



Star and Berry Quilt Block Tutorial

Step-by-Step Guide with Measurements (in CM)

A beautiful traditional block combining Patchwork, Appliqué and Quilting

Materials

- ☐ 100% cotton quilting fabrics (in various prints)
- ☐ Batting (same size as block)
- ☐ Backing fabric (same size as block)
- ☐ Thread (matching colors)
- ☐ Rotary cutter, ruler and cutting mat
- ☐ Sewing machine
- ☐ Needle for hand appliqué (or fusible web)
- ☐ Iron and ironing board
- ☐ Scissors and pins
- ☐ Fabric pencil or chalk

Fabric Colors (Suggestion)

	Background
	Dark Blue
	Medium Blue
	Light Blue
	Green Check
	Green (Leaves)
	Red (Berries)

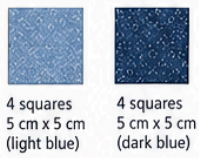
Key Techniques

- Half-Square Triangle (HST)
- Quarter-Square Triangle (QST)
- Four-Patch
- Appliqué (Leaves and Berries)
- Quilting
- Press seams flat after each step
- Use 0.75 cm seam allowance (1/4 inch)

Finished Block Size: 40 cm x 40 cm

1 Cutting the Pieces

Center Pinwheel (Half-Square Triangles)



4 squares 5 cm x 5 cm (light blue)
4 squares 5 cm x 5 cm (dark blue)

Flying Geese Units (Star Points)



8 squares 7 cm x 7 cm (blue fabrics)
4 squares 7 cm x 7 cm (background)

Inner Border (Green Check)



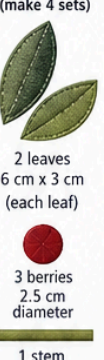
2 strips 21 cm x 2.5 cm (top and bottom)
2 strips 17 cm x 2.5 cm (sides)

Corner Background Squares



4 squares 7 cm x 7 cm

Appliqué Pieces (make 4 sets)



2 leaves 6 cm x 3 cm (each leaf)
3 berries 2.5 cm diameter
1 stem 8 cm x 0.5 cm

2 Make the Center Pinwheel



- Make 8 Half-Square Triangles (HST) (5 cm finished).



- Arrange and sew the 4 triangles into a Four-Patch.
- Center square size: 9 cm x 9 cm (finished).

3 Make the Inner Octagon



- Sew the green check strips to the sides of the center square.
- Add the top and bottom strips.
- The inner octagon will measure 17 cm x 17 cm (finished).

4 Make the Star Points



- Use the 7 cm squares to make Half-Square Triangles (HST).
- Arrange 8 star point units as shown.
- Each star point unit will measure 7 cm x 7 cm (finished).

5 Assemble the Center Section



- Sew the star points to the four sides of the center octagon.
- The block at this stage will measure 31 cm x 31 cm (finished).

6 Make the Appliqué Berries



- Prepare the appliqué pieces:
 - 2 leaves (6 cm x 3 cm each)
 - 3 berries (2.5 cm diameter each)
 - 1 stem (8 cm x 0.5 cm)
- Use hand appliqué or fusible web method.
- Position one set in each corner.
- Stitch with a small appliqué stitch or machine appliqué stitch.

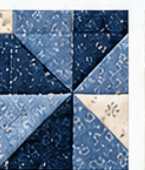
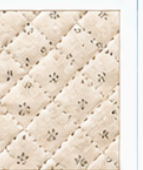
7 Final Assembly



- Add the corner background squares.
- Sew the appliqué berry branches in each corner.
- Your finished block will measure 40 cm x 40 cm.

Quilting Suggestions



Straight line quilting

Outline quilting around appliqué

Stitch in the ditch

Free-motion quilting in the background

Tips for Success

- Always press your seams.
- Use consistent 0.75 cm seam allowance (1/4 inch).
- Use quality cotton quilting fabrics.
- Keep your pieces organized.
- Try laying out all pieces before sewing.
- Take your time with the appliqué.
- Quilt as desired to give texture and stability.
- This block can be used for quilts, cushions, table runners, or wall hangings!



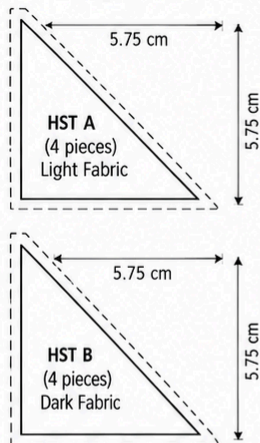
Happy Quilting!
Beautiful things are made one small piece at a time.

Star and Berry Quilt Block – Pattern Pieces

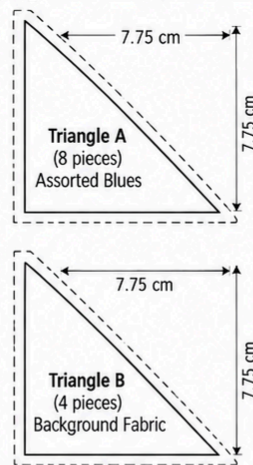
Print at 100% (no scaling) – All measurements are in centimeters (cm)

Seam Allowance
included: 0.75 cm
(1/4 inch)

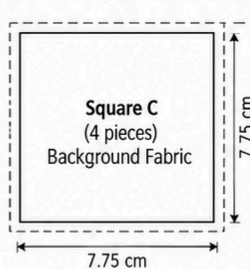
Center Pinwheel – Half-Square Triangles (HST)



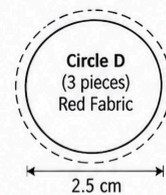
Flying Geese Units (Star Points)



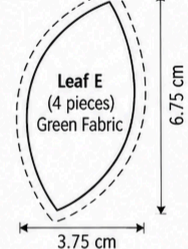
Corner Background Squares



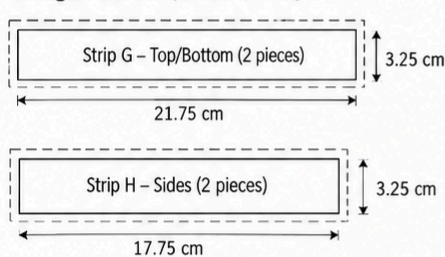
Berry (Circle)



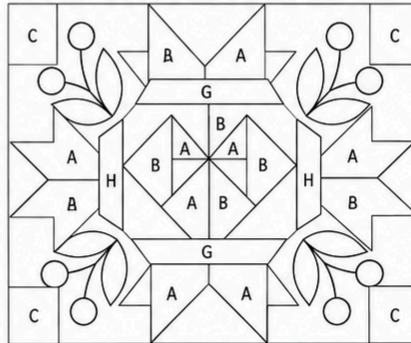
Leaf



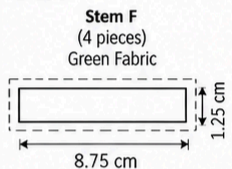
Octagon Border (Green Check)



Assembly Reference (Layout Only)



Stem



Cutting Summary

HST A (light) – 4 pieces (5.75 cm)
HST B (dark) – 4 pieces (5.75 cm)
Triangle A (blues) – 8 pieces (7.75 cm)
Triangle B (background) – 4 pieces (7.75 cm)
Square C (background) – 4 pieces (7.75 cm)
Strip G (top/bottom) – 2 pieces (21.75 x 3.25 cm)
Strip H (sides) – 2 pieces (17.75 x 3.25 cm)
Circle D (red) – 3 pieces (2.5 cm)
Leaf E (green) – 4 pieces (6.75 x 3.75 cm)
Stem F (green) – 4 pieces (8.75 x 1.25 cm)

Sewing Tips

- All pieces include 0.75 cm (1/4 inch) seam allowance.
- Use accurate cutting and a rotary cutter for best results.
- Follow the assembly diagram to sew the block.
- Press seams as indicated in your pattern.
- This block finishes at 40 cm x 40 cm.
- You can adjust the size by keeping the same proportions for all pieces.

Finished Block (for reference)



40 cm x 40 cm (finished size)

Happy Quilting! ♥

Star and Berry Quilt Block Tutorial – Step-by-Step Guide with Measurements in CM

The Star and Berry Quilt Block is a beautiful project that combines several classic American quilting techniques in one design: Half-Square Triangles (HST), patchwork piecing,

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geometric star units, appliqué, and decorative quilting. The finished block shown in the tutorial measures approximately 40 cm × 40 cm (15.75 × 15.75 inches), making it suitable for a wall hanging, table topper, cushion front, or as one block in a larger quilt.

This tutorial follows the construction and measurements shown in the graphic. The design begins with a small blue pinwheel, builds outward through a cream-and-green-check octagonal frame, adds four large blue star motifs, and finishes with appliquéd berry branches in the corners. The combination of navy, medium blue, light blue, cream, olive green, green check, and deep red gives the block its traditional country-quilt appearance.

For the best result, use 100% quilting cotton and maintain a consistent 0.75 cm (¼-inch) seam allowance throughout the pieced sections. Accuracy is especially important because several geometric units meet at points. Pressing after each stage and checking measurements before adding the next section will help keep the finished block square.

Step 1 – Gather the Materials and Prepare the Fabric

For the quilt top, select several coordinating 100% cotton quilting fabrics. The sample uses a lightly printed cream fabric for the background, dark navy and several lighter blues for the geometric patchwork, green check for the inner frame, olive green for the leaves and stems, and deep red for the berries.

You will also need batting and backing fabric large enough to cover the finished block. Cut these slightly larger than the quilt top before quilting so that you have some extra material around the edges for alignment and trimming.

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Prepare a sewing machine, neutral or coordinating thread, rotary cutter, self-healing cutting mat, acrylic quilting ruler, scissors, iron, ironing board, and fabric marking pencil or chalk. A quarter-inch presser foot is particularly useful for keeping the seam allowance consistent.

For the appliqué sections, you can use either needle-turn/hand appliqué or fusible-web machine appliqué. Fusible web is usually easier for beginners because it stabilizes the small leaves, berries, and stems before stitching.

Prewash the fabrics if that is part of your normal quilting routine. Whether you prewash or not, use the same preparation method for all fabrics in the project. Press everything thoroughly before measuring and cutting because wrinkles can easily distort small patchwork pieces.

The tutorial graphic uses these principal cutting dimensions:

- Center pinwheel: 4 light-blue squares at 5 × 5 cm and 4 dark-blue squares at 5 × 5 cm
- Star-point section: 8 assorted blue squares at 7 × 7 cm and 4 background squares at 7 × 7 cm
- Green-check frame: 2 strips at 21 × 2.5 cm and 2 strips at 17 × 2.5 cm
- Corner backgrounds: 4 background squares at 7 × 7 cm
- One berry appliqué set: 2 leaves approximately 6 × 3 cm, 3 berries approximately 2.5 cm diameter, and 1 stem approximately 8 × 0.5 cm

Because the finished design contains a berry branch in all four corners, prepare four matching appliqué sets when constructing the complete block: approximately 8 leaves, 12 berries, and 4 stems.

Step 2 – Sew the Center Pinwheel

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Begin with the central geometric motif. The graphic calls for eight Half-Square Triangle units, using the light and dark blue fabrics. Half-Square Triangles are one of the most frequently used building units in American patchwork and are worth making carefully.

Place coordinating light and dark pieces together with their right sides facing. Mark the diagonal sewing guideline required by your preferred HST method. Sew accurately, cut the units apart as appropriate for that method, and press the seams.

When pressing HST units, avoid pulling the iron sideways across the bias edges. Instead, place the iron down and lift it again. This helps prevent the triangles from stretching and keeps their corners square.

Trim the HST units if necessary so that they are consistent in size. Accurate trimming is particularly helpful in this design because the center contains several points converging in a relatively small area.

Arrange the completed triangles into the blue pinwheel configuration illustrated in the graphic. Alternate the dark, medium, and light blues so that the triangles visually rotate around the center. Before sewing, compare your arrangement with the reference image.

Join the units into rows and then join the rows together. Nest opposing seam allowances whenever possible so that the intersections line up neatly. According to the tutorial graphic, the completed center should be approximately 9 × 9 cm finished.

Step 3 – Construct the Inner Octagonal Frame

The next section transforms the small square pinwheel into the distinctive framed center of the Star and Berry Quilt Block.

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Cream background fabric surrounds the pinwheel while green-check fabric creates the strong octagonal outline.

Lay the center pinwheel on a flat surface and arrange the cream pieces around it according to the reference image. Notice that the cream fabric creates visual breathing room between the blue pinwheel and the green frame.

The green-check border is made from the strips listed in the graphic: two 21 × 2.5 cm strips for the top and bottom areas and two 17 × 2.5 cm strips for the sides. These measurements are based on the illustrated tutorial construction.

Sew the side sections first, keeping the 0.75 cm (¼-inch) seam allowance consistent. Press the seams carefully. Then attach the remaining strips and press again.

To achieve the octagonal appearance shown in the original block, the corner transitions need to be neat and symmetrical. Match corresponding points before stitching rather than simply aligning the ends of the strips.

After construction, place the unit on your cutting mat and check its shape with a quilting ruler. The tutorial indicates an inner framed section of approximately 17 × 17 cm finished. Avoid aggressively trimming the unit simply to force it to this measurement; preserving symmetrical points is more important if tiny differences have occurred during sewing.

Step 4 – Make the Four Large Blue Star Sections ★

Four dramatic blue stars surround the center—one at the top, bottom, left, and right. They provide most of the visual movement in this quilt block.

The graphic calls for 7 × 7 cm squares in assorted blue fabrics together with 7 × 7 cm cream background squares for

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constructing the star-point units. Use the same accurate HST technique you used for the center.

Mix dark navy, medium blue, and light blue fabrics rather than making every star identical. This creates the scrappy traditional appearance visible in the original quilt while keeping the overall color palette coordinated.

After stitching the triangle units, press them and arrange them into the angular star shapes illustrated in the tutorial. Each star points outward from the green-check octagon.

Pay close attention to triangle orientation. It is very easy to rotate an HST accidentally and create a point facing inward. Arrange the complete star on your work surface before sewing anything permanently.

Once satisfied with the layout, sew the components together with a consistent 0.75 cm seam allowance. Press the completed units and make four star sections, positioning them around the center before proceeding to final assembly.

Step 5 – Assemble the Main Patchwork Section

Place the framed center on your work surface. Position one completed blue star above it, one below it, one to the left, and one to the right.

Compare the placement with the reference graphic. The points should radiate outward while the bases of the stars visually connect to the central octagonal frame.

Pin or clip the sections carefully. Where several seams intersect, match the seam lines first. Accurate intersections are more noticeable than tiny differences along an outside edge.

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Sew the star sections to the center assembly using the standard 0.75 cm (¼-inch) seam allowance. Press each seam before adding the next section rather than waiting until the entire block has been assembled.

The tutorial graphic indicates that the patchwork section reaches approximately 31 × 31 cm finished at this stage. Measure across the center horizontally and vertically to check that the construction remains balanced.

If the measurements differ slightly, check the seam allowances and pressing before trimming anything. Excessive trimming can remove star points, so corrections should generally be made through careful seam adjustment rather than cutting into completed motifs.

Step 6 – Create the Berry and Leaf Appliqué Branches



The four berry branches soften the geometric patchwork and give the design its distinctive folk-art character. Each corner contains a green stem, two leaves, and three red berries.

For one branch, prepare approximately 2 leaves measuring 6 × 3 cm each, 3 red circles measuring about 2.5 cm in diameter, and 1 green stem measuring approximately 8 × 0.5 cm. Repeat the set for all four corners.

If using fusible-web appliqué, trace the shapes onto the paper side of the fusible web. Fuse them to the wrong side of the corresponding fabrics according to the manufacturer's directions, cut the shapes accurately, remove the backing paper, and arrange them on the background.

Position the stems first because they determine the direction of each branch. Add the two leaves and then arrange three berries near the outer end. Mirror or rotate the arrangement

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from corner to corner so that the branches visually frame the central stars.

Fuse the pieces in place once you are satisfied with the layout. Machine stitch around each shape using a small zigzag, blanket stitch, or narrow appliqué stitch. If you prefer traditional hand appliqué, turn the raw edges under and secure them with small, nearly invisible stitches.

Take extra care around the leaf tips and berry curves. Slow stitching gives much cleaner results than trying to maneuver these small shapes quickly.

Step 7 – Complete the Final Block Assembly

Add the four 7 × 7 cm cream background squares to the corner areas as indicated by the graphic. These sections provide the background for the appliqué branches and complete the square outline of the block.

Arrange the entire project before making the final seams. You should now see the central blue pinwheel, cream surround, green-check octagonal frame, four large blue stars, and four berry branches.

Join the remaining patchwork sections. Match the important intersections and pin them before sewing. Sew slowly through bulky intersections where several seam allowances overlap.

Press the completed top from the wrong side first. Then lightly press from the front using an up-and-down motion. Take special care around fusible appliqué pieces.

Square the quilt top carefully. The tutorial graphic specifies a finished block size of approximately 40 × 40 cm, equivalent to roughly 15.75 × 15.75 inches.

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At this point, inspect the block for loose threads, open seams, missed appliqué stitches, or distorted points. Correcting these details now is much easier than doing so after the quilting layers have been assembled.

Step 8 – Make the Quilt Sandwich and Quilt the Block



Cut your backing fabric and batting slightly larger than the completed 40 × 40 cm quilt top. The extra margin makes it easier to handle shifting during quilting.

Lay the backing fabric wrong side up on a clean flat surface. Position the batting over it and place the quilt top right side up on the batting. Smooth each layer outward from the center.

Baste the three layers using your preferred method. Quilting safety pins, temporary basting spray, or thread basting can all work. Make sure the layers remain flat and wrinkle-free.

The graphic suggests several quilting methods. Straight-line quilting works beautifully in the cream background. You can also use stitch-in-the-ditch along the patchwork seams to emphasize the geometry without visually competing with the fabric.

Around the appliqué, try outline quilting. Stitch close to the leaves, stems, and berries to make the motifs stand slightly above the background. This is particularly effective around the red berries.

For more texture, add free-motion quilting to the cream background areas. Keep the quilting relatively understated around the complex center so that the blue patchwork remains the focal point.

Step 9 – Trim, Bind, and Finish the Quilt Block

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After quilting, place the piece on your cutting mat and use a large quilting ruler to square it. Trim away the excess batting and backing while maintaining straight, perpendicular edges.

If you plan to use the block as part of a larger quilt, it can now be joined to neighboring blocks according to your overall quilt layout. In that case, follow the seam allowance required by the larger project rather than binding the individual block.

For a standalone wall hanging or table topper, prepare quilt binding. A double-fold binding is a durable choice commonly used in U.S. quilting.

Sew the binding around the front perimeter, carefully mitering the corners. Fold it over the raw quilt edge and secure it to the back either by hand or machine.

Give the finished quilt a gentle final press if needed, avoiding excessive heat over fusible appliqué. Check the berry stems and leaf tips one last time to make sure every appliqué edge is secure.

Your finished Star and Berry Quilt Block should measure approximately 40 × 40 cm (15.75 × 15.75 inches), following the dimensions presented in the graphic.

Key Sewing and Quilting Methods Used

The most important technique in this project is the Half-Square Triangle (HST). HST units create both the rotating center motif and much of the angular movement in the surrounding blue stars.

A consistent 0.75 cm (¼-inch) seam allowance is equally important. In American quilt making, the quarter-inch seam is the standard for most patchwork construction because it provides enough strength without adding unnecessary bulk.

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Chain piecing can be useful when constructing repeated HST units. Instead of cutting the thread after every seam, feed multiple units through the sewing machine consecutively. This saves thread and helps maintain a consistent sewing rhythm.

Pressing is another essential technique. Press the seams after every major construction step. Depending on the intersection, seams may be pressed toward the darker fabric or in opposite directions so adjacent seams can nest.

The decorative branches use appliqué, either by hand or machine. Fusible-web appliqué is an approachable option for beginners, while traditional hand appliqué provides a softer handmade appearance.

Finally, stitch-in-the-ditch, straight-line quilting, outline quilting, and free-motion quilting can all be combined to give the finished block dimension and stability.

Tips for a Successful Star and Berry Quilt Block

Accuracy matters most at the center of the design. Cut with a rotary cutter and acrylic ruler whenever possible, maintain the same seam allowance throughout, and check HST units before joining them.

Keep all cut pieces organized by section. Small containers or labeled piles for Center, Inner Border, Stars, Corners, Leaves, Berries, and Stems can prevent similar-looking pieces from being mixed together.

Before sewing each geometric section, lay it out exactly as it will appear in the finished block. Photographing the layout with your phone can also provide a quick reference if pieces become rearranged while sewing.

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Use quality quilting cotton because tightly woven fabric is easier to cut accurately and holds its shape better during repeated piecing and pressing.

Do not rush the appliqué. Arrange all four branches before permanently fusing or stitching them so you can compare their position and achieve good visual balance.

Most importantly, use the measurements in the tutorial as your construction guide while checking the developing block after each stage. Small variations can occur because of fabric thickness, pressing, cutting, and seam allowance, so consistent construction is more important than forcing a slightly different unit to an exact size.

With the final quilting and binding complete, your Star and Berry Quilt Block is ready to become a charming cushion, table topper, wall hanging, or part of a larger patchwork quilt.

   **Happy Quilting!**