



Sunflower Appliqué Pillow Sewing Tutorial

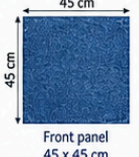
Step by step to make this beautiful cushion

A little happiness for your home!

Materials (U.S. fabrics and supplies)

- Denim fabric (outer panels) 45 x 45 cm (2 pieces)
- Yellow cotton fabric (for petals)
- Brown cotton fabric (for center)
- Fabric for back or envelope closure 45 x 45 cm (2 pieces)
- Pillow insert 40 x 40 cm (16" x 16") or fiberfill
- Matching thread
- Sewing pins
- Fabric scissors
- Fabric marker or chalk

Cutting Measurements (in cm)



Front panel
45 x 45 cm



Back panels
45 x 45 cm (x2)



Petal (x16)
10 cm x 6 cm



Center circle (1x)
18 cm diameter

Add 1 cm seam allowance to all pieces.

Step by Step Instructions

1



Trace and cut the petals
Cut 16 petals using the template. Add seam allowance (1 cm).

2



Prepare the center
Cut 1 circle (18 cm). You can add hand stitches for a textured look using embroidery thread.

3



Arrange the sunflower
Place the petals around the center to check the position. Pin in place.

4



Sew the petals
Appliqué the petals to the front panel using a straight stitch or decorative stitch. Repeat until all petals are sewn.

5



Finish the appliqué
Sew the center circle. Add decorative stitches if desired (hand or machine).

6



Prepare the front panel
Your appliqué panel is ready!

7



Make the back (envelope style)
Hem one long edge of each back panel (fold 1 cm + 2 cm and stitch).

8



Overlap the back panels
Place the back panels right sides up, overlapping by about 10 cm.

9



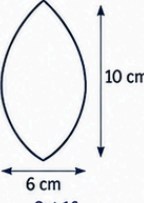
Sew the pillow
Place the front panel right side down with the back panels. Pin and sew around all sides (1 cm seam allowance). Trim the corners.

10



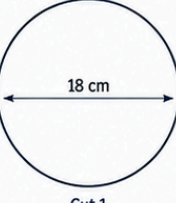
Turn and finish
Turn right side out, insert the pillow form, and adjust the corners. Your beautiful sunflower pillow is ready!

Petal Template
(actual size)



10 cm
6 cm
Cut 16
(1 cm seam allowance)

Center Circle Template
(actual size)



18 cm
Cut 1
(1 cm seam allowance)

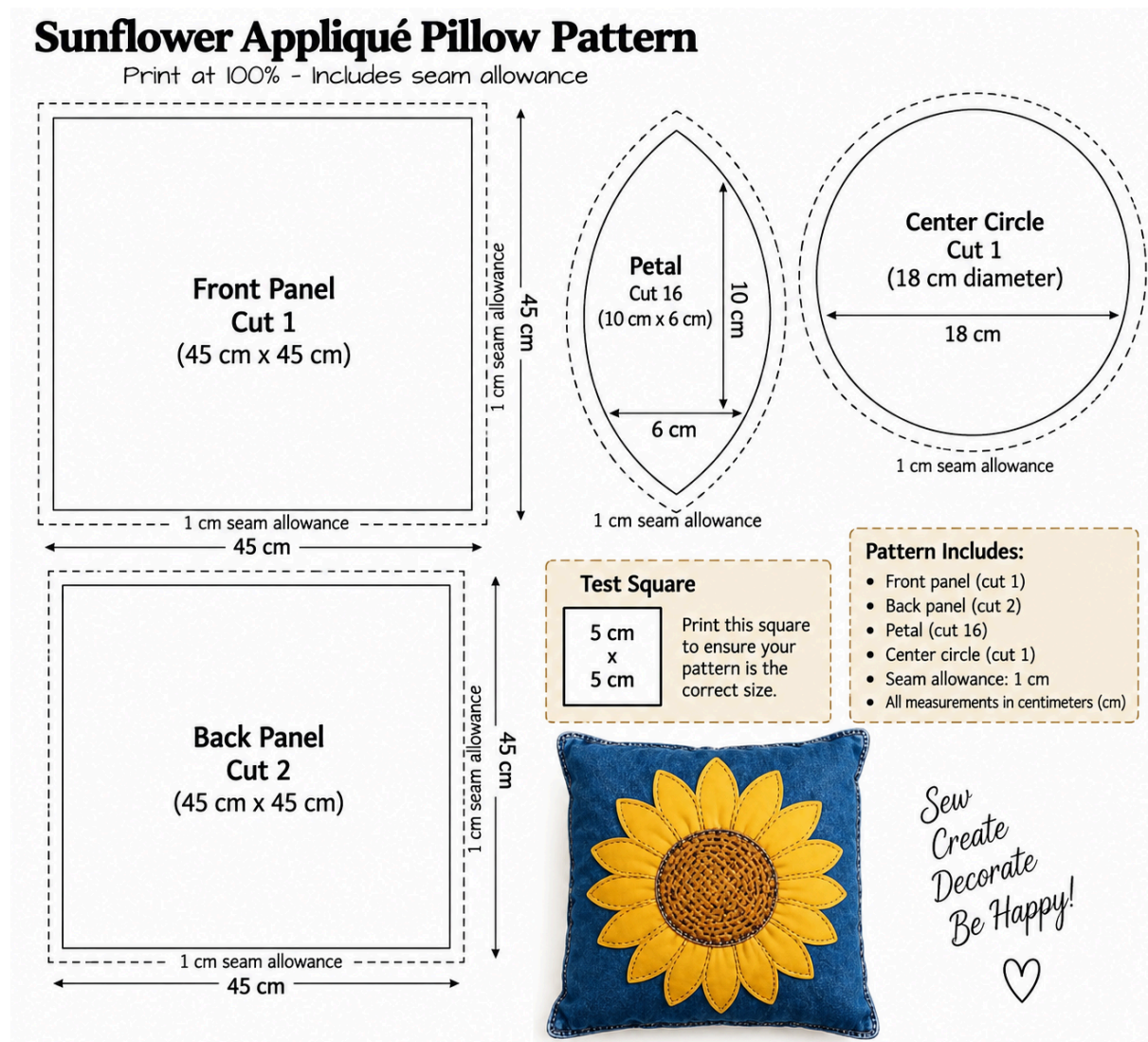
Main Sewing Methods Used

- ✓ Tracing and cutting
- ✓ Seam allowance (1 cm)
- ✓ Appliqué (machine or hand sewing)
- ✓ Straight stitch
- ✓ Decorative stitch (optional)
- ✓ Hemming
- ✓ Envelope closure
- ✓ Sewing and turning
- ✓ Topstitching

Useful Tips

- ★ Use 100% cotton quilting fabrics (Robert Kaufman, Moda, Riley Blake are great options in the U.S.).
- ★ Prewash fabrics to avoid shrinking.
- ★ Use contrasting thread for a handmade look.
- ★ You can quilt the front panel for more texture.
- ★ For a different look, try linen or canvas fabric.
- ★ This pattern also works for other flower designs!
- ★ Perfect for home décor or as a handmade gift!

Sew Create Be Happy!



Sunflower Appliqué Pillow Sewing Tutorial 🌻

This Sunflower Appliqué Pillow is a cheerful sewing project that combines a denim-style pillow cover with a large yellow sunflower appliqué and a textured brown center. Based closely on the tutorial graphic, the finished pillow measures approximately 40 × 40 cm (16 × 16 inches), making it a practical size for a sofa, chair, bed, or handmade home décor display.

The project uses straightforward sewing techniques that are accessible to beginners while still offering plenty of

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opportunities for experienced sewists to add decorative details. You will work with tracing, cutting, appliqué, straight stitching, decorative stitching, hemming, an envelope closure, sewing and turning, and topstitching.

All measurements below are given in centimeters, just like the graphic. For U.S. sewists, familiar inch equivalents are included where they are especially useful.

Step 1: Gather the Fabric and Sewing Supplies

Start by preparing everything before cutting. Having the complete set of materials nearby makes it much easier to keep the sunflower symmetrical and the finished pillow neatly constructed.

For the main pillow, use a medium-weight denim fabric or denim-look cotton. The graphic calls for pieces approximately 45 × 45 cm (17.7 × 17.7 inches). This gives you enough material for the seams and finishing while producing a pillow of roughly 40 × 40 cm (16 × 16 inches).

For the sunflower petals, choose yellow 100% cotton quilting fabric. A solid golden yellow works beautifully because the decorative stitching remains visible. You can also use several coordinating shades of yellow if you want the petals to have more variation.

Use brown cotton fabric for the sunflower center. A textured print can imitate the natural seed pattern of a sunflower. The illustrated project also uses decorative stitching over this piece to create additional dimension.

You will also need matching sewing thread, contrasting decorative thread, fabric scissors or a rotary cutter, sewing pins or clips, a fabric marker or tailor's chalk, an iron, an

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ironing surface, and a sewing machine. Fusible appliqué web is optional but can make positioning the petals easier.

Finally, prepare a 40 × 40 cm (16 × 16 inch) pillow insert. Polyester fiberfill can also be used if you prefer to make a permanently stuffed cushion rather than a removable envelope-style cover.

Step 2: Prepare and Cut the Pillow Panels

Following the graphic, begin with a 45 × 45 cm front panel. Keep the fabric grain straight while measuring so that the finished pillow does not twist after sewing.

The tutorial uses a 1 cm seam allowance as its standard sewing allowance. Mark the measurements carefully on the wrong side of your fabric before cutting.

For the back, the graphic demonstrates an envelope-style closure. Prepare two back sections large enough to overlap at the center of the finished pillow. The overlap should be approximately 10 cm after the raw opening edges have been hemmed.

Because the graphic simplifies the back-panel dimensions, the important construction principle is to size the two back sections so that, after hemming, their combined width includes approximately 10 cm of overlap while matching the front panel around all four outside edges.

Before continuing, place the back sections over the front panel as a quick test. Their outer edges should align with the front panel, while the hemmed inner edges overlap in the middle.

Press all pieces before adding the appliqué. A flat front panel is particularly important because puckering underneath the

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sunflower will become much harder to correct after the appliqué is stitched.

Step 3: Make the Sunflower Petal Template 🌻

The tutorial graphic specifies 16 petals, with each petal measuring approximately 10 cm long × 6 cm wide.

Create one symmetrical petal template first. Fold a piece of paper vertically, draw half of the petal shape, and cut through both layers. When you unfold the paper, both sides should match.

The petal should have a rounded-to-pointed shape: widest around the middle and narrowing toward both ends. Keep the bottom slightly less pointed if it will be hidden beneath the flower center.

Trace the template onto the yellow fabric until you have 16 matching petals. Arrange the shapes efficiently to avoid wasting fabric, but leave sufficient space between them for accurate cutting.

The graphic specifies a 1 cm seam allowance. If you are constructing turned appliqué pieces, include this allowance around the template. For raw-edge or fusible appliqué, you can instead adapt the cutting line to the appliqué method you prefer.

After cutting, arrange all 16 petals in a circle on your work surface. Do this before sewing anything. It allows you to check that the petals are visually consistent and that their widths create a balanced sunflower.

Step 4: Prepare the 18 cm Sunflower Center

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The center is one of the strongest visual features of the pillow. According to the graphic, prepare one center circle measuring approximately 18 cm in diameter.

Use a compass, circular template, plate, or other round object to draw an accurate circle. Transfer the shape to your brown cotton fabric.

If following the illustrated decorative style, add stitching across the brown center before attaching it permanently. Rows of crossing stitches, curved lines, or a loose grid can suggest the densely packed seeds of a real sunflower.

For a dimensional effect, you can place a thin piece of batting or lightweight fusible fleece underneath the center. Keep it subtle; excessive padding can make the appliqué difficult to stitch smoothly.

The edge can be finished with a contrasting dark brown thread. A narrow satin stitch, blanket stitch, or closely spaced decorative stitch can all create the defined outline visible in the reference project.

Press the finished center gently from the reverse side. Avoid flattening any dimensional stitching you intentionally created on the front.

Step 5: Arrange the 16 Sunflower Petals

Lay the 45 × 45 cm front panel right side up on a large, flat surface. Mark its horizontal and vertical center using removable fabric chalk.

Begin positioning the 16 yellow petals around this center point. The narrow inner ends should point toward the middle and will eventually be covered by the brown center circle.

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Start with four petals at approximately the top, bottom, left, and right positions. These establish the basic symmetry of the flower.

Next, place petals between those four anchor points. Continue filling the spaces until all 16 petals form an even circle.

Step back and look at the arrangement before pinning. Check that the flower is centered and that the distance between the outer petal tips and the pillow edges is reasonably consistent.

When satisfied, secure each petal with pins, temporary fabric adhesive, or fusible appliqué web. Do not attach the brown center yet if it prevents you from easily stitching around the inner areas of the petals.

Step 6: Appliqué the Petals to the Front Panel

Take the prepared front panel to your sewing machine. Use a needle suitable for the combined weight of the cotton appliqué and denim background.

Stitch around each petal individually. The graphic suggests either a straight stitch or decorative stitch.

For the handcrafted appearance shown in the project, stitch close to the petal edge while maintaining a consistent distance all the way around.

Move slowly near the pointed ends. Stop with the needle down, lift the presser foot, rotate the fabric, lower the foot, and continue. This produces a much cleaner point than trying to force the fabric around a tight curve.

Repeat the process for all 16 petals. Check the back occasionally to make sure the thread tension is balanced and there are no large loops.

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Once all petals are attached, you can add a second decorative line inside each petal. These inner stitching lines imitate the vein-like details visible in the tutorial graphic and make the sunflower appear more dimensional.

Step 7: Attach and Decorate the Sunflower Center

Place the prepared 18 cm brown circle over the inner ends of the petals. Center it carefully.

The circle should cover the petal bases and create a clean transition between the yellow petals and brown center.

Pin or temporarily fuse the circle into position. Smooth it outward from the middle before stitching so there are no folds underneath.

Sew around the entire circumference. Keep your stitching smooth by rotating the pillow panel gradually rather than making large directional changes.

For the rustic appearance of the reference pillow, use visible decorative stitching around the circumference. A dark brown outline provides particularly strong contrast against the yellow petals.

At this point, the sunflower appliqué front panel is essentially finished. Give it a gentle press from the wrong side and check for loose threads before constructing the pillow cover.

Step 8: Make the Envelope-Style Back

The envelope closure eliminates the need for a zipper, making this project particularly approachable for newer sewists.

Take your two back sections and identify the edges that will form the center opening.

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Turn one raw opening edge under approximately 1 cm, press it, then fold it again approximately 2 cm. Press thoroughly to create a neat double-fold hem.

Repeat the same process on the second back section. Stitch close to the inner folded edge of each hem using a straight stitch.

Place the pieces over the front panel temporarily and adjust their position until you have an overlap of approximately 10 cm, consistent with the graphic.

The right sides of both back sections should ultimately face the appliqué side of the front panel when you assemble the pillow.

Step 9: Assemble and Sew the Pillow Cover

Place the completed sunflower front panel on your work surface with its right side facing upward.

Position the first back section over it with its right side facing downward. Align its outside edges with the corresponding edges of the front panel.

Add the second back section in the same way. Its finished opening edge should overlap the first section by approximately 10 cm.

Pin or clip all the way around the pillow. Pay special attention to the areas where the two back pieces overlap because several fabric layers meet there.

Using the tutorial's 1 cm seam allowance, sew around all four sides. Backstitch at the beginning and end, and reinforce the sections where the envelope opening meets the outside seam.

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Trim excess bulk from the corners without cutting through the stitching. This helps the corners turn more cleanly.

Step 10: Turn, Press, and Finish the Pillow ✨

Reach through the envelope opening and carefully turn the pillow cover right side out.

Use a blunt point turner, chopstick, or similar sewing tool to gently push out each corner. Avoid scissors or other sharp objects that might puncture the seam.

Smooth the outside seams between your fingers and press the pillow cover. Protect the dimensional sunflower appliqué by pressing mainly from the reverse or using a pressing cloth.

For additional definition, you can topstitch around the outer edge. This is optional, but it can complement the decorative stitching around the sunflower.

Insert the 40 × 40 cm (16 × 16 inch) pillow form through the envelope opening. Push the insert completely into all four corners.

Adjust the petals and center gently with your hands. Your Sunflower Appliqué Pillow is now complete.

Main Sewing Methods Used

This project combines several useful techniques that can be reused in many future quilting and home décor projects: tracing and cutting, working with a 1 cm seam allowance, appliqué, straight stitching, optional decorative stitching, hemming, creating an envelope closure, sewing and turning, and topstitching.

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For the appliqué itself, machine sewing is the quickest approach, but the petals and center can also be attached using hand appliqué techniques. Hand stitching will produce an especially charming handmade appearance.

A contrasting thread emphasizes the flower outline, while matching yellow thread produces a softer result. Decorative stitching can also be added through the center and petals to mimic the details visible in the original cushion.

If the denim is particularly heavy, test your machine settings on scraps before beginning. A denim/jeans needle may handle multiple layers more reliably than a lightweight universal needle.

For quilting cotton combined with medium-weight denim, pressing after each construction stage will help keep the project crisp and manageable.

Always make a small test sample before committing to highly visible decorative stitches on the actual sunflower.

Fabric Tips for U.S. Sewists

For a result similar to the graphic, choose 100% cotton quilting fabric for the sunflower petals. Quilting cotton is easy to trace, cut, press, and appliqué.

Medium-weight denim is ideal for the background because it provides enough structure to support the large flower. Very heavy jeans denim can make the corners and overlapping back closure unnecessarily bulky.

Prewash and dry your fabrics before cutting if you expect the finished cover to be machine washed. Cotton and denim can shrink at different rates.

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You can substitute linen, canvas, cotton duck, or sturdy home décor fabric for the denim if desired. Just make sure the front panel is strong enough to support the large appliqué.

For more dimension, add lightweight batting behind the front panel and quilt around the sunflower before assembling the pillow.

Most importantly, preserve the project's key proportions: a 40 × 40 cm finished pillow, approximately 45 × 45 cm cutting area for the main panel, 16 petals around 10 × 6 cm, an 18 cm center circle, approximately 1 cm seam allowance, and roughly 10 cm of overlap for the envelope closure. Those proportions create the large, bold sunflower appearance shown in the tutorial graphic.