

Hexagon Flower Table Runner – Sewing Tutorial

Finished size: 45 cm x 110 cm



MATERIALS

- Assorted 100% cotton quilting fabrics (US fabric) for flowers, leaves and background
- Background fabric: 50 cm
- Binding fabric: 40 cm
- Backing fabric: 120 cm
- Fusible web (optional)
- Sewing thread
- Quilting batting: 50 cm x 120 cm

CUTTING GUIDE (seam allowance 0.7 cm included)

HEXAGON FLOWER PIECES



6.3 cm
(cut 6)



3.6 cm
(cut 1)

LEAF PIECES

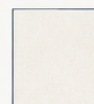


8.5 cm x 4 cm
(cut 2 per flower)

Each flower needs:

- 6 large hexagons (6.3 cm)
- 1 small hexagon (3.6 cm)

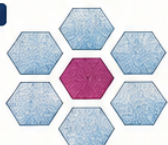
BACKGROUND



Cut 2 strips
50 cm x 112 cm

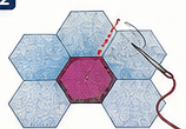
1. PREPARE THE HEXAGON FLOWERS

1.1



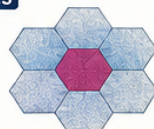
Arrange 6 large hexagons around 1 small hexagon (right sides facing up).

1.2



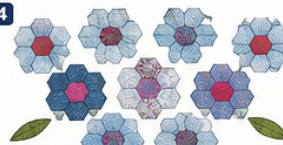
Sew each large hexagon to the center hexagon using whipstitch or basting stitch.

1.3



Your flower is complete. Make a total of approximately 15–18 flowers in different fabrics.

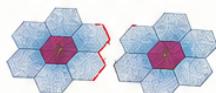
1.4



Arrange the flowers and leaves on a flat surface to form the runner layout. Adjust the placement until you like the design.

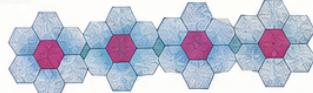
2. JOIN THE FLOWERS

2.1



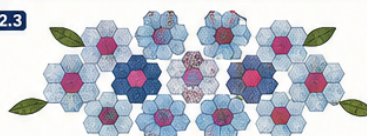
Place two flowers right sides together. Sew the touching edges of the hexagons.

2.2



Continue joining all flowers together row by row.

2.3



Join all rows. Add the leaves between the flowers as shown. Press all seams.

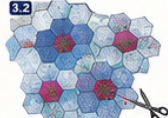
3. ADD THE BACKGROUND

3.1



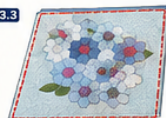
Place the flower piece on the background fabric (wrong side up). Leave at least 6 cm around the edges.

3.2



Trim the background fabric around the project, leaving 1.5 cm seam allowance.

3.3



Fold the background edges over the flower piece and sew all around.

4. QUILT THE TABLE RUNNER

4.1



Layer the top, batting and backing. Quilt as desired (meandering stitches or around the flowers).

4.2



Trim the backing and batting edges even with the top.

5. BINDING

5.1



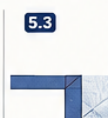
Cut binding strips 6.5 cm wide. Join strips end to end and press in half lengthwise.

5.2



Sew binding to the front of the runner (miter the corners).

5.3



Fold binding to the back and hand stitch or machine stitch in place.

5.4



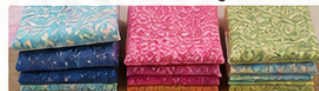
MAIN SEWING METHODS USED

- Whipstitch / Slip stitch – to join hexagons.
- Straight stitch (1/4") – for sewing background and binding.
- Pressing – open seams for a flat finish.
- Quilting – straight, meander, or around motifs.



FABRIC TIPS (US QUILTING FABRICS)

- Use 100% cotton quilting fabrics for best results.
- Pre-wash your fabrics to prevent shrinking and color bleeding.
- Mix light, medium and dark prints for contrast and a beautiful design.



MEASUREMENTS SUMMARY

Finished size:	45 cm x 110 cm
Hexagon (large):	6.3 cm
Hexagon (small):	3.6 cm
Leaf:	8.5 cm x 4 cm
Background strips:	50 cm x 112 cm (x2)
Binding strips:	6.5 cm wide
Backing fabric:	120 cm x 50 cm
Batting:	120 cm x 50 cm

All seam allowances are 0.7 cm included.

HEXAGON FLOWER TABLE RUNNER

PATTERN TEMPLATE

Seam allowance included
1/4 inch (6 mm)

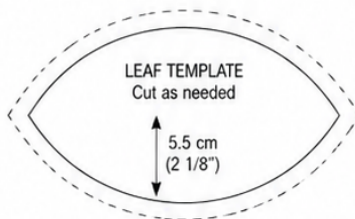
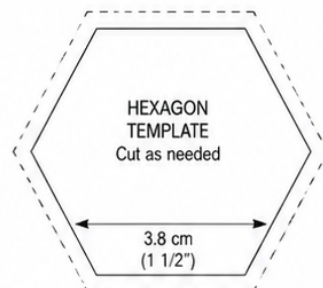
Print at 100%
Do not scale

MATERIALS:

- Assorted quilting cotton fabrics
- Batting
- Backing fabric
- Thread

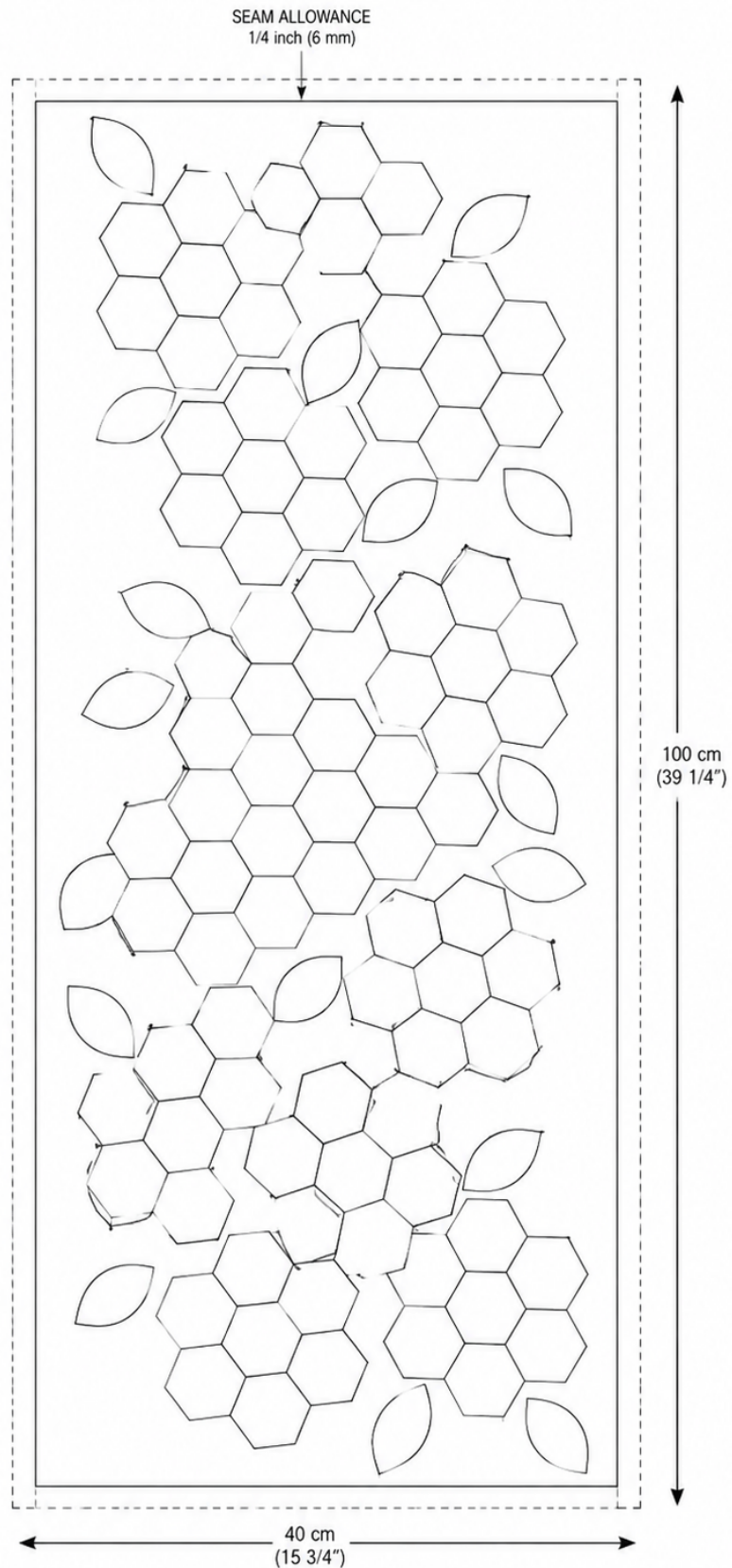
FINISHED SIZE:

Approx. 40 cm x 100 cm
(15 3/4" x 39 1/4")



INSTRUCTIONS (OVERVIEW):

1. Cut hexagon pieces using the template.
2. Sew hexagons together to form flower shapes as shown.
3. Applique leaves between the flowers.
4. Join the flower units to make the table runner top.
5. Layer with batting and backing.
6. Quilt as desired.
7. Bind all around.



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Hexagon Flower Table Runner – Complete Sewing Tutorial

This Hexagon Flower Table Runner is a beautiful quilting project made from individual hexagon flowers, coordinating leaves, a light background, batting, backing, and a narrow binding. The finished runner measures approximately 45 cm × 110 cm (17 3/4" × 43 1/4").

This tutorial follows the construction shown in the reference chart as closely as possible. The project is especially suitable for using assorted quilting cottons, charm-size scraps, or coordinated fabric remnants. Mixing light, medium, and dark prints will give the flowers more depth and make each flower stand out.

The measurements in the original tutorial are given in centimeters, so the instructions below keep those measurements for accuracy. Approximate inch conversions are also included where helpful for U.S. quilters. All pattern-piece measurements already include a 0.7 cm seam allowance, approximately 1/4".

Materials

You will need:

- Assorted 100% cotton quilting fabrics for the hexagon flowers, flower centers, leaves, and decorative arrangement
- Light-colored cotton fabric for the background
- 2 background pieces measuring approximately 50 cm × 112 cm each

- Binding fabric, approximately 40 cm
- Backing fabric measuring approximately 120 cm × 50 cm
- Quilting batting measuring approximately 120 cm × 50 cm
- Fusible web, optional, especially helpful for securing leaves before stitching
- Coordinating sewing thread
- Quilting thread if desired
- Hand-sewing needle
- Sewing machine
- Rotary cutter or fabric scissors
- Cutting mat
- Acrylic quilting ruler
- Iron and ironing board
- Fabric marking tool
- Pins or quilting clips

For the most attractive result, select several different quilting cotton prints rather than making every flower identical. The sample runner combines blues, aqua, navy, pink, burgundy, mustard, cream, and green.

Prewash your fabrics if you normally prewash quilting cotton. This helps minimize later shrinkage and removes excess dye from strongly colored fabrics.

Press all fabrics before cutting so that the measurements remain accurate.

Cutting the Hexagon Flower Pieces

Each flower is made from six large hexagons surrounding one smaller center hexagon.

Cut the large hexagons so that each measures approximately: 6.3 cm as shown on the template.

For each complete flower, cut:

- 6 large hexagons
- 1 small center hexagon

The small center hexagon measures approximately:

3.6 cm

Remember that the tutorial measurements include the 0.7 cm seam allowance.

The finished runner uses approximately 15 to 18 flowers, depending on how tightly you arrange the flowers and how closely you follow the sample layout.

Because each flower needs six large hexagons, you may need approximately 90 to 108 large hexagons for 15–18 flowers.

You will also need approximately 15 to 18 small center hexagons.

Do not make all of the flowers from exactly the same fabric combination. A scrappy arrangement gives this table runner its characteristic patchwork appearance.

Cutting the Leaf Pieces

The leaves shown in the tutorial measure approximately:

8.5 cm × 4 cm

Cut approximately two leaves for each flower, although you do not necessarily need to use every leaf in the final arrangement.

Using different shades of green will make the layout more interesting.

If you plan to appliqué the leaves with fusible web, trace the leaf shape onto the paper side of the fusible web before attaching it to the fabric.

Follow the manufacturer's instructions for your particular fusible product.

After applying the fusible web, cut each leaf neatly along the drawn outline.

Set the leaves aside until you begin arranging the flowers.

Step 1: Prepare the Hexagon Flowers

Place one small hexagon in the center of your work surface.

Arrange six large hexagons around it, positioning one large hexagon against each side of the center hexagon.

The right sides of the fabrics should face upward while you are planning the flower.

Before sewing, experiment with color placement. You can use six matching petals, six different prints, or a combination of coordinating fabrics.

The tutorial shows many flowers using similar colors within each flower while varying the center fabric. This creates a coordinated but scrappy appearance.

Once you are happy with the arrangement, keep the pieces together so you do not accidentally change their positions.

Sew the First Hexagon to the Center

Place one large hexagon against one side of the small center hexagon with right sides together.

Match the corresponding edges carefully.

Thread a hand-sewing needle with strong cotton sewing thread.

Using a whipstitch or small slip stitch, sew along the matched edge.

Take small, even stitches so the seam is strong but not bulky.

Do not pull the thread excessively tight. The pieces should sit naturally beside one another without puckering.

Secure the thread at the end of the seam.

Continue Sewing Around the Center

Position the second large hexagon along the next side of the center hexagon.

Place right sides together and sew the matched edges using the same whipstitch or slip-stitch method.

Continue adding the remaining large hexagons one at a time.

Make sure the points of neighboring hexagons meet accurately.

After all six large hexagons have been attached to the center, sew the adjoining sides of the large hexagons together where necessary.

When opened flat, the unit should look like a complete flower with six petals surrounding one contrasting center.

Make All the Hexagon Flowers

Repeat the same process until you have approximately 15–18 complete flowers.

Use a variety of colors and prints.

For example, you might make:

- Light blue flowers with dark centers

- Navy flowers with pink centers
- Aqua flowers with burgundy centers
- Floral-print flowers with solid centers
- Pale flowers with dark contrasting centers

The contrast between each center and its surrounding hexagons helps define the flower motif.

After completing each flower, press it carefully.

Avoid aggressively stretching the edges while pressing.

Step 2: Arrange the Flowers

Place all finished flowers on a large flat surface.

Arrange them roughly in the long rectangular shape of the finished table runner.

The tutorial shows the flowers fitting closely together rather than being placed in perfectly straight rows.

Some flowers sit slightly higher or lower than neighboring flowers, creating an organic floral arrangement.

Begin with the larger central cluster and then continue working outward toward both ends.

Place the darker flowers strategically throughout the runner so that one area does not become visually heavier than another.

Do the same with brighter pink, aqua, or mustard centers.

Stand back occasionally and look at the entire layout before sewing anything permanently.

Add the Leaves to the Layout

Position the prepared green leaves between and around the outer edges of the flower arrangement.

The tutorial places leaves primarily around the sides and ends of the floral cluster.

Some leaves can point outward while others can angle slightly toward neighboring flowers.

Do not overcrowd the design.

The leaves should visually break up the hexagon shapes and reinforce the floral theme.

Continue moving the flowers and leaves until you are satisfied with the overall balance.

Taking a quick reference photo at this stage can help you remember the arrangement while sewing.

Join Two Flowers Together

Begin with two neighboring flowers.

Place them right sides together, matching the two hexagon edges that will connect them.

Make sure the corners align precisely.

Using the same whipstitch or small slip stitch used earlier, sew the two corresponding edges together.

Open the flowers flat and check the alignment.

The seam should allow both flower units to lie flat without pulling or puckering.

Continue Joining the Flowers Row by Row

Add the next flower in the planned sequence.

Match the appropriate edges and sew them together.

Continue connecting flowers gradually, working row by row.

Do not try to force flowers together if the edges are not intended to meet.

The arrangement should remain similar to the layout you created before sewing.

As more flowers are connected, periodically lay the entire piece flat and make sure it has not become distorted.

Careful alignment at this stage will make the background and quilting steps much easier.

Complete the Main Flower Panel

Continue joining the flower units until the full decorative panel has been assembled.

Compare the panel with your reference arrangement as you work.

The completed panel should form an elongated floral cluster suitable for the center of a table runner approximately 110 cm long.

Position the leaves between flowers and along the perimeter as shown in the layout.

If using fusible web, lightly fuse the leaves according to the manufacturer's directions.

If not using fusible web, secure each leaf with pins, temporary fabric adhesive, or basting stitches.

Press the entire floral panel carefully when complete.

Step 3: Add the Background

Prepare the light-colored background fabric.

The cutting guide specifies two background strips approximately 50 cm × 112 cm.

Place the main floral panel on the background with the orientation shown in the tutorial.

Allow at least approximately 6 cm of background fabric around the edges before trimming and finishing.

This extra fabric gives you room to straighten the table runner and maintain an even border around the flower arrangement.

Center the floral design carefully.

Check the placement from all four sides.

Secure the Floral Panel to the Background

Once you are happy with the placement, secure the flower panel so that it cannot move.

You may baste around the edges by hand or use pins placed well inside the seam area.

Work slowly around the entire floral arrangement.

Make sure all edges remain flat.

If the leaves were not already secured, position and attach them now.

The design should remain flat against the background without bubbles or wrinkles.

Trim the Background

After the flower panel has been securely positioned, trim the background fabric around the project.

Leave approximately 1.5 cm seam allowance around the decorative section as shown in the tutorial.

Work gradually around irregular areas.

Do not cut too close to the flowers.

The goal is to leave enough fabric to turn and secure the background neatly around the floral section.

Fold and Sew the Background Edges

Fold the background edges over the flower piece as indicated in the tutorial.

Work carefully around the perimeter.

Press the folded edge before sewing whenever possible.

Stitch the folded edge in place using a neat straight stitch or small hand stitches.

Maintain an even distance from the edge.

Pay particular attention to corners and changes in direction.

Press the completed panel again from the front.

Step 4: Prepare the Quilt Sandwich

You will now combine the finished top, batting, and backing.

Cut or prepare:

- **Quilt top**
- **Batting approximately 120 cm × 50 cm**
- **Backing approximately 120 cm × 50 cm**

Place the backing fabric on a clean flat surface with the wrong side facing upward.

Smooth out every wrinkle.

Place the batting on top of the backing.

Finally, position the table-runner top over the batting with its right side facing upward.

The three layers together form the quilt sandwich.

Baste the Quilt Layers

Smooth the layers from the center outward.

Make sure there are no wrinkles in the backing.

Baste the layers using your preferred method.

You may use:

- **Quilting safety pins**
- **Temporary basting spray**
- **Hand basting**
- **Long machine basting where appropriate**

Work from the center toward the ends of the runner.

Do not stretch the fabric while basting.

The top should remain flat and naturally positioned over the batting.

Quilt the Table Runner

The tutorial suggests quilting the project with straight stitching, meandering stitches, or quilting around the flower motifs.

One simple option is to quilt around the outlines of the hexagon flowers.

This emphasizes the geometric flower shapes.

You can also quilt the open background areas with gentle meandering or free-motion quilting.

If you prefer a simpler finish, use evenly spaced straight quilting lines.

Begin quilting near the center of the runner and gradually work outward.

This helps distribute the fabric evenly and reduces the chance of puckering.

Check the back occasionally to make sure there are no folds.

Quilt Around the Flowers

For additional definition, stitch near the edges of the flower motifs.

Slow down when approaching the corners of the hexagons.

Stop with the needle down, raise the presser foot, pivot the project, lower the presser foot, and continue sewing.

This produces cleaner angles.

You can also outline the leaves to make them stand out from the background.

Continue quilting until the layers are securely attached throughout the entire runner.

Trim the Backing and Batting

After quilting is complete, place the runner on a cutting mat.

Use a long quilting ruler to straighten the sides.

Trim the batting and backing evenly with the quilt top.

Check the runner from end to end before cutting.

The finished project should remain approximately:

45 cm × 110 cm

Minor variation is normal depending on seam placement and quilting.

Make sure all four edges are straight before adding the binding.

Step 5: Prepare the Binding

Cut binding strips approximately:

6.5 cm wide, or about 2 1/2 inches.

Join enough strips end to end to go around the entire table runner with some extra length for joining the ends.

Diagonal seams between binding strips are recommended because they distribute bulk more evenly.

After joining the strips, trim the seam allowances.

Press the seams open.

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

Press the entire strip firmly.

You now have double-fold quilt binding ready to attach.

Sew the Binding to the Front

Leave a loose binding tail several inches long before beginning to stitch.

Align the raw edges of the folded binding with the raw edge of the quilt.

The folded edge should point toward the center of the runner.

Sew the binding to the front of the quilt using approximately a 1/4-inch seam allowance, which closely corresponds to the tutorial's 0.7 cm allowance.

Stop before reaching the first corner so you can create a miter.

Miter the Corners

As you approach a corner, stop approximately one seam allowance away from the edge.

Backstitch and remove the runner from the machine if needed.

Fold the binding away from the quilt to form a diagonal angle.

Then fold it back down so the folded edge aligns with the next side of the runner.

Resume stitching from the new edge.

This creates a neat mitered corner.

Repeat at all four corners.

Join the Binding Ends

When you approach the starting point, stop sewing while enough unstitched binding remains to join the two ends neatly.

Trim excess binding as necessary.

Join the ends so they lie flat without creating unnecessary bulk.

Finish sewing the remaining binding section to the runner.

Press the binding away from the front of the quilt.

Fold the Binding to the Back

Wrap the folded binding around the raw edge of the quilt toward the back.

The folded edge should cover the original binding seam.

Pin or clip it securely.

At each corner, fold the fabric carefully to create another neat miter.

Check the front of the project to make sure the binding width remains even.

Continue clipping around the entire runner.

Finish the Binding

You may finish the binding by hand or machine.

For a traditional quilt finish, hand stitch the folded binding edge to the backing using small blind stitches.

Try not to let the stitches show on the front of the runner.

If you prefer machine binding, stitch carefully close to the folded edge.

Work slowly around the corners.

Once the binding is completely attached, remove all pins, clips, and temporary basting threads.

Give the entire table runner a final press.

Main Sewing Methods Used

Several basic quilting and sewing methods are used in this project.

The whipstitch or slip stitch is used to join the hexagon pieces. Take small stitches close to the fabric edges to create secure joins without excessive bulk.

A straight stitch is used when attaching background sections and sewing the binding. A stitch length of approximately 2.0–2.5 mm is suitable for most quilting cotton.

Pressing is important throughout construction. Press seams rather than aggressively sliding the iron over them, especially around the hexagons.

For quilting, you can use straight quilting, free-motion meandering, or motif outlining depending on your experience and the appearance you want.

Fabric Tips for U.S. Quilters

Choose 100% quilting cotton whenever possible.

Quilting cotton is stable, easy to press, easy to piece, and available in the wide range of coordinating prints needed for this project.

Mix light, medium, and dark fabric values so individual flowers remain visible when they are joined together.

Try not to place several extremely dark flowers together unless you specifically want a strong focal area.

Small-scale prints work particularly well for the individual hexagons because more of the pattern remains visible within the small pieces.

Florals, blenders, tone-on-tone prints, dots, geometric prints, and small novelty prints can all work beautifully.

The center hexagon is also an ideal place to introduce a brighter accent color.

Measurement Summary

The completed table runner measures approximately 45 cm × 110 cm, or about 17 3/4" × 43 1/4".

The key measurements from the original tutorial are:

- Large hexagon: 6.3 cm
- Small center hexagon: 3.6 cm
- Leaf: 8.5 cm × 4 cm
- Background pieces: 50 cm × 112 cm
- Backing: 120 cm × 50 cm
- Batting: 120 cm × 50 cm
- Binding strips: 6.5 cm wide
- Pattern seam allowance: 0.7 cm, approximately 1/4"
- Approximate number of flowers: 15–18
- Hexagons per flower: 6 large + 1 small center
- Leaves: approximately 2 per flower, adjusted according to your final layout

Final Finishing

Inspect the entire runner for loose threads and remove them.

Check each flower intersection to make sure all seams are secure.

Inspect the leaves and reinforce any areas that have not been completely attached.

Make sure the quilting reaches all areas of the runner so the batting will remain stable during use and washing.

Press the runner gently from the back, then from the front if necessary.

Avoid crushing dimensional seams with excessive heat or pressure.

Your Hexagon Flower Table Runner is now complete. The combination of scrappy hexagon flowers, contrasting centers, green leaves, a light background, quilting, and narrow binding creates the same colorful floral appearance shown in the tutorial while giving you plenty of freedom to use your favorite quilting fabrics.

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