



Fabric Flower Quilt Block

Step-by-Step Tutorial

Finished Size



Fabric Requirements

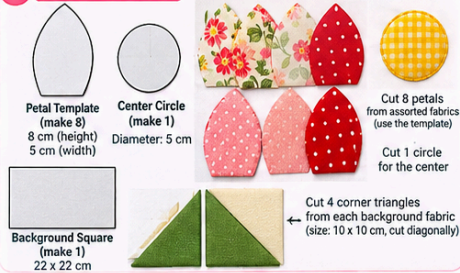
Background fabric 1	22 x 22 cm (light cream)
Background fabric 2	22 x 22 cm (green)
Petal fabric A	10 x 10 cm
Petal fabric B	10 x 10 cm
Petal fabric C	10 x 10 cm
Petal fabric D	10 x 10 cm
Center fabric	8 x 8 cm (yellow gingham)

Tools and Materials



- Fabric (100% cotton quilting fabric)
- Rotary cutter or fabric scissors
- Cutting mat and ruler
- Pins or fabric clips
- Sewing machine
- Matching thread
- Fusible web (for appliqué)
- Iron
- Quilting ruler
- Optional: embroidery thread (for decorative stitches)

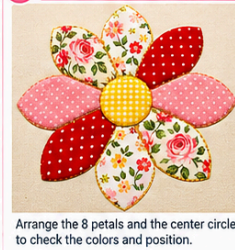
1 Cut the Pieces



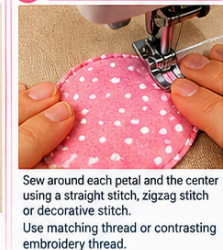
2 Prepare the Appliqué Pieces



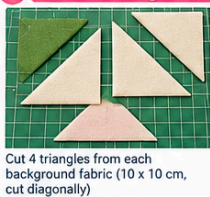
3 Arrange the Flower



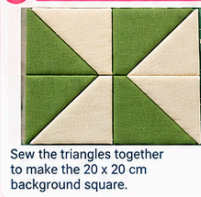
4 Appliqué the Flower



5 Make the Background



6 Sew the Background



7 Attach the Appliqué



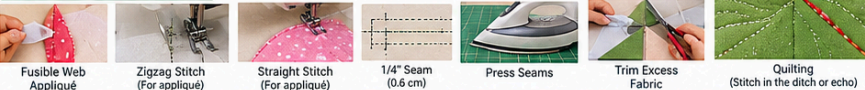
8 Quilting (Optional)



9 Final Block

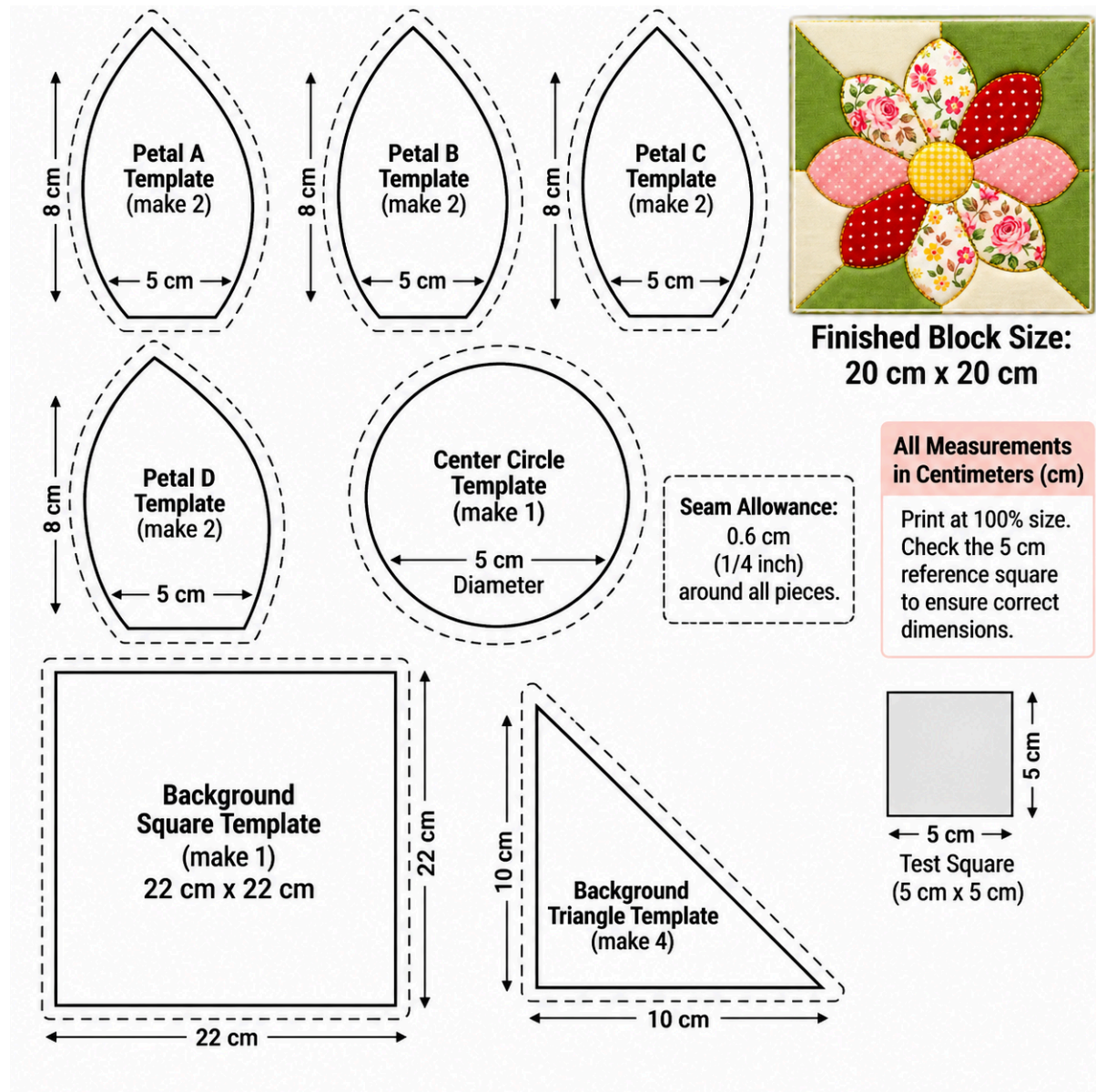


Main Sewing Methods Used



Tips for Success

- ✓ Use 100% cotton quilting fabric.
- ✓ A fusible web makes appliqué easier.
- ✓ Keep a 0.6 cm seam allowance (1/4 inch).
- ✓ Press each step for a neat result.
- ✓ Choose fabrics with good contrast.
- ✓ Use decorative stitches to highlight the design.
- ✓ This block can be used for quilts, cushions, bags and more!



Fabric Flower Quilt Block – Complete Step-by-Step Tutorial

This Fabric Flower Quilt Block is a cheerful appliqué project that combines a geometric pieced background with eight colorful fabric petals and a round center. Based on the tutorial graphic, the finished block measures approximately 20 cm × 20 cm (7.9 × 7.9 inches). The project is suitable for confident

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beginners and can be used as a quilt block, cushion panel, tote-bag feature, wall hanging, or part of a larger patchwork design.

The method combines techniques commonly used by quilters in the United States, including ¼-inch seam piecing, fusible-web appliqué, machine appliqué, pressing, and optional decorative quilting. The measurements below remain in centimeters so they stay consistent with the original tutorial graphic.

Step 1 – Gather the Tools and Materials

For the best result, use 100% quilting cotton. Cotton is easy to cut accurately, presses well, and provides enough stability for both the background and appliqué pieces.

You will need:

- Cream background fabric: approximately 22 × 22 cm
- Green background fabric: approximately 22 × 22 cm
- Assorted floral fabric for the petals
- Pink print fabric for the petals
- Red print fabric for the petals
- Additional coordinating floral fabric
- Yellow gingham fabric for the flower center
- Lightweight fusible web suitable for appliqué
- Matching sewing thread
- Optional contrasting or decorative thread
- Sewing machine
- Iron and ironing surface
- Rotary cutter and cutting mat, or sharp fabric scissors
- Quilting ruler
- Fabric marking pencil
- Pins or sewing clips
- Printed petal and circle templates

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Prewash your fabrics if you normally prewash quilting cotton. More importantly, press every fabric before cutting. Wrinkles can slightly distort small appliqué shapes and make accurate placement more difficult.

For the flower, the tutorial uses several prints instead of making every petal identical. This gives the block its scrappy, handmade character. Try combining floral, polka-dot, gingham, and small-scale prints while maintaining enough contrast against the background.

Step 2 – Prepare and Cut the Background Pieces

The background creates the geometric framework behind the flower. In the finished design, alternating cream and green sections point toward the center, creating a subtle pinwheel effect.

According to the tutorial, begin with background pieces measuring approximately 10 × 10 cm and cut them diagonally to produce the triangular sections. Prepare four cream triangles and four green triangles so that the colors can alternate around the block.

Arrange the triangles before sewing. Place one cream triangle beside one green triangle and continue alternating the colors around the center. The diagonal edges should visually lead toward the middle of the block.

For conventional U.S. quilting construction, use approximately a 0.6 cm seam allowance, which is essentially the standard ¼-inch quilting seam.

Sew the background units together with a straight stitch. Avoid pulling or stretching the diagonal edges because these edges are cut partly on the fabric bias and can distort more easily than straight-grain edges.

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After every seam, press carefully. You may press the seam allowances toward the darker green fabric where practical, or press them open if that produces a flatter intersection.

Continue assembling the units until you have a complete square. The tutorial aims for a 20 × 20 cm finished background. If necessary, square the block carefully with a quilting ruler, but avoid trimming excessively.

Step 3 – Make the Eight Fabric Petals

The flower requires eight petals. The tutorial template shows each petal at approximately 8 cm high × 5 cm wide.

Choose four coordinating fabrics and cut two petals from each fabric. For example, you could make:

- 2 floral rose petals
- 2 light floral petals
- 2 red dotted petals
- 2 pink dotted petals

This repetition creates balance without making the flower look overly uniform.

Place the fusible web with its paper side facing you. Trace the petal template eight times. Leave a little space between the traced shapes so they can be separated easily.

Rough-cut around each traced petal. Do not cut exactly on the final outline yet. Following the manufacturer's directions for your particular fusible web, fuse the adhesive side to the wrong side of the corresponding fabrics.

Allow the pieces to cool completely. Then cut each petal accurately along the traced outline.

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If you are using the separate printable pattern, remember that its dashed outer line represents the indicated 0.6 cm seam allowance. Decide whether you are making raw-edge/fusible appliqué or a turned-edge version before choosing which line to cut.

Step 4 – Prepare the Yellow Center Circle

The flower center is a simple circle measuring approximately 5 cm in diameter in the tutorial.

Trace one center circle onto fusible web and fuse it to the wrong side of the yellow gingham fabric. Once cool, cut the circle accurately.

The center is more important than it may initially appear. Besides providing contrast, it covers the inner ends of all eight petals and helps the flower look neatly assembled.

You can use another fabric if desired, but a bright yellow works especially well with the pink, red, cream, and green palette shown in the tutorial.

Set the circle aside temporarily. It will be attached after the petals have been positioned.

Step 5 – Arrange the Flower on the Background

Place the pieced background on a flat surface with the right side facing upward.

Find the exact center by gently folding the block in half horizontally and vertically and finger-pressing the center, or use a removable fabric marker and ruler.

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Position the eight petals around this point. Place their narrow ends toward the center and their rounded or pointed ends facing outward.

Before fusing anything, adjust the spacing. The petals should form an even circle with reasonably consistent gaps and angles.

A useful technique is to imagine a clock face. Position the first petals at approximately 12, 3, 6, and 9 o'clock, then place the remaining four between them. This makes an eight-petal arrangement much easier to balance.

Once you are satisfied, position the yellow circle over the inner petal ends. Compare the arrangement with the tutorial image and make any final adjustments.

Step 6 – Fuse the Appliqué Pieces

Carefully remove the paper backing from the fusible web on each petal.

Work one petal at a time so that your carefully planned arrangement does not shift. Return every piece to its original position.

When all eight petals are correctly arranged, follow the fusible-web manufacturer's temperature and pressing instructions. Usually, this involves placing the iron down for a short period rather than sliding it continuously across the appliqué.

Sliding the iron can move the petals before the adhesive has bonded.

After the petals have been secured, position the 5 cm yellow center circle over their inner ends and fuse it in place.

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Allow the block to cool on a flat surface. Check every petal edge. If an area has not bonded properly, press that section again according to the adhesive manufacturer's instructions.

Step 7 – Appliqué Around Every Petal

The graphic shows visible stitching around the flower pieces, which provides both decoration and reinforcement.

Set up your sewing machine with coordinating thread or use contrasting decorative thread if you want the stitching to become part of the design.

A zigzag stitch is a classic machine-appliqué choice. A narrow satin stitch can create a more finished appearance, while a regular zigzag produces a casual handmade effect.

You can also use a straight stitch close to the edge for a raw-edge appliqué style. On machines with decorative stitches, a blanket-style appliqué stitch is another attractive option.

Begin near the base of one petal and slowly sew around its entire perimeter. When approaching tight curves, reduce your speed. Stop with the needle down, raise the presser foot, pivot slightly, lower the foot, and continue.

Repeat this process for all eight petals.

Finally, stitch around the yellow center circle. Because it overlaps the inner petal ends, this final stitching helps visually unite the complete flower.

Step 8 – Add Optional Quilting

At this stage, the appliqué block itself is complete. However, if you are turning it into a quilted panel, cushion, wall hanging, or quilt, you can add a batting and backing layer.

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Make a traditional quilt sandwich:

Quilt top → Batting → Backing fabric

Smooth the layers carefully and baste them with your preferred method.

The tutorial suggests several quilting possibilities, including straight-line quilting, echo quilting, stitch-in-the-ditch quilting, and free-motion quilting.

For a beginner-friendly version, stitch along the seams of the geometric background. This technique is commonly called stitching in the ditch.

Another attractive option is echo quilting. Sew a line that follows the outside contour of each petal while keeping an even distance from the appliqué edge.

You can also quilt decorative lines into the green and cream background while leaving the flower comparatively simple. This adds texture without competing with the colorful prints.

Step 9 – Square and Finish the Block

After appliqué and quilting, place the block on your cutting mat.

Use a square quilting ruler to check the edges and corners. The tutorial's intended finished block measures approximately 20 × 20 cm.

Trim only what is necessary to straighten the block. Check the flower placement before trimming so that the design remains visually centered.

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If this block will become part of a larger quilt, remember to account for the seam allowance required when joining it to neighboring blocks.

For a cushion, you can add coordinating borders until the panel reaches the desired pillow size. For a tote bag, interface the finished panel before constructing the bag for additional stability.

If making a small wall hanging, add batting, backing, quilting, and binding just as you would for a miniature quilt.

Step 10 – Understanding the Main Sewing Methods Used

Fusible-Web Appliqué: This method uses a heat-activated adhesive between the appliqué fabric and background. It keeps the flower pieces stable while they are stitched permanently into place.

Zigzag Appliqué Stitch: The zigzag crosses the edge of the appliqué, helping prevent fraying while creating a visible decorative outline.

Straight-Stitch Appliqué: Stitching close to the raw edge gives the flower a lighter, less formal appearance. Some controlled fraying may occur over time, which can be part of the handmade aesthetic.

1/4-Inch Seam: American quilting commonly uses a 1/4-inch seam allowance, equivalent to approximately 0.6 cm. Maintaining a consistent seam allowance improves block accuracy.

Pressing Seams: Quilters generally press rather than aggressively iron pieced blocks. Lift and lower the iron instead

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of repeatedly moving it back and forth, which helps prevent distortion.

Stitch in the Ditch: Quilting directly along or extremely close to a pieced seam makes the quilting less noticeable while emphasizing the structure of the block.

Echo Quilting: Additional quilting lines follow the outline of an appliqué motif. On this project, echo quilting can beautifully emphasize the eight-petal flower.

Step 11 – Tips for a Professional-Looking Result 🌻

Always make a test appliqué from scrap fabric before stitching the actual flower. This lets you adjust stitch width, length, thread tension, and presser-foot pressure.

Use a fresh machine needle appropriate for quilting cotton. If the fusible adhesive makes stitching slightly more difficult, an appliqué or embroidery needle may provide cleaner results.

Keep your petal arrangement balanced rather than obsessing over absolute mathematical perfection. Handmade quilting naturally contains small variations.

Choose prints with different scales. Combining tiny dots, gingham, medium florals, and larger roses gives the flower visual variety.

Press the block from the back whenever possible after completing the appliqué. Excessive direct heat on fusible appliqué can sometimes affect the adhesive or flatten decorative stitching.

Most importantly, maintain the visual contrast shown in the tutorial: a relatively calm geometric background paired with a colorful eight-petal appliqué flower.

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Finished Fabric Flower Quilt Block

Your finished project should now feature a 20 × 20 cm quilt block, an alternating cream-and-green geometric background, eight appliqué petals, and a 5 cm center circle.

The same basic pattern can be adapted easily. Make several blocks with different scraps for a full flower quilt, enlarge the design for a cushion front, or use individual blocks for tote bags and wall décor.

Once you understand the basic construction, this is also an excellent scrap-fabric quilting project because each petal requires only a relatively small piece of fabric. By changing the prints while keeping the same template, every block can look unique while still coordinating beautifully with the others.

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