



MATERIALS



- 100% cotton quilting fabric
- Cutting mat and rotary cutter
- Quilting ruler
- Pins or clips
- Sewing machine
- Iron and ironing board
- Matching thread

FABRIC CUTTING GUIDE (in cm)

You will need fabric strips and squares as below.

	Dark pink (outer border)	5 cm x 30 cm (4)
	Medium pink	5 cm x 25 cm (4)
	Light pink	5 cm x 20 cm (4)
	Cream floral	5 cm x 15 cm (4)
	Green print	5 cm x 15 cm (4)
	Center square (green)	5 cm x 5 cm (1)

FINISHED MEASUREMENT

Block: 30 cm x 30 cm
(includes 0.7 cm seam allowance)

1 Cut the Pieces



Cut all fabric pieces according to the measurements above.

2 Make the Center



5 cm x 5 cm

Start with the center square (5 cm x 5 cm).

3 Add the First Round



Sew two small dark pink pieces (5 cm x 10 cm trimmed to fit) on the sides. Press the seams open.

4 Add the Next Pieces



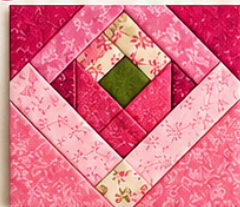
Add cream floral strips on the top and bottom. Trim and press.

5 Continue Building



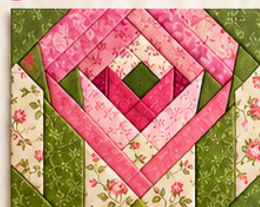
Sew light pink strips on the sides, then at the top and bottom. Press after each seam.

6 Keep Adding Rounds



Continue adding medium pink strips in the same way: sides, top, bottom. Always press the seams open.

7 Add Green Sections



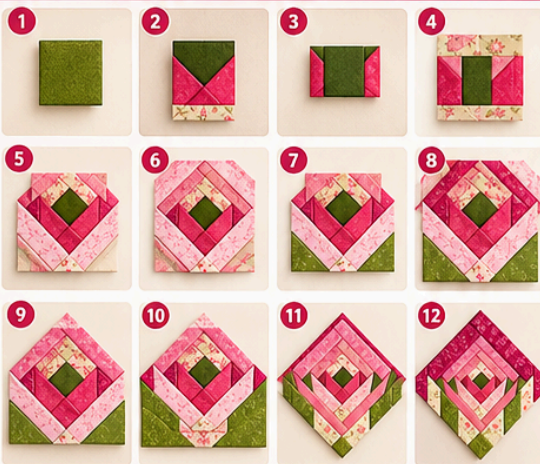
Sew green print strips to the sides, then to the top and bottom.

8 Final Round



Add the outer dark pink strips to complete the 30 cm x 30 cm block. Trim the block if needed and press.

STEP-BY-STEP SEWING SEQUENCE



SEWING METHODS USED



1. Accurate cutting with rotary cutter



2. Straight stitch (0.7 cm seam allowance)



3. Press seams open after each step



4. Trim edges to keep the block square



5. Use a quilting ruler for precision



6. Repeat the block to make larger projects

IDEAS FOR USE



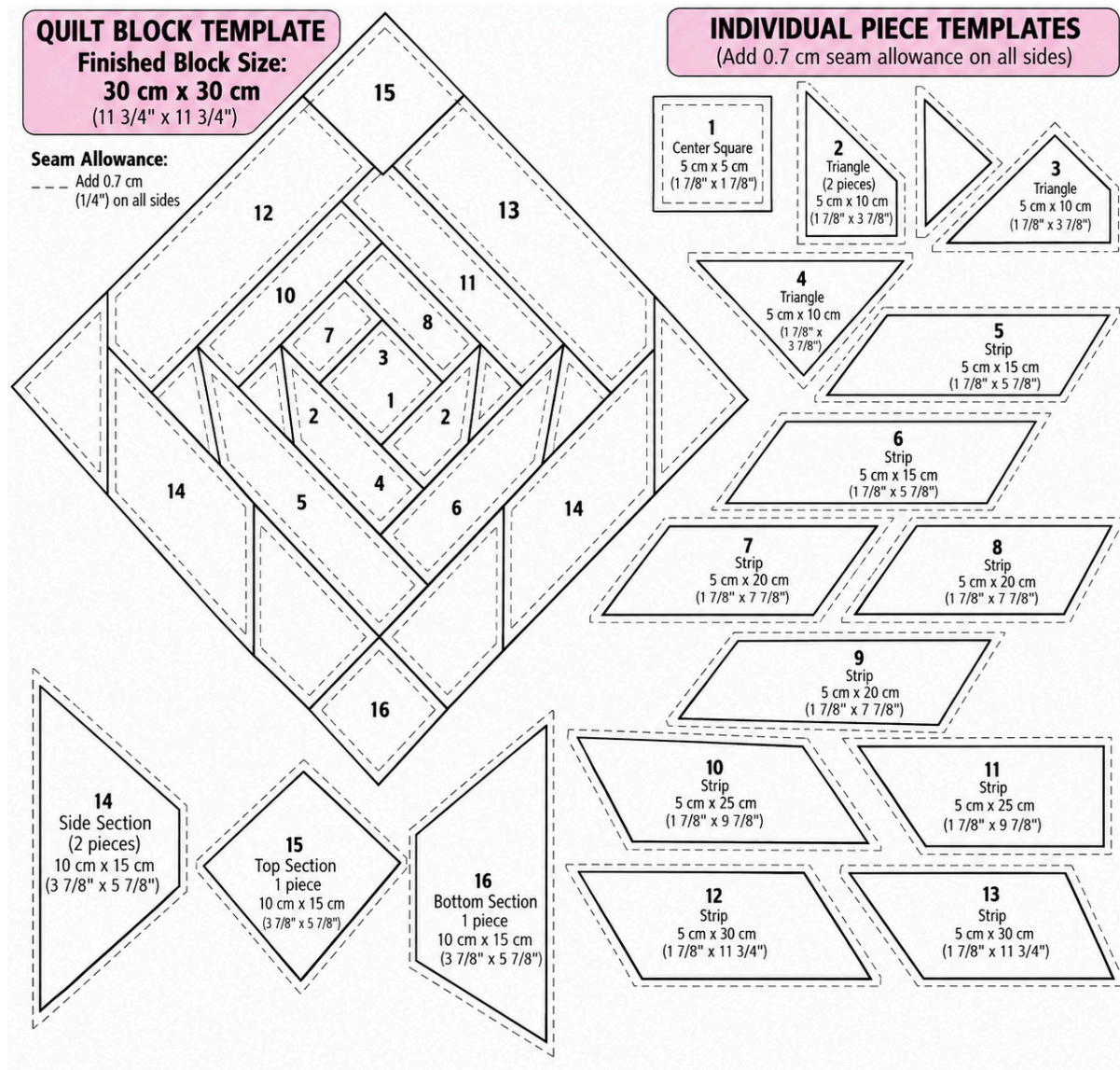
Pillow Cover



Table Runner



Quilt



Pink and Green Pineapple-Style Quilt Block Tutorial

This beautiful pink and green quilt block combines the layered look of a traditional pineapple-style block with floral fabrics and pointed geometric sections. The finished block shown in the tutorial measures approximately 30 cm x 30 cm (11 3/4" x 11 3/4"), including a 0.7 cm (1/4") seam allowance.

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The project works especially well with 100% quilting cotton because cotton is stable, easy to cut accurately, and presses into crisp seams. The design begins with a small green center square and grows outward in rounds using pink, floral cream, and green fabrics.

Accuracy is important for this block. Cut carefully, maintain the same seam allowance throughout the project, and press after every addition. Small variations near the center can become much more noticeable as additional rounds are added.

Materials and Fabric Preparation

For this project, gather 100% cotton quilting fabric, a sewing machine, coordinating thread, rotary cutter, cutting mat, quilting ruler, pins or sewing clips, scissors, and an iron with an ironing board or pressing mat.

The color arrangement in the tutorial uses dark pink, medium pink, light pink, cream floral, green print, and solid or tone-on-tone green. You can reproduce these colors closely or select equivalent fabrics from your own collection.

According to the graphic, prepare the following main pieces:

- Dark pink outer border: 4 strips measuring approximately 5 cm × 30 cm
- Medium pink: 4 strips measuring approximately 5 cm × 25 cm
- Light pink: 4 strips measuring approximately 5 cm × 20 cm
- Cream floral: 4 strips measuring approximately 5 cm × 15 cm
- Green print: 4 strips measuring approximately 5 cm × 15 cm
- Green center square: 1 square measuring 5 cm × 5 cm

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Because this is a layered geometric design, some strips will be trimmed to fit during construction. Having slightly longer strips available can actually make piecing easier. Sew the piece in place first and then trim the excess accurately with your quilting ruler.

Before cutting, press all the fabrics. Wrinkles can affect measurements enough to create alignment problems later. Place the fabric on the cutting mat, square one edge, and then cut the strips with a rotary cutter and quilting ruler.

A 0.7 cm (1/4") seam allowance should be used consistently. If your sewing machine has a quarter-inch presser foot, this is an excellent project for using it.

Step 1: Cut and Organize the Pieces

Begin by cutting the 5 cm × 5 cm green center square. This is the visual starting point of the entire block, so make sure all four corners are square.

Next, prepare the smaller pink pieces that form the first pointed sections around the center. The graphic shows these pieces being sewn against opposite sides of the center before the next fabrics are added.

Cut the cream floral and pink strips according to the approximate dimensions above. Keep each color group together so that you can easily maintain the intended sequence.

Prepare the green printed pieces separately. These appear primarily toward the outer lower portion of the block and provide strong contrast against the pink center.

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Finally, prepare the longer dark pink strips. These pieces form the strong outer framing area visible across the upper half of the finished block.

A helpful quilting habit is to arrange all your cut pieces on a table in roughly the same order in which they will be sewn. This allows you to check the color progression before stitching anything permanently.

Step 2: Make the Green Center Square

Place the 5 cm × 5 cm green square right side up on your work surface. Think of this square as the anchor for every subsequent round.

Position a small pink piece against one side with right sides together. Align the raw edges carefully and sew using the 0.7 cm seam allowance.

Open the pink piece away from the green square and press the seam. Repeat on the opposite side so that the center begins to develop a symmetrical appearance.

The pink pieces can extend beyond the edges at this stage. After pressing, use your ruler and rotary cutter to trim the excess, following the developing geometry of the block.

Add the next pair of pieces to the remaining sides. Sew, open, press, and trim them in the same manner.

After completing this first section, place a small quilting ruler over the center. Check that the green square remains centered and that the surrounding pink points are reasonably symmetrical before continuing.

Step 3: Add the First Floral Round

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The next stage introduces the cream floral fabric. This softer print separates the intense pink center from the additional pink rounds that follow.

Position a cream floral strip across one side of the developing unit. Keep right sides together and align the raw edge.

Stitch using the same 0.7 cm (1/4") seam allowance. Open the strip and press it carefully.

Add a matching cream floral strip to the opposite side. Press again before proceeding to the remaining sides.

Continue until the floral fabric creates the next visible layer around the center. Trim the ends so that the block retains its clean geometric shape.

Do not skip pressing between additions. Pressing after every seam is one of the most important techniques in this project because it prevents accumulated distortion.

Step 4: Build the Light Pink Sections

Now introduce the light pink fabric. Sew a strip to one side of the block with right sides together.

Open and press the strip, then trim the ends to follow the angle of the previous pieces. Repeat on the opposite side.

Add the next two light pink sections in the same way. The design should gradually begin to resemble nested diamonds or a stylized flower.

At this stage, watch the points carefully. You want the intersections to remain visible rather than disappearing into the next seam.

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If one strip seems slightly too long, do not attempt to force it into position. Sew it naturally and trim after pressing.

Continue checking the block with your ruler. Accurate trimming between rounds makes the following strips considerably easier to attach.

Step 5: Continue with the Medium Pink Round

The medium pink strips create another prominent round. Their stronger color helps define the layered geometry.

Attach the first strip along one side, maintaining the same quarter-inch seam. Press it open before attaching its opposite partner.

Continue with the remaining sides. Work systematically rather than sewing pieces randomly around the block.

As each strip is added, align its center with the centerline of the block whenever possible. This helps maintain symmetry.

Press the seams carefully without aggressively stretching the fabric. Some edges may behave similarly to bias edges and can distort if pulled while hot.

Use your quilting ruler to remove uneven ends after each pair of strips.

When this stage is finished, the center should show several clearly defined layers of green, pink, and floral fabric.

Step 6: Create the Pointed Floral Effect

One of the most attractive features of this block is the series of pointed shapes visible across its lower half. These points are created through careful placement and trimming rather than complicated curved piecing.

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Position the pink and floral pieces so their angled ends overlap visually toward the center. Sew each piece with the standard seam allowance.

Open the fabric after sewing and check the direction of the point before trimming.

Repeat on the opposite side so the design stays balanced. Then continue with the corresponding pieces above or below the center as indicated by the sequence.

Use the seam intersections as visual references. Each new point should relate to the previous layer rather than appearing isolated.

A rotating cutting mat can be useful here because you can turn the block without repeatedly lifting and repositioning it.

Continue until the distinctive nested V-shaped pink sections shown in the graphic have developed.

Step 7: Add the Green Outer Sections

The green sections provide visual balance and make the pink center stand out. Begin by positioning a green print strip along one side of the developing block.

Sew with right sides together, then open and press.

Repeat on the opposite side. After pressing both pieces, trim the excess so the edges remain straight.

Add the next green sections toward the lower portion of the block. The combination of green print and cream floral fabric creates the leafy appearance surrounding the pink center.

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Check that the green pieces mirror one another as closely as possible. They do not need to be mathematically perfect, but good alignment produces a much cleaner finished block.

Continue pressing and trimming after every seam until the lower outer portion is completely formed.

Step 8: Complete the Dark Pink Outer Round

The final major construction stage uses the dark pink strips. These pieces create the strong outer border seen across the upper portion of the finished block.

Position the first long strip with right sides together against the appropriate edge. Pin or clip it if necessary.

Sew using the 0.7 cm seam allowance, then open and press.

Add the corresponding strip to the opposite edge. Continue around the block according to the same sides-first, top-and-bottom construction sequence used for the previous rounds.

Because these strips are longer, take extra care not to stretch them while sewing. Let the feed dogs move the fabric naturally beneath the presser foot.

Once all outer sections are attached, press the entire block carefully from both sides.

Step 9: Square and Trim the Finished Block

Place the completed block on your cutting mat and position a large quilting ruler over it.

The tutorial aims for a finished block of approximately 30 cm × 30 cm (11 3/4" × 11 3/4"), including the seam allowance indicated in the graphic.

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Locate the visual center before trimming. Removing too much from one side can make the nested design appear off-center.

Trim one edge, rotate the block, and use that finished edge as the reference for the next cut.

Check all four corners. They should form clean right angles even though the internal design creates a strong diamond effect.

After squaring, give the block one final press. The completed unit is now ready to be incorporated into a larger quilting project.

Essential Sewing Methods Used in This Quilt

Accurate rotary cutting is the first essential technique. Straight, correctly measured pieces dramatically improve the finished result.

The second is a straight stitch with a consistent 0.7 cm (1/4") seam allowance. Avoid changing seam width between rounds.

Another important method is pressing after each seam. Place the iron down rather than moving it aggressively back and forth, especially around angled edges.

Trimming after each stage keeps the block controlled. Do not wait until the very end to correct every uneven edge.

Using a quilting ruler throughout construction allows you to check both dimensions and angles.

Finally, repeat the same sequence when making multiple blocks. Consistency is especially important if several blocks will eventually be joined into a quilt.

Turning the Block Into a Pillow Cover

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A single finished block can make an attractive decorative pillow cover.

Once the block is completed, add batting and backing fabric if you want a quilted front. Quilt along the geometric seams or use simple straight-line quilting.

Trim the quilted front back to the required pillow dimensions.

Prepare an envelope-style or zippered backing and place it against the quilted front with right sides together.

Sew around the outside, finish the raw edges if desired, and turn the cover right side out.

Press gently and insert the pillow form.

Turning Several Blocks Into a Table Runner

Make three or more matching blocks for a quilted table runner.

Arrange the blocks in a row before joining them. You can keep every block facing the same direction or rotate alternating blocks for a more dynamic geometric effect.

Sew the blocks together using the same 0.7 cm seam allowance.

Add borders if you want additional length or visual separation around the design.

Layer the completed runner top with batting and backing fabric, then quilt through all three layers.

Finish the perimeter with traditional quilt binding.

Making a Larger Quilt 

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For a larger quilt, repeat the block as many times as necessary for your desired dimensions.

Lay all completed blocks on the floor or a design wall before joining them. This allows you to distribute the dark pink, green, and floral areas evenly.

Join individual blocks into horizontal rows.

Press the row seams in alternating directions when appropriate so adjoining intersections can nest neatly.

Sew the completed rows together and press the quilt top.

Finally, create the traditional quilt sandwich using the quilt top, batting, and backing, quilt the layers together, square the outer edges, and add binding.

Helpful Tips for a Cleaner Finish

Always test your 1/4-inch seam on scrap fabric before starting. Even a small difference in seam width can become significant after several rounds.

Press instead of stretching. Angled fabric pieces can distort more easily than ordinary straight-grain squares.

Use a fresh rotary-cutter blade when possible. Clean cuts are particularly valuable for the long strips and pointed sections.

Keep the color sequence visible while working. A quick reference photo of your planned layout can prevent accidentally reversing two fabrics.

Trim progressively rather than trying to correct the entire block at the end.

Most importantly, prioritize consistency. A block with consistent seams and careful pressing will usually look

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cleaner than one made quickly in an attempt to achieve perfect points.

With the final press complete, your 30 cm × 30 cm pink and green quilt block is ready to become a pillow, table runner, wall hanging, bag panel, or part of a larger quilt. The repeated construction method also makes this an excellent design for practicing rotary cutting, straight piecing, geometric trimming, accurate seam allowances, and precision pressing.