

PATCHWORK SUNFLOWER TUTORIAL

* STEP-BY-STEP GUIDE *



MATERIALS

- Assorted quilting cotton fabrics (various prints)
- Yellow fabric for the center
- Green fabrics for stem, leaves and grass
- Fusible web
- Thread
- Fabric scissors
- Pins
- Sewing machine
- Iron
- Fabric marker
- Quilting ruler

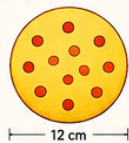
FINISHED SIZE

40 cm (W) x 55 cm (H)



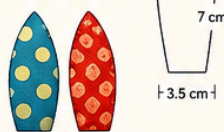
1. CENTER

- Cut 1 circle of yellow fabric with diameter 12 cm.
- Apply fusible web to the wrong side and iron.
- Add appliqué dots or stitch decorative dots.



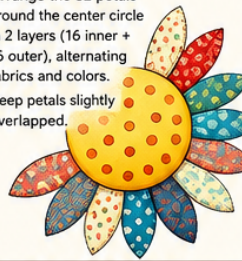
2. PETALS (TOTAL 32)

- Cut 32 petal shapes from different fabrics using the template.
- Each petal will be folded and appliquéd around the center.



3. ARRANGE PETALS

- Arrange the 32 petals around the center circle in 2 layers (16 inner + 16 outer), alternating fabrics and colors.
- Keep petals slightly overlapped.



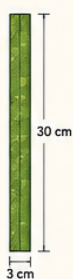
4. APPLIQUÉ PETALS

- Fuse or pin each petal in place.
- Appliqué using blanket stitch or small zigzag stitch around each petal.



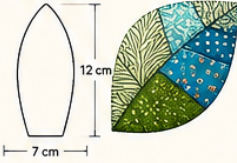
5. STEM

- Cut 1 strip of green fabric 3 cm x 30 cm.
- Fold in half lengthwise and sew.
- Turn right side out and press.



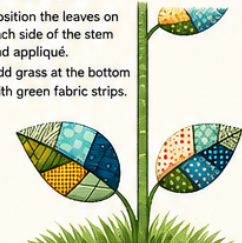
6. LEAVES (MAKE 2)

- Cut 2 leaf shapes using the template.
- Each leaf is made from patchwork pieces.
- Fuse, seam and appliqué the leaves.



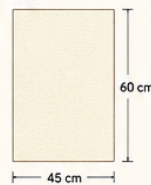
7. ASSEMBLE FLOWER

- Appliqué the stem below the flower center.
- Position the leaves on each side of the stem and appliqué.
- Add grass at the bottom with green fabric strips.

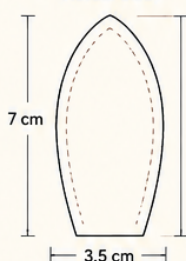


8. BACKGROUND & FINISH

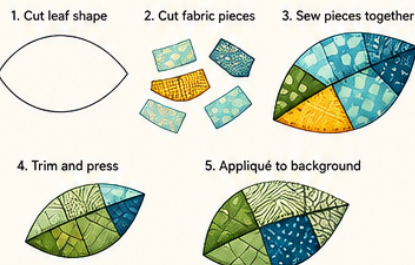
- Cut background fabric 45 cm x 60 cm.
- Appliqué the complete flower onto the background.
- Quilt around the elements if desired.
- Square the quilt to 40 cm x 55 cm.



PETAL TEMPLATE (Actual Size)



PATCHWORK LEAF GUIDE



MAIN SEWING & QUILTING METHODS USED



Appliqué (Fusible Web)
Iron fusible web on the wrong side, cut out shapes and iron in place.



Blanket Stitch
Hand stitch around the edge for a secure and decorative finish.



Seam Allowance
Use 0.7 cm seam allowance for patchwork pieces.



Pressing
Press seams open or to one side for a flat result.



Quilting (Optional)
Quilt around the flower and leaves to add texture and durability.

MEASUREMENTS SUMMARY (cm)

Center circle: 12 cm diameter
Petals: 7 cm high x 3.5 cm wide (32 pieces)
Stem: 3 cm wide x 30 cm long (finished)
Leaves: 12 cm high x 7 cm wide (each)
Background fabric: 45 cm x 60 cm
Finished quilt size: 40 cm x 55 cm

TIPS

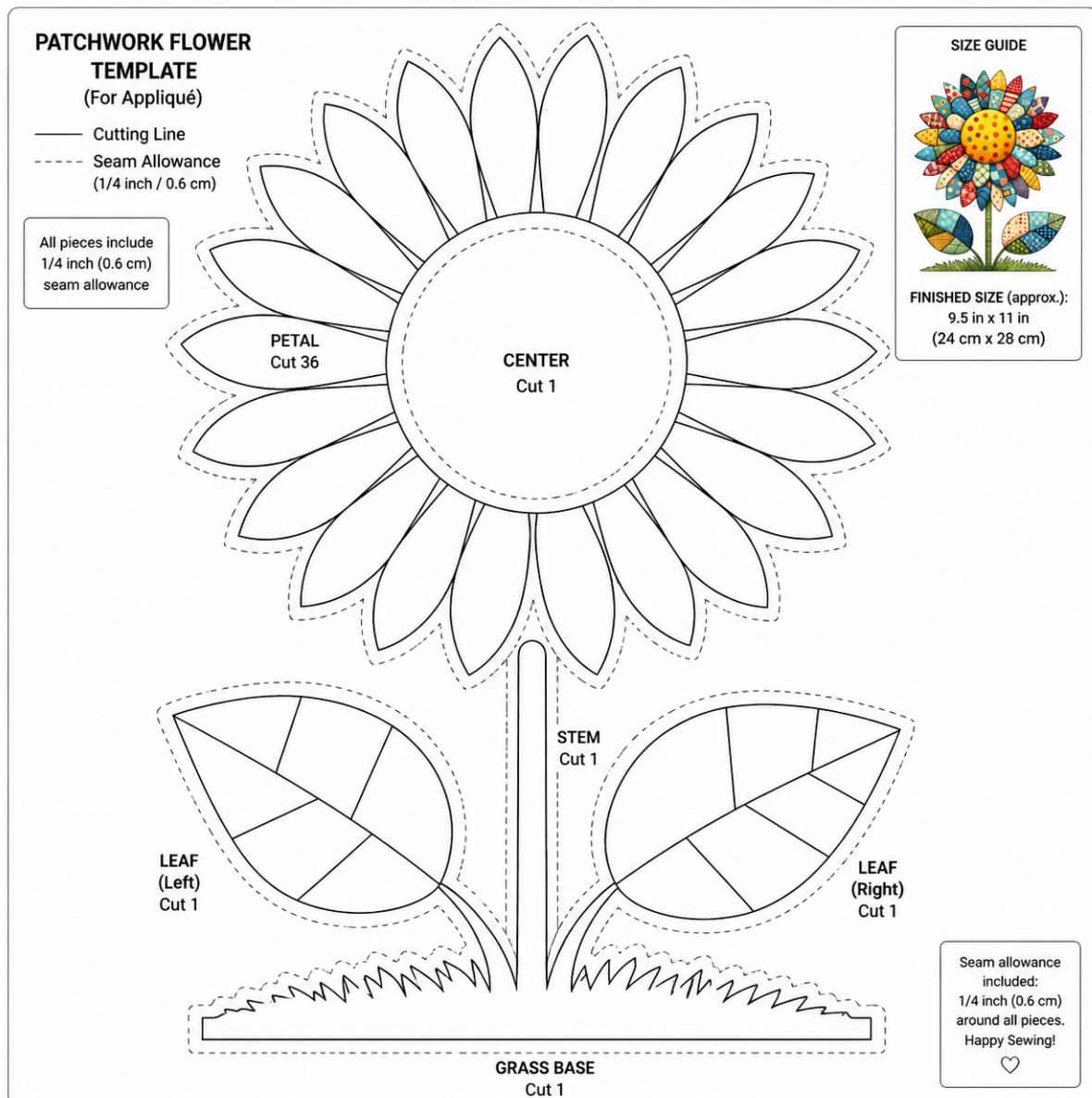
- Use a variety of fabric prints for a vibrant look.
- Keep petals slightly overlapped for fullness.
- Press each piece before appliquéing.
- Quilt lightly around shapes to highlight details.



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Patchwork Sunflower Quilt Tutorial 🌻

This Patchwork Sunflower Quilt is a cheerful appliqué project made with colorful quilting cotton scraps. The finished piece measures approximately 40 cm wide × 55 cm high, or about $15\frac{3}{4} \times 21\frac{5}{8}$ inches. It features a round yellow flower center, 32

patchwork petals, a green stem, two pieced leaves, and optional grass details at the bottom.

The project is suitable for confident beginners and experienced quilters. You will use basic patchwork piecing, fusible-web appliqué, blanket stitch or zigzag stitching, pressing, and optional decorative quilting.

All measurements are based on the original tutorial graphic. For the most accurate result, print or draw the templates at actual size and check the measurements before cutting your fabric.

Materials and Supplies

Gather all your materials before beginning:

- Assorted quilting cotton fabrics in several colors and prints
- Yellow quilting cotton for the sunflower center
- Green quilting cotton for the stem, leaves, and grass
- Lightweight paper-backed fusible web
- Coordinating sewing thread
- Optional contrasting thread for decorative appliqué stitches
- Fabric scissors
- Paper scissors
- Rotary cutter
- Self-healing cutting mat
- Quilting ruler
- Sewing machine
- Iron and ironing board
- Straight pins or fabric clips
- Fabric marker or removable marking pen
- Template paper, cardstock, or freezer paper

- Background fabric measuring 45 × 60 cm, approximately 17³/₄ × 23⁵/₈ inches
- Optional batting and backing fabric for turning the project into a small quilt

Choose fabrics with a good mix of small prints, dots, stripes, florals, geometrics, and solid colors. Contrasting colors will help each petal remain visible after the flower is assembled.

Wash and press the fabrics before cutting when possible. Prewashing reduces the chance of uneven shrinkage later.

Use a new sewing-machine needle and test your stitch settings on a scrap of fabric backed with fusible web.

Finished Measurements

The completed sunflower design measures approximately:

- 40 cm wide × 55 cm high
- Approximately 15³/₄ inches wide × 21⁵/₈ inches high

The main component measurements are:

- Flower center: 12 cm diameter, approximately 4³/₄ inches
- Petals: 7 cm high × 3.5 cm wide, approximately 2³/₄ × 1³/₈ inches
- Number of petals: 32
- Stem: 3 cm wide × 30 cm long, approximately 1¹/₈ × 11³/₄ inches
- Leaves: 12 cm high × 7 cm wide, approximately 4³/₄ × 2³/₄ inches
- Background before trimming: 45 × 60 cm, approximately 17³/₄ × 23⁵/₈ inches

The background is intentionally cut larger than the finished quilt. This gives you room to position the appliqué and square the project after stitching.

Step 1: Prepare the Petal Template

Draw one petal template measuring 7 cm high and 3.5 cm wide.

The bottom of the petal should be almost straight, with slightly angled sides. The upper portion should curve inward and meet at a soft point. Avoid making the point extremely narrow because a slightly rounded point is easier to turn, fuse, and stitch.

For raw-edge fusible appliqué, the template represents the exact finished petal size. You do not need to add a traditional seam allowance unless you plan to use turned-edge appliqué.

Trace the shape onto cardstock and cut it out carefully. A firm template will make it easier to trace all 32 petals consistently.

Check the measurements with a quilting ruler. The template should measure exactly 7 cm from the bottom edge to the tip and 3.5 cm across its widest section.

Label the template:

SUNFLOWER PETAL – CUT 32

You may also draw a second line about 7 mm or ¼ inch inside the edge as a guide for decorative stitching. This inner line is optional and should not be used as a cutting line.

Step 2: Cut the 32 Sunflower Petals

Select a variety of quilting cotton scraps. The original design uses bright red, blue, turquoise, orange, yellow, cream, and green prints.

Trace the petal template onto the paper side of the fusible web. Trace 32 individual petal shapes.

Leave a small amount of space between the shapes. Rough-cut around each traced petal, leaving approximately $\frac{1}{4}$ inch outside the drawn line.

Place the rough side of the fusible web against the wrong side of your chosen fabric. The smooth paper side should face upward.

Follow the fusible-web manufacturer's instructions to press the web onto the fabric. Use a dry iron unless the product instructions recommend steam.

Allow the fabric to cool completely. Cut each petal precisely on the traced line.

Peel away the paper backing only when you are ready to arrange the flower. Keeping the paper attached temporarily prevents the fusible adhesive from collecting lint.

Distribute the colors evenly. Avoid cutting too many petals from the same fabric unless you want a more coordinated design.

Step 3: Make the Yellow Flower Center

Draw or trace a circle measuring 12 cm in diameter, approximately $4\frac{3}{4}$ inches.

Trace the circle onto the paper side of the fusible web. Rough-cut around the traced shape.

Fuse the web to the wrong side of the yellow fabric. Let it cool, and then cut the circle on the traced line.

The center in the tutorial includes decorative dots. You can create them with small fabric circles, embroidery, fabric paint, or decorative machine stitching.

For fabric dots, cut small circles in red, orange, blue, or other coordinating colors. Fuse them randomly across the yellow circle.

Keep the dots away from the outer edge so they do not interfere with the appliqué stitching.

Alternatively, use a satin stitch or small circular embroidery design to make the dots after the center has been fused to the flower.

Set the finished center aside while arranging the petals.

Step 4: Arrange the First Layer of Petals

Place a pressing sheet or piece of parchment paper over your work surface.

Arrange 16 petals in a circle to create the inner petal layer. Position the narrow bottom edges toward the center and the pointed ends facing outward.

Space the petals evenly. Their lower edges may touch or overlap slightly.

Alternate colors, prints, and values. Place darker petals next to lighter ones so the individual shapes remain visible.

Use a ruler to check the diameter of the arrangement. Make small adjustments until the petals form a balanced circle.

Keep the petals slightly overlapped for a full sunflower appearance. The overlap also prevents small background gaps from appearing around the center circle.

Do not fuse anything permanently until the entire flower has been arranged.

Step 5: Arrange the Second Layer of Petals

Place the remaining 16 petals behind the first layer.

Position each outer petal between two inner petals. This staggered arrangement creates depth and makes the flower appear fuller.

The outer petals should extend slightly farther than the inner petals. Rotate some of them gently to prevent the arrangement from looking too rigid.

Continue alternating colors and patterns. Spread dominant colors around the flower rather than grouping them in one area.

Place the yellow circle in the center temporarily. Confirm that it covers the narrow lower ends of all the inner petals.

Stand back and inspect the flower. Check that it looks round, balanced, and evenly filled.

When you are satisfied, carefully transfer the arrangement to the background fabric or fuse the flower in stages.

Step 6: Cut and Prepare the Background

Cut one background rectangle measuring 45 × 60 cm, approximately 17³/₄ × 23⁵/₈ inches.

Press the background fabric until it is completely smooth.

Fold the fabric in half vertically and press lightly with your fingers. Open it again to create a temporary center reference.

Fold it in half horizontally and finger-press another reference line. These guidelines will help you center the flower and stem.

The finished design should occupy an area approximately 40 × 55 cm. Leave enough extra fabric around all sides for final trimming.

Place the flower in the upper half of the background. Leave space below it for the 30 cm stem, two leaves, and grass.

Confirm that the sunflower does not sit too close to the top edge.

Step 7: Fuse the Flower to the Background

Remove the paper backing from the outer petals.

Position the outer 16 petals on the background first. Use the arrangement you prepared earlier as a guide.

Lightly tack the petals in place with the iron. Do not press for the full recommended time yet because you may need to make small corrections.

Add the inner 16 petals. Position them so their tips fall between the tips of the outer petals.

Check that the petals overlap slightly and that the arrangement remains circular.

Fuse the petals permanently according to the fusible-web manufacturer's instructions. Press rather than sliding the iron, since sliding may shift the shapes.

Allow the fabric to cool before moving it.

Do not attach the yellow center until the petal layers are secure and correctly positioned.

Step 8: Appliqué the Petals

Thread your machine with coordinating or contrasting thread.

Choose a small blanket stitch, narrow zigzag stitch, or another appliqué stitch. A stitch width of approximately 2 to 2.5 mm

and a short stitch length often works well, but always test the setting first.

Begin stitching around one outer petal. Keep the straight portion of the stitch on the background and allow the side stitch to catch the edge of the appliqué.

Pivot slowly around the curved point. Stop with the needle down, lift the presser foot, rotate the fabric slightly, and continue.

Stitch around all 16 outer petals.

Repeat the process for the 16 inner petals. Some lower sections will eventually be covered by the center circle, so focus on securing the visible edges.

Backstitch carefully at the beginning and end, or pull the thread tails to the back and knot them by hand.

Press the flower gently from the reverse side after all petals have been appliquéd.

Step 9: Attach the Flower Center

Remove the backing paper from the yellow circle.

Place the circle over the lower ends of the petals. Center it carefully so the petal arrangement remains balanced.

The circle should cover the inner petal bases and create a clean, finished center.

Fuse the circle in place following the manufacturer's instructions.

Stitch around the circle using blanket stitch, narrow zigzag stitch, or a satin stitch.

Sew slowly to maintain a smooth circular edge. Stop frequently with the needle down and rotate the fabric in small increments.

Add the decorative dots now if you did not fuse them earlier.

Press the flower from the back using a pressing cloth.

Step 10: Make the Green Stem

Cut one green fabric strip measuring 3 cm wide × 30 cm long, approximately 1¹/₈ × 11³/₄ inches.

Fold the strip in half lengthwise with the right sides together.

Sew along the long raw edge using a narrow seam allowance. Keep the seam straight and consistent.

Turn the fabric tube right side out. A loop turner, safety pin, or narrow turning tool can make this easier.

Position the seam along the back of the stem and press the strip flat.

For a flatter appliqué stem, you may instead press both long raw edges toward the center and then fold the strip in half.

The finished stem should remain approximately 3 cm wide according to the tutorial measurements.

Place the stem beneath the flower center. The upper edge should extend slightly underneath the flower so there is no visible gap.

Step 11: Create the Leaf Template

Draw a leaf shape measuring 12 cm high × 7 cm wide, approximately 4³/₄ × 2³/₄ inches.

The leaf should have two gently curved sides meeting at a point on each end.

Trace the template onto cardstock and cut it out.

Label the template:

PATCHWORK LEAF – MAKE 2

Each leaf in the original design is made from several small fabric sections sewn together.

You may use the same template for both leaves. Flip it over when tracing the second leaf if you want the leaves to face in opposite directions.

Step 12: Piece the Patchwork Leaves

Choose several green, blue, yellow, cream, and turquoise fabric scraps.

Cut small irregular pieces, strips, triangles, or curved sections. The pieces do not need to match exactly, but they should be large enough to sew together safely.

Join two pieces with right sides together using a ¼-inch seam allowance.

Press the seam open or to one side.

Continue adding fabric pieces until the patchwork section is larger than the leaf template.

Make a second patchwork section for the other leaf. Use a different arrangement of colors so each leaf is unique.

Press both patchwork panels until they lie flat.

Avoid placing bulky seam intersections near the pointed ends of the leaves.

Step 13: Cut and Stabilize the Leaves

Trace the leaf template twice onto the paper side of the fusible web.

Rough-cut around the shapes and fuse them to the wrong side of the patchwork panels.

Let the panels cool.

Cut each leaf precisely on the traced line.

Peel away the backing paper.

Inspect the edges to make sure no patchwork seams have opened. Reinforce any loose seam before attaching the leaves.

Optional decorative stitching may be added along the patchwork seams before the leaves are appliquéd.

Step 14: Position the Stem and Leaves

Place the green stem vertically below the flower center.

The bottom of the stem should stop near the lower edge of the finished design, leaving room for grass.

Place one leaf on the left side of the stem and the second leaf on the right.

Angle the leaves upward slightly. The left leaf may sit lower than the right leaf, as shown in the tutorial.

Tuck the inner ends of the leaves slightly under the stem or overlap them against the stem edge.

Check the entire composition. Make sure the stem appears to support the flower and the leaves are visually balanced.

Fuse the stem and leaves into place.

Step 15: Appliqué the Stem and Leaves

Stitch along both long edges of the stem using blanket stitch, narrow zigzag stitch, or straight stitching.

Secure the bottom edge of the stem, but leave enough room for grass strips if you plan to add them.

Appliqué around each leaf. Slow down near the pointed ends.

At each leaf point, stop with the needle down, lift the presser foot, pivot the fabric, and continue along the opposite curve.

You may stitch a curved or straight line through the center of each leaf to represent the main vein.

Add smaller diagonal veins if desired.

Press the project from the reverse side when the appliqué stitching is complete.

Step 16: Add the Grass

Cut several narrow strips or small pointed pieces from green fabric scraps.

Vary the shades and widths to give the grass a natural appearance.

Arrange the pieces across the bottom of the stem. Some pieces may point straight up, while others may lean to the left or right.

Fuse the grass pieces to the background.

Stitch around the larger shapes or secure the narrow strips with one line of straight stitching.

For a simpler finish, use free-motion stitching or repeated straight stitches to create grass without fabric appliqué.

Keep the grass within the final 40 cm width of the project.

Step 17: Add Optional Quilting

Quilting is optional if the project will be framed or used as a fabric wall panel.

For a quilted wall hanging, cut batting and backing fabric slightly larger than the background.

Place the backing fabric wrong side up. Add the batting, followed by the appliquéd top right side up.

Smooth all layers and baste them with safety pins, temporary spray baste, or long hand stitches.

Quilt around the flower, petals, stem, and leaves. Stitching close to the appliquéd edges will help the shapes stand out.

You may add gentle wavy quilting lines in the background.

Avoid overly dense quilting unless you want a very textured surface.

Trim loose threads as you work.

Step 18: Square and Finish the Quilt

After appliquéd and quilting are complete, press the project carefully.

Use a large quilting ruler to square the piece to 40 × 55 cm, approximately 15³/₄ × 21⁵/₈ inches.

Check that the sides are straight and that all corners form 90-degree angles.

Finish the raw edges with binding, a facing, or a simple folded hem.

For traditional quilt binding, cut fabric strips on the straight grain, join them end to end, and press the long strip in half.

Sew the binding to the front of the quilt using a ¼-inch seam allowance.

Fold it around to the back and secure it by hand or machine.

Add a hanging sleeve to the back if the sunflower will be displayed as wall art.

Appliqué and Quilting Methods Used

Fusible-web appliqué uses an iron-on adhesive to attach fabric shapes to a background. Always trace the design on the paper side of the web and fuse the rough adhesive side to the wrong side of the fabric.

Blanket stitch creates small perpendicular stitches that catch the appliqué edge. It provides both decoration and security.

Narrow zigzag stitch is an excellent alternative to blanket stitch. Keep the zigzag narrow enough to frame the fabric edge without covering too much of the print.

Quarter-inch seam allowance is used when piecing the small scraps for the leaves. Accurate seams make the patchwork lie flatter.

Pressing means lifting and lowering the iron rather than sliding it across the fabric. Sliding can distort patchwork pieces or move appliqué shapes.

Quilting joins the quilt top, batting, and backing. It can also add decorative texture around the sunflower.

Helpful Tips for a Professional Finish

Use fabrics with different values, not only different colors. A mix of light, medium, and dark prints gives the flower more depth.

Keep the 32 petals slightly overlapped. This creates a full flower and prevents the background from showing between the petals.

Arrange the complete flower before fusing anything permanently.

Take a photograph of the arrangement before moving the petals. You can use the photo as a reference while rebuilding the flower on the background.

Press after every patchwork seam when making the leaves.

Use a stabilizer behind the background if the appliqué stitches cause puckering.

Test the iron temperature on a scrap of fabric. Excessive heat may damage delicate prints or cause adhesive to seep through the fabric.

Clean the sewing-machine needle if it becomes sticky from fusible adhesive.

Rotate the project frequently while stitching curves. Small, controlled movements produce smoother appliqué edges.

Use a pressing cloth over finished appliqué pieces to protect the fabric and thread.

Final Measurement Summary

- Center circle: 12 cm diameter / approximately 4¾ inches
- Petals: 7 × 3.5 cm / approximately 2¾ × 1⅜ inches
- Total petals: 32
- Stem: 3 × 30 cm / approximately 1⅛ × 11¾ inches

- **Leaves: 12 × 7 cm / approximately 4³/₄ × 2³/₄ inches**
- **Background before trimming: 45 × 60 cm / approximately 17³/₄ × 23⁵/₈ inches**
- **Finished project: 40 × 55 cm / approximately 15³/₄ × 21⁵/₈ inches**

Care Instructions

Wash the finished quilt gently in cold water using a mild detergent.

Use a delicate machine cycle or hand wash the piece.

Do not use bleach.

Lay the quilt flat to dry or tumble dry on a low setting.

Press from the back with a warm iron when necessary.

For a wall hanging, occasional gentle dusting may be enough to keep the project clean.

Your colorful Patchwork Sunflower Quilt is now complete. The mix of bright petals, patchwork leaves, decorative appliqué, and optional quilting creates a vibrant handmade piece that can be displayed as wall art, used as a table decoration, or incorporated into a larger quilt.

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