-press the folds or make very light temporary marks.

Do not make permanent creases. The center marks are only guides for positioning the bouquet.

The main flower arrangement should be placed in the upper and middle portions of the block. Leave enough room along the bottom for the embroidered grass, daisies, and poppies.

Keep approximately 1 cm to 1.5 cm of open space around the finished design so that the appliqué does not become trapped in the outer border or trimming area.

3. Understand the Appliqué Templates

The flower garden uses several simple template shapes:

- **Rounded heart-shaped flower petals**
- **Large pointed leaves**
- **Small pointed leaves**
- **Narrow stems**
- **Small circular flower centers**
- **Thin grass shapes**
- **Small flowers, including daisies and poppies**

The rounded heart-shaped templates form the large flower heads. When several shapes overlap, they create the appearance of layered petals.

The large pointed template is used for the longer leaves positioned around the upper and middle sections of the bouquet.

The smaller leaf template is used for the lower foliage and for filling small spaces between the flowers and stems.

The narrow rectangular template can be used for appliquéd stems. You may also replace some appliquéd stems with embroidered lines.

The small circle creates a simple flower center. Additional centers may be embroidered with French knots instead of being cut from fabric.

Trace or copy the templates at their actual size. Do not enlarge them unless you also plan to enlarge the background block.

4. Trace the Templates onto Fusible Web

Place the fusible web with the paper side facing upward.

Trace each template onto the paper side of the fusible web using a pencil. Leave a small amount of space between the shapes so that they can be cut apart easily.

Trace approximately:

- Enough rounded petals to create the full bouquet, usually 10 to 14 pieces
- 4 large leaves
- 6 small leaves
- 6 narrow stem pieces
- 2 or more flower-center circles
- Approximately 12 grass pieces, if using fabric grass
- Additional small flower shapes as desired

The exact number of flower petals may vary depending on how full you want the bouquet to appear. The sample contains several overlapping flower heads, so preparing a few extra pieces is helpful.

Do not cut directly on the pencil line yet. Rough-cut around each traced shape, leaving approximately 0.5 cm or ¼ inch of fusible web outside the line.

Keep the pieces organized by shape. Small labeled containers or envelopes can help prevent circles, leaves, and petals from becoming mixed together.

5. Fuse the Web to the Fabrics

Match every traced shape with an appropriate fabric.

Use colorful patterned cotton for the flower petals. Combine blue polka dots, pink prints, stripes, and floral fabrics to reproduce the playful appearance of the sample.

Use several shades and patterns of green for the leaves. Mixing solid, striped, and printed green fabrics makes the foliage look more natural and interesting.

Place the rough side or adhesive side of the fusible web against the wrong side of the fabric. The paper side must remain facing upward.

Follow the fusible-web manufacturer's temperature and pressing instructions. Different products require different pressing times.

Press rather than slide the iron. Moving the iron back and forth can cause the fusible web or fabric to shift.

Allow the fused pieces to cool completely before cutting. Cutting while the adhesive is still warm can make the shapes stretch or distort.

6. Cut Out All the Appliqué Pieces

Using small, sharp fabric scissors, cut each fused shape precisely along the traced pencil line.

Turn the fabric as you cut rather than twisting your wrist. This technique helps create smooth curves around the rounded flower petals.

For pointed leaves, begin at the widest section and cut toward the point from both directions. This produces a cleaner and sharper tip.

Cut the narrow stems carefully so that their edges remain straight. A rotary cutter and ruler can be used for the stems, but scissors are sufficient.

After cutting, check every piece for loose threads. Trim any uneven fabric fibers before removing the paper backing.

Arrange the finished shapes by category:

- Large flower petals
- Leaves
- Stems
- Centers
- Grass
- Small flowers

Do not peel away the paper backing until you are ready to arrange the design.

7. Plan the Main Flower Arrangement

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

Begin with the stems. Position approximately six stems so that they rise from the lower center of the block and spread outward slightly toward the flower heads.

The stems should not all be perfectly straight or parallel. Slight variations make the bouquet appear more natural.

Place the largest flower shapes near the upper half of the block. The sample design has a tall central bouquet with flowers extending toward both the left and right sides.

Overlap some petals to create depth. One flower can partially cover another, just as flowers overlap in a real garden.

Distribute the colors evenly. Avoid placing every blue flower on one side or every pink flower in one area.

Add the large leaves around the outside of the bouquet. Point them away from the central stems to create width and movement.

Place the smaller leaves between the stems and flowers. Use them to fill empty spaces without making the arrangement look crowded.

8. Add Flower Centers and Decorative Details

Position small fabric circles in the centers of selected flowers.

Not every flower requires a separate fabric center. Some centers can be created later with French knots, straight stitches, or small groups of embroidered dots.

For striped or directional fabric, rotate the petals so that the stripes point in different directions. This adds visual energy to the design.

Use floral prints for several lower flower heads to create contrast with the polka-dot and striped petals.

Step away from the arrangement and look at it from a distance. Check whether the bouquet appears balanced from side to side.

You can also take a photograph with your phone before fusing the pieces. The photograph will help you reconstruct the arrangement if anything shifts.

When satisfied, lightly mark the position of important pieces with a removable fabric marker.

9. Create the Lower Garden

The area below the bouquet contains grass, white daisies, red poppies, and small yellow flowers.

Begin by planning a gently uneven line of grass across the lower portion of the block.

The grass should not form a perfectly straight row. Vary the height and angle of the blades to make the garden look natural.

Some grass can be made with narrow fabric pieces, while the finer blades can be embroidered later with straight stitch.

Place several red poppies among the grass. Use small red fabric flowers or create the petals with satin stitch.

Add white daisies at different heights. A few daisies can extend slightly above the main grass line.

Include small yellow flowers between the red and white flowers. These can be made with tiny French knots or small embroidered petals.

Keep the lower garden visually connected to the bouquet by allowing a few stems to extend down into the grass.

10. Fuse the Appliqué Design

Once the entire composition is arranged correctly, remove the paper backing from each appliqué piece.

Work in layers rather than removing all the backing at once.

**Begin with the pieces that must appear behind everything else.
These are usually:**

- 1. Stems**
- 2. Lower leaves**
- 3. Upper leaves**
- 4. Back flower petals**
- 5. Front flower petals**
- 6. Flower centers**

Place the first layer on the background and check its position carefully.

Cover the design with a pressing cloth if recommended by the fusible-web manufacturer.

Lower the iron onto the pieces and hold it in place for the recommended amount of time. Do not move the iron from side to side.

Lift the iron, move it to the next area, and press again.

Allow the fabric to cool before testing the edges. If an edge lifts, cover it again and press for a few additional seconds.

Continue adding and fusing the remaining layers until the entire bouquet is secured.

11. Secure the Appliqué Edges

Although the fusible web holds the pieces in place, stitching around the edges provides additional strength and gives the project a finished appearance.

You may use hand stitching or machine stitching.

For a handmade look, use small running stitches, blanket stitches, or tiny whipstitches around the fabric edges.

For machine appliqué, use:

- **A short straight stitch**
- **A narrow zigzag stitch**
- **A blanket stitch**
- **A small satin stitch**

Choose thread that matches the fabric for subtle edges or use contrasting thread for a decorative outline.

Keep the stitches small and even, especially around curved petals.

When stitching around a curve, stop with the needle in the fabric, lift the presser foot, turn the fabric slightly, lower the foot, and continue.

Avoid pulling the fabric while sewing. Pulling can create ripples or distort the background.

Secure the beginning and end of each stitching line neatly on the back.

12. Embroider the Stems with Backstitch

Use green embroidery floss and a hand-sewing needle.

Separate approximately two strands of floss for the main stems. Two strands produce a clear line without making the design too heavy.

Bring the needle from the back of the fabric to the front at the base of a stem.

Make one short stitch forward along the marked stem line.

Bring the needle back to the front a short distance ahead of the first stitch.

Insert the needle into the end of the previous stitch. This creates a continuous line with no visible gaps.

Continue using backstitch until the stem reaches the flower or leaf.

Vary the shades of green slightly between stems. This helps separate overlapping lines and creates a more natural appearance.

13. Embroider Leaves with Satin Stitch

Some leaves can be made completely from fabric, while smaller leaves and details can be embroidered.

Use two or three strands of green embroidery floss.

Outline the leaf lightly with a removable marker if necessary.

Bring the needle up along one side of the leaf and insert it directly across the shape.

Bring the needle up beside the previous entry point and make another parallel stitch.

Continue placing close, parallel stitches until the entire leaf is filled.

This technique is called satin stitch.

Keep the stitches close enough to cover the fabric, but do not pull them tightly. Excess tension can cause the background to pucker.

For a natural effect, angle the stitches slightly toward the leaf's center line.

Add a short straight stitch through the center to suggest a leaf vein.

14. Create Flower Centers with French Knots

French knots add raised texture to the centers of the flowers.

Use approximately two strands of yellow, gold, red, or dark embroidery floss.

Bring the needle from the back of the work to the front at the desired location.

Hold the thread gently with your non-dominant hand.

Wrap the thread around the needle one or two times.

While maintaining light tension, insert the needle close to—but not directly into—the original hole.

Pull the needle slowly through the fabric while keeping the wrapped thread against the surface.

The thread will form a small decorative knot.

Repeat the process to create a cluster of knots in the center of each flower.

Do not make every knot perfectly identical. Slight variations add handmade character.

15. Add Flower Stamens with Straight Stitch

Use yellow or gold embroidery floss and approximately two strands.

Bring the needle up near the center of a flower.

Make a straight stitch extending outward toward the edge of the petal.

Return to the center and create another stitch at a slightly different angle.

Continue until the flower has a small fan of stamens.

Add a tiny French knot to the end of selected lines for additional detail.

Keep the stamens short enough that they remain inside the flower shape.

Straight stitch is simple, but even stitch length and careful placement make the detail look polished.

16. Embroider the Grass

Use one or two strands of green embroidery floss.

Choose several green tones, such as olive, forest green, and medium leaf green.

Bring the needle up near the bottom of the block and make a straight stitch upward.

Change the angle and length of each stitch.

Group some blades closely together and leave small spaces between other groups.

Cross a few grass blades to prevent the design from looking too uniform.

Keep most of the grass inside the lower garden section, but allow several taller blades to extend between the flowers.

Add approximately twelve noticeable grass groups across the bottom, then fill smaller gaps as needed.

17. Embroider the White Daisies

Use white embroidery floss for the petals and yellow floss for the centers.

Bring the white thread up near the intended flower center.

Make one straight stitch outward to form a petal.

Bring the needle up again at the center and stitch outward in another direction.

Continue around the center until the flower has five to eight narrow petals.

The petals do not need to be perfectly even. Slight differences make the flowers appear more natural.

Use yellow floss to place one or more French knots in the center.

Add a short green straight-stitched stem below the flower.

Place daisies at several heights throughout the lower garden.

18. Create the Red Poppies

The red poppies can be made from small fabric appliqué pieces or embroidered entirely with thread.

For embroidered poppies, use two or three strands of red floss.

Outline the petal area lightly.

Fill the petals with close satin stitches, following the direction of each petal.

Use several shades of red for a more dimensional appearance.

Add a dark red, brown, or black French-knot center.

Place the poppies between the grass blades, with a few flowers facing forward and others angled slightly to the side.

Add green stems with backstitch or straight stitch.

The dark centers will help the bright red flowers stand out against the neutral background.

19. Add Optional Decorative Stitching

After completing the main embroidery, examine the composition for empty areas.

Add small decorative stitches only where they improve the balance of the design.

You might include:

- Tiny French-knot flower buds
- Additional leaf veins
- Short seed stitches
- Small groups of grass
- Fine outlines around selected petals
- Running stitches inside large appliqué pieces
- Small red, pink, or yellow flower accents

Avoid filling every open space. The linen background should remain visible so that the design does not become overcrowded.

Use small, consistent stitches throughout the project.

Do not carry dark thread across long distances on the back because it may show through the light background.

Finish each thread securely before changing colors.

20. Add the Running-Stitch Border

The sample block includes a blue running-stitch border around the outer edge.

Before stitching the border, measure and lightly mark a rectangle approximately 0.5 cm or ¼ inch inside the final edge.

Thread the needle with two or three strands of blue embroidery floss.

Bring the needle up at one corner of the marked rectangle.

Make a short straight stitch along the border line.

Leave a small space and bring the needle up again.

Continue around the block using evenly spaced stitches.

Try to keep the stitched sections and open spaces approximately the same length.

At each corner, position the stitches carefully so that the border turns cleanly.

The running-stitch border frames the garden and coordinates beautifully with the blue flower fabrics.

21. Press the Finished Work

When all appliqué and embroidery are complete, place the block wrong side up on a thick towel or padded ironing surface.

The soft surface protects raised stitches and French knots from being flattened.

Cover the back with a pressing cloth.

Press gently using low heat.

Do not drag the iron across the fabric.

Lift and lower the iron in sections until the block is smooth.

Avoid applying strong heat directly to the fusible web because excessive heat may weaken the adhesive or affect delicate fabrics.

Allow the block to cool completely before trimming.

22. Trim the Block to Its Final Size

Place the finished block on a cutting mat.

Use a ruler to check that the bouquet and lower garden are centered.

Trim the block to 20 cm × 25 cm, approximately $7\frac{7}{8} \times 9\frac{7}{8}$ inches.

Measure twice before cutting.

Trim a small amount from each side rather than removing all the excess from only one edge.

Check that the running-stitch border remains an even distance from the trimmed edges.

The final block should be rectangular, straight, and free from puckering.

After trimming, the appliqué flower garden is ready to be displayed or incorporated into a larger project.

23. Ways to Use the Finished Block

The completed block can be used in many sewing and quilting projects.

Turn it into a decorative wall hanging by adding batting, backing fabric, quilting, and binding.

Use it as the front panel of a throw pillow.

Add fabric borders and include it in a larger floral quilt.

Sew it onto a tote bag, fabric organizer, or sewing-machine cover.

Frame the block inside a shadow box or embroidery frame.

It can also become the front panel of a handmade journal cover or fabric book.

When attaching the block to another project, protect the hand embroidery and avoid stitching directly through raised French knots.

24. Care Instructions

Because the block contains fusible appliqué and hand embroidery, gentle care is recommended.

Hand-wash the finished piece in cool or lukewarm water.

Use a mild detergent without bleach.

Do not twist or wring the fabric.

Rinse gently and press out excess water between clean towels.

Lay the block flat to dry.

Do not tumble-dry unless all fabrics, threads, and fusible products are confirmed to be dryer-safe.

Iron on low heat from the back side.

Place the embroidered side against a soft towel while pressing to protect the textured stitches.

25. Tips for Success

Use small and even stitches throughout the embroidery.

Keep the fabric flat and smooth while working. An embroidery hoop can help, but do not stretch the fabric excessively.

Test the removable fabric marker on a scrap before using it on the final background.

Follow the exact instructions supplied with your fusible web.

Use a pressing cloth to protect printed fabrics and embroidery thread.

Cut curved appliqué shapes slowly for smooth edges.

Prepare a few extra petals and leaves so that you can experiment with the arrangement.

Photograph the layout before fusing the pieces.

Press from the back whenever possible.

Experiment with your own fabric combinations while keeping the same general flower and leaf arrangement.

Most importantly, enjoy the handmade process. Small variations in the flowers, stitches, and placement are not mistakes—they make your Appliqué Flower Garden unique.

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