



**Finished Size: 40 cm x 40 cm
(16 in x 16 in)**

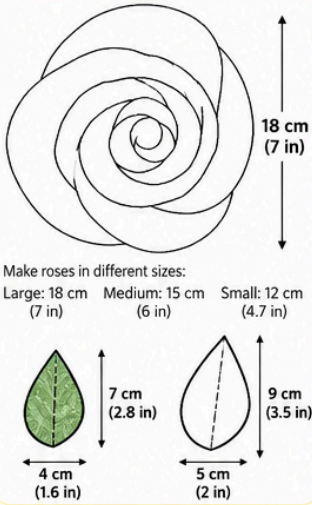
Materials

- 100% cotton quilting fabric (in different colors)
- Backing fabric (40 cm x 40 cm)
- Batting (42 cm x 42 cm)
- Thread (match colors)

Basic sewing tools:

- Sewing machine
- Scissors
- Pins / Clips
- Fabric marker
- Iron and ironing board
- Hand sewing needle

Rose Block Template (Actual Size)



Make roses in different sizes:
 Large: 18 cm (7 in) Medium: 15 cm (6 in) Small: 12 cm (4.7 in)

Leaf dimensions:
 Large: 7 cm (2.8 in) x 4 cm (1.6 in)
 Small: 9 cm (3.5 in) x 5 cm (2 in)

1 Cut the Fabric



Choose fabrics in the desired colors. Cut strips and squares for the roses and leaves.

Suggested cuts (you can adjust):

- Rose strips: 6–8 cm wide x 50–60 cm long
- Leaf fabric: 10 cm x 10 cm squares
- Background: as needed

2 Make the Spiral Roses



a) Fold the strip in half lengthwise and start rolling to form a spiral.
 b) Shape the spiral and stitch with a needle and thread or sewing machine.
 c) Make roses in different sizes and colors (18 cm, 15 cm and 12 cm).

3 Make the Leaves



Fold the leaf fabric in half, sew the centre line and veins. Trim and turn right side out or use an appliqué method.

Make several leaves in different green fabrics.

4 Arrange the Design



Arrange the roses and leaves on a 40 cm x 40 cm (16 in x 16 in) background. Move pieces until you are happy with the composition.

5 Pin and Appliqué



Pin the pieces in place. Appliqué each rose and leaf using a straight stitch, zigzag stitch or invisible appliqué stitch.

6 Quilt the Roses



Quilt following the spiral shape of each rose. Use free-motion quilting or a walking foot.

7 Add Details



Quilt the leaves with veins and add quilting lines in the background to enhance the texture.

8 Prepare the Back



Cut two pieces for the back (each 40 cm x 30 cm). Create an envelope closure with a 10 cm (4 in) overlap.

9 Assemble the Cushion



Layer: pieced top (right side up), batting, and back fabric (right side down). Pin or baste.

10 Sew and Finish

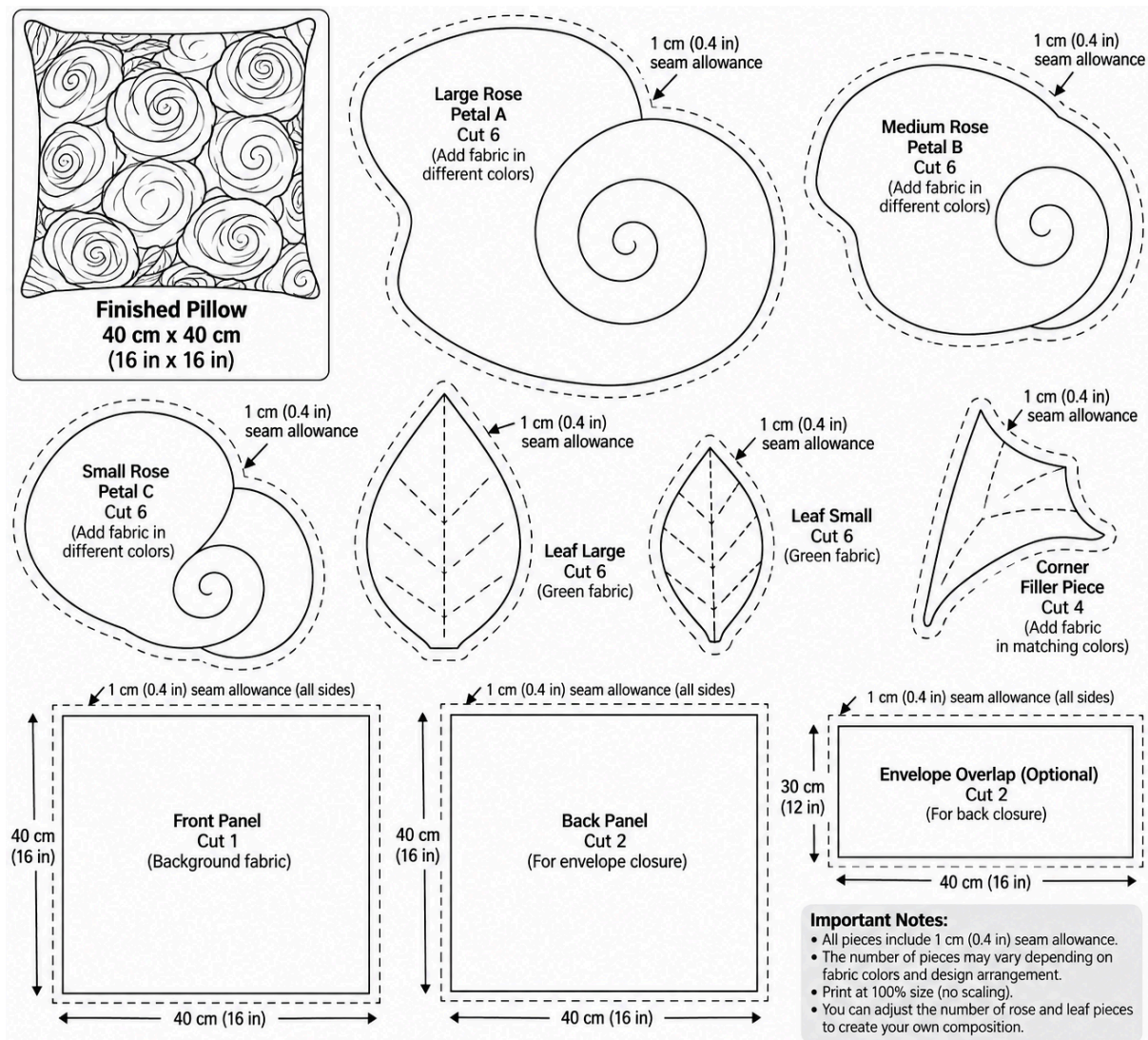


- Sew around the edges with a 1 cm (0.4 in) seam allowance.
- Leave an opening, turn right side out, insert the cushion fill.
- Hand stitch or topstitch to close.
- Option: add a piped edge or simple seam finish.

Finished Cushion



**Finished Size: 40 cm x 40 cm
(16 in x 16 in)**



Rose Spiral Appliqué Cushion Tutorial – 40 cm × 40 cm

This complete tutorial follows the graphic closely and explains how to make the 40 cm × 40 cm (16 in × 16 in) rose cushion from beginning to end. The design combines spiral fabric roses, appliqué leaves, quilting, and an envelope-style pillow back, using familiar sewing and quilting techniques commonly used by U.S. makers.

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The finished cushion has a richly textured floral surface made with roses in several sizes. Red, purple, lavender, pink, and cream fabrics create the flowers, while several shades of green add contrast through the leaves. You can follow the same palette or substitute fabrics that coordinate with your home décor.

For the best result, use 100% cotton quilting fabric. Press the fabric before cutting, use matching thread where possible, and keep the rose spirals securely stitched so the dimensional surface remains stable during regular use.

1. Gather the Materials and Sewing Tools

Before cutting anything, organize all your materials. Having everything ready makes it much easier to maintain consistent flower sizes and assemble the cushion accurately.

You will need 100% cotton quilting fabric in several colors for the roses. The graphic uses red, purple, lavender, pink, cream, and white tones. Green cotton fabrics are used for the leaves.

For the cushion front, prepare enough background fabric to create a 40 cm × 40 cm (16 in × 16 in) finished panel. Much of this fabric will eventually be covered by the roses and leaves.

Prepare a piece of batting approximately 42 cm × 42 cm (16.5 in × 16.5 in). The slight excess around the edges makes quilting easier; you can trim the quilted panel afterward.

You will also need coordinating thread, a sewing machine, fabric scissors or a rotary cutter, pins or quilting clips, a fabric marker, an iron, an ironing board, and a hand-sewing needle.

A walking foot can be helpful during quilting, although it is not essential. For more decorative background quilting, you can

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use a free-motion quilting foot if you are comfortable with that technique.

2. Cut the Fabric for the Roses and Leaves

Begin by cutting long strips of fabric for your dimensional roses. According to the tutorial graphic, a useful starting measurement is approximately 6–8 cm (2.4–3.1 in) wide × 50–60 cm (19.7–23.6 in) long.

These measurements can be adjusted because the flowers are intentionally made in different sizes. Longer strips generally produce larger roses, while shorter strips create smaller flowers.

The graphic suggests three approximate finished rose sizes: large roses at 18 cm (7 in), medium roses at 15 cm (6 in), and small roses at 12 cm (4.7 in).

Cut pieces of green fabric approximately 10 cm × 10 cm (3.9 in × 3.9 in) for making leaves. The exact quantity will depend on your final floral arrangement.

Two useful leaf sizes shown in the graphic are approximately 7 cm × 4 cm (2.8 in × 1.6 in) and 9 cm × 5 cm (3.5 in × 2 in).

Varying the leaf sizes will make the arrangement look more natural.

Do not permanently attach anything yet. First prepare a generous collection of flowers and leaves so you can experiment with their placement.

3. Make the Spiral Fabric Roses

Take one rose strip and fold it in half lengthwise. Press the fold lightly with an iron so the strip is easier to control while forming the flower.

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Begin rolling one end of the strip tightly. This small roll forms the center of the rose. Secure it with a few hand stitches using matching thread.

Continue wrapping the strip around the center. As you work outward, gently twist, fold, or manipulate the fabric to create curved layers resembling rose petals.

Do not make every wrap identical. Slight variations in the width and angle of the fabric create the dimensional appearance visible in the original cushion.

Secure the layers periodically with hidden hand stitches. You can also use your sewing machine where practical, but hand stitching provides more control when shaping the three-dimensional flower.

Continue until you have a mixture of approximately 18 cm, 15 cm, and 12 cm roses. Make them in cream, white, red, purple, lavender, and pink—or use your preferred coordinated palette.

4. Create the Fabric Leaves

Fold a green fabric piece in half with the right sides together and mark the desired leaf shape. The leaf should taper at both ends with its widest point near the center.

Stitch around the leaf while leaving a small opening for turning. Trim excess fabric and carefully clip the seam allowance around curves without cutting through the stitching.

Turn the leaf right side out and gently push out the pointed ends. Press the piece flat.

Topstitch along the central line to create the main vein. Add diagonal stitching from the center toward the edges to reproduce the natural vein pattern shown in the tutorial graphic.

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You can also make the leaves with a raw-edge appliqué method if you prefer a flatter design. In that case, cut the leaf shape and secure it directly to the background using a narrow zigzag, satin, or appliqué stitch.

Make leaves in several sizes and green tones. Having different shades will add depth between the colorful roses.

5. Arrange the Floral Design

Place your 40 cm × 40 cm background panel on a flat work surface. Begin positioning the largest roses first.

Distribute the large red, purple, and cream flowers around the panel rather than grouping all flowers of the same color together. This creates visual balance.

Use medium flowers to fill the spaces between the largest roses. Smaller flowers are particularly useful around the corners and outer edges.

Slip the green leaves underneath and between the roses. Only part of each leaf needs to remain visible; the goal is to create small green accents between the flowers.

Step away from the arrangement periodically and look at the entire panel. Check whether one side appears too dark, too light, or too crowded.

Once you are satisfied, take a photo of the arrangement for reference. This makes it much easier to reconstruct the composition if the pieces move during sewing.

6. Pin and Appliqué the Roses and Leaves

Secure the leaves first because most of them sit underneath the roses. Use pins, quilting clips where practical, or a

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temporary fabric-safe method to keep each piece positioned correctly.

Stitch around the leaves using your preferred appliqué method. A straight stitch close to the edge works well for finished-edge leaves.

Next, position the roses according to your reference photograph. Pin each flower carefully without flattening the dimensional folds.

Attach the roses securely around their outer edges. Add hidden stitches through selected inner layers if necessary to prevent the spirals from lifting excessively.

Matching thread will make the attachment stitches less visible. For example, use red thread on red flowers and purple thread on purple flowers.

Check the panel frequently as you work. The roses should remain full and dimensional while still being firmly attached to the cushion front.

7. Quilt the Roses and Background

Place the completed floral top over the 42 cm × 42 cm batting. If desired, you can also place a lightweight backing fabric underneath while quilting.

Baste the layers so they cannot shift. Pins, safety pins, spray basting, or temporary hand basting can all work.

Quilt around and within the spiral shapes of the roses. Following their curved construction emphasizes the circular petal effect and creates the sculpted appearance seen in the graphic.

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A walking foot works well for controlled curved stitching. If you have experience with free-motion quilting, you can use it for more fluid curves.

Quilt the leaves by following their central veins and smaller diagonal veins. This both secures the pieces and adds realistic texture.

Add quilting lines in exposed background areas if desired. Once quilting is complete, square the front panel carefully to approximately 40 cm × 40 cm.

8. Prepare the Envelope-Style Back

The tutorial uses a simple envelope closure, which eliminates the need for a zipper.

Cut two backing pieces approximately 40 cm × 30 cm (16 in × 12 in) each. The two pieces will overlap at the center of the finished cushion.

Finish one long edge on each backing piece. Fold the raw edge toward the wrong side, press it, fold again, and stitch close to the inner fold.

Lay the finished front panel right side up. Position one backing piece over it with the right side facing down.

Position the second backing piece from the opposite direction, again with the right side facing the cushion front. The finished edges should overlap by approximately 10 cm (4 in).

Pin or clip around the entire perimeter. Check that all layers are flat and that the envelope opening overlaps sufficiently.

9. Assemble the Cushion Layers

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Before final assembly, inspect the cushion front carefully for loose threads or unsecured flower sections. Fix these now because access becomes more difficult after assembly.

Your front consists of the 40 cm × 40 cm floral panel and its quilted batting. The two backing pieces form the envelope closure.

Align all raw outer edges. If the batting extends beyond the front fabric after quilting, trim it evenly before sewing the cushion together.

Pin around all four sides, paying particular attention to the corners. The bulky floral surface may make the front slightly thicker than an ordinary pillow cover.

Keep the roses away from the seam line. No dimensional flower folds should accidentally become trapped in the outer seam.

Check the back once more before stitching to confirm that the two envelope pieces overlap correctly.

10. Sew and Finish the Cushion ✨

Sew around the entire outer perimeter using approximately a 1 cm (0.4 in) seam allowance, as indicated in the tutorial graphic.

Backstitch at the beginning and end. Reinforce the sections where the envelope-back edges meet the outer seams because those points receive additional stress when inserting the pillow form.

Trim excessive bulk at the corners without cutting through the seam. Turn the cushion right side out through the envelope opening.

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Carefully push out the corners and smooth the seams. Avoid aggressively pressing the three-dimensional roses because you want to preserve their sculpted texture.

Insert a cushion form through the envelope opening and distribute the filling evenly into all four corners.

If desired, add piping around the outer edge or finish with a simple hand-sewn detail. The tutorial graphic presents both as optional finishing choices.

Final Measurements and Finishing Tips

The target finished size is 40 cm × 40 cm (approximately 16 in × 16 in). Small variations are normal, particularly because quilting can cause minor shrinkage.

The rose sizes do not need to be perfectly identical. In fact, a combination of approximately 12 cm, 15 cm, and 18 cm flowers gives the surface a more interesting composition.

For the closest match to the reference design, combine deep red, burgundy, violet, lavender, cream, white, and pink flowers with dark and medium green leaves.

Secure every dimensional rose carefully. A decorative cushion can still experience pulling and handling, so the flowers should be attached at multiple points rather than only around their outer edges.

When washing is necessary, follow the care requirements of your chosen fabrics and batting. Because of the dimensional construction, gentle handling will help preserve the rose shapes.

Your finished project should have a richly layered floral front, visible spiral quilting, dimensional roses, textured green leaves, and a practical envelope-style back—creating the same

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handcrafted rose appliqué cushion appearance shown in the tutorial graphic.