

Appliqué Quilt Block Tutorial

Step by Step – Easy to Follow – With Measurements in CM

Finished Size
30 cm x 30 cm
(12" x 12")

1. MATERIALS



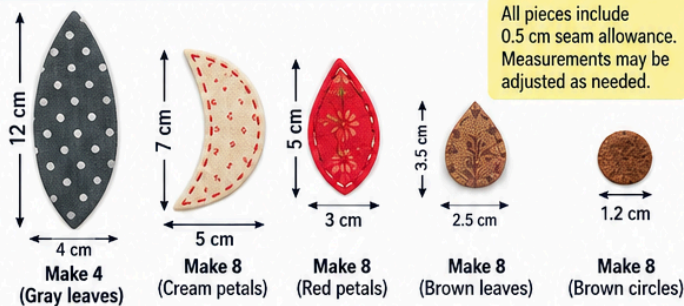
TOOLS



FINISHED BLOCK



2. CUTTING PIECES (with seam allowance)



3. PREPARE THE APPLIQUÉ PIECES



4. ARRANGE THE DESIGN



5. APPLIQUÉ THE CENTER LEAVES



6. ADD THE CREAM PETALS



7. ADD THE RED AND BROWN LEAVES



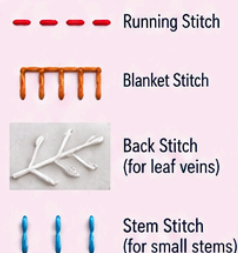
8. EMBROIDERY DETAILS



9. FINISH THE BLOCK



STITCHES USED (U.S. TERMS)

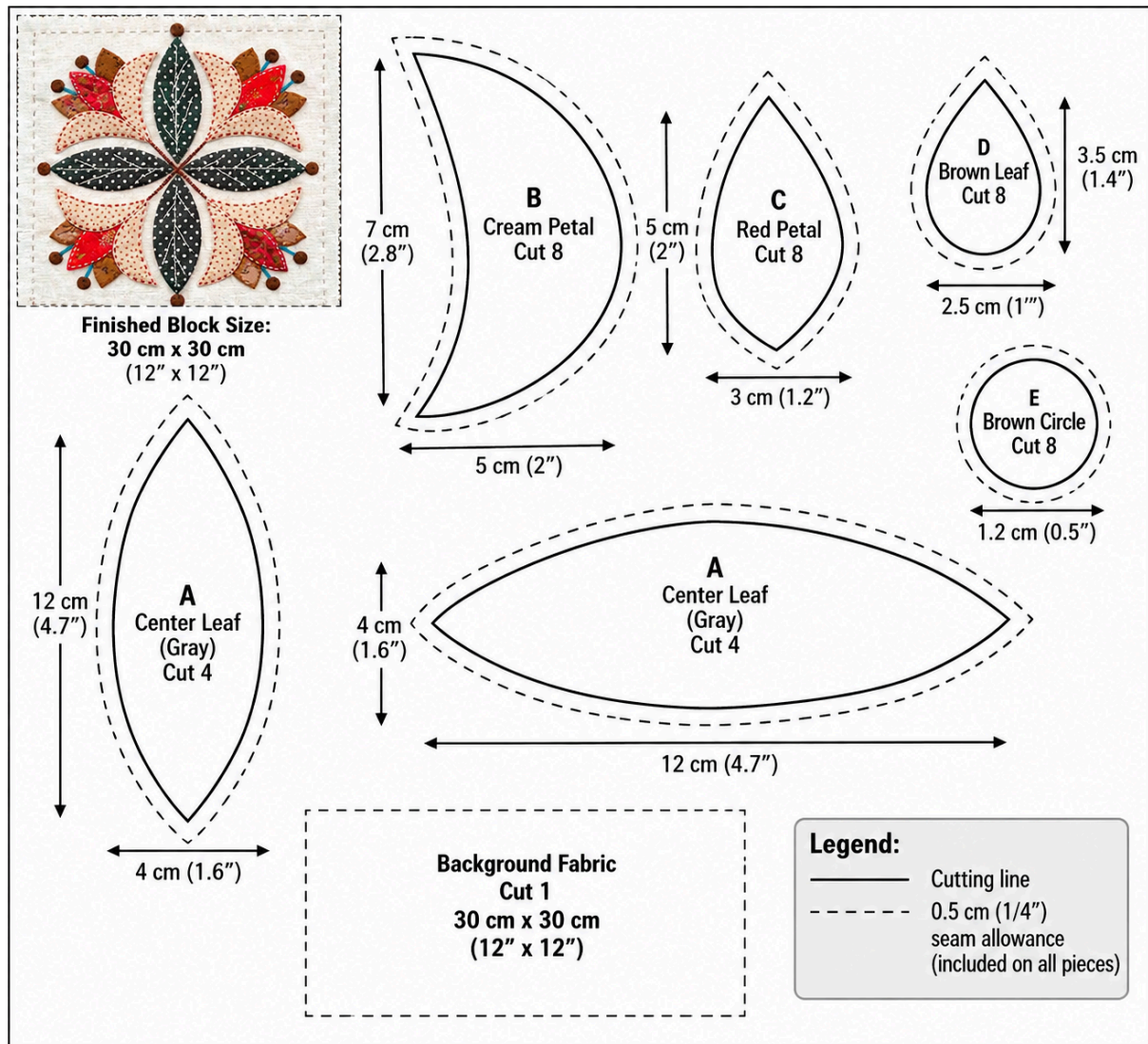


QUILTING TIPS

- ✓ Use 100% cotton fabric (quilting fabric).
- ✓ Always press the pieces before sewing.
- ✓ Pin or use fabric glue to hold the pieces.
- ✓ Use matching or contrasting thread for a beautiful effect.
- ✓ You can sew by hand or machine. (For machine, use a small zigzag stitch).
- ✓ Finish with a fabric border if desired.

IDEAS FOR USE

- Quilt blocks
- Cushion covers
- Table mats
- Wall hangings
- Bags and home décor



Appliqué Quilt Block Tutorial – 30 cm × 30 cm

This Appliqué Quilt Block is a decorative floral-inspired quilt design made with layered fabric petals, leaves, hand appliqué, and embroidery. The finished block measures approximately 30 cm × 30 cm (12" × 12") and can be used for a quilt, cushion cover, table mat, wall hanging, tote bag, or other home décor project.

The instructions below follow the graphic tutorial closely. Measurements are given primarily in centimeters, while

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common U.S. quilting and sewing terminology is used throughout.

Step 1 – Gather the Fabrics and Supplies

For the background, cut one square of white or off-white quilting cotton measuring 30 cm × 30 cm. A slightly textured cotton or linen-look quilting fabric works especially well because it gives the finished appliqué a handmade appearance.

Prepare five fabric groups for the appliqué. You will need dark gray polka-dot fabric for the four large center leaves, cream print fabric for the curved petals, red print fabric for the smaller accent petals, and brown print fabric for the small leaves.

You will also need a small amount of brown fabric or felt for the decorative round dots positioned around the outside of the floral design.

For sewing and embroidery, gather cotton sewing thread, white embroidery floss, brown embroidery floss, blue embroidery floss, and red or coordinating thread. The original look combines visible hand stitches with appliqué.

Your basic tools should include:

- Fabric scissors or a rotary cutter and cutting mat
- Quilting ruler
- Fabric marking pen or pencil
- Straight pins or appliqué pins
- Hand-sewing needles
- Embroidery needle
- Iron and ironing surface
- Optional fusible web
- Optional fabric glue or appliqué glue

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- Pinking shears for the decorative outer edge

Press all fabrics before tracing or cutting. Flat fabric makes the templates much easier to position accurately.

Step 2 – Cut the Background and Appliqué Pieces

Begin with the 30 cm × 30 cm background square. Keep it perfectly square because this will make the final block easier to incorporate into a larger quilt.

For the four dark gray center leaves, cut:

4 pieces – approximately 12 cm long × 4 cm wide

These pieces have pointed ends and a symmetrical leaf shape. They form the cross-shaped center of the design.

For the cream curved petals, cut:

8 pieces – approximately 7 cm high × 5 cm wide

Each cream piece resembles a curved crescent or half-petal. These pieces surround the four gray center leaves.

For the smaller red petals, cut:

8 pieces – approximately 5 cm high × 3 cm wide

These pointed petals sit farther toward the corners and provide the strongest color accent.

For the brown leaves, prepare:

8 pieces – approximately 3.5 cm high × 2.5 cm wide

Finally, prepare:

8 small brown circles – approximately 1.2 cm in diameter

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The measurements can be adjusted slightly to reproduce the proportions of your particular template.

The graphic allows for approximately 0.5 cm seam allowance where a turned-edge appliqué method is desired. If you prefer raw-edge appliqué, you can trim the pieces to their finished outline instead.

Step 3 – Choose Your Appliqué Method

There are several ways to construct this block, so choose the technique that best matches your sewing experience.

For raw-edge appliqué, trace the finished shapes directly onto the fabric, cut them out, position them on the background, and stitch close to their edges. This technique gives the block a charming folk-art appearance.

For turned-edge appliqué, add approximately 0.5 cm (about 1/4") around each template. Turn the allowance underneath and press or baste it before sewing the piece to the background.

You can also use fusible-web appliqué. Trace the shapes onto the paper side of fusible web, fuse them to the wrong side of the appropriate fabrics, cut the pieces, remove the backing paper, and fuse them to the background.

Whichever method you choose, do not permanently attach everything immediately. First arrange the entire motif and make sure the design is centered and symmetrical.

Step 4 – Mark the Center of the Block



Fold the background fabric gently in half vertically and finger-press the center. Open it, fold it horizontally, and finger-press again.

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The intersection marks the exact center of your 30 cm × 30 cm quilt block.

You can also draw very faint horizontal and vertical guidelines with a removable fabric marker.

These guidelines are especially useful because the design contains four repeated sections. Keeping those sections evenly spaced is one of the keys to obtaining the balanced appearance shown in the tutorial graphic.

Avoid making permanent pen marks because some of the center guidelines may remain visible between the appliqué pieces.

Step 5 – Arrange the Four Gray Center Leaves

Place the first dark gray leaf vertically above the center point with its lower tip touching the middle.

Position the second leaf directly below it. The remaining two leaves should extend horizontally to the left and right.

You should now have a symmetrical four-leaf arrangement resembling a cross or four-point flower.

Check that the distance from the center to each outer leaf tip is approximately equal.

Pin the pieces carefully.

Using the technique shown in the graphic, sew around the edges with blanket stitch or a small running stitch.

If sewing by machine, a narrow zigzag or appliqué stitch can also be used. For the most traditional appearance, however, visible hand stitching works beautifully.

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Step 6 – Embroider the Leaf Veins

One of the most distinctive details in this project is the embroidery inside the gray leaves.

Thread an embroidery needle with white or cream embroidery floss.

Starting near the inner tip of one gray leaf, embroider a central vein toward the outer end.

Use back stitch for a continuous defined line or a neat running stitch for a lighter handmade effect.

Add several smaller diagonal branches extending away from the main vein.

Repeat this pattern on all four gray leaves.

The branches do not have to be perfectly identical. Slight variations make the design look naturally handmade.

Small French knots or tiny embroidered dots may also be added along the branches if you want additional texture.

Step 7 – Add the Eight Cream Petals

Arrange two cream petals around each gray center leaf.

Their curved edges should sweep outward, creating the larger flower shape visible in the reference design.

Before sewing, step back and inspect the complete arrangement. The cream pieces should create four balanced sections surrounding the dark center.

Pin or lightly glue the pieces in position.

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Stitch around each cream petal with blanket stitch or running stitch.

A contrasting red or brown thread can make the handmade stitches more visible, while cream thread produces a quieter finish.

Continue around all eight pieces, keeping the stitch length as consistent as possible.

Step 8 – Position the Red Accent Petals

The eight red petals provide a bright second layer behind the cream sections.

Arrange two red petals within each corner region. They should appear to emerge from behind the larger cream shapes.

Use the center guidelines to keep the four groups symmetrical.

Once satisfied with the arrangement, secure the red pieces using pins, temporary fabric adhesive, or fusible web.

Stitch around each red shape.

A contrasting light thread produces the visible decorative stitching featured in the original design. Small, evenly spaced running stitches work especially well.

Do not pull the thread too tightly. Excessive tension can cause the background fabric to pucker.

Step 9 – Add the Brown Leaves

Position the eight small brown leaves behind or between the red petals.

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These pieces create another layer and help transition the colorful flower into the small decorative details around the perimeter.

Because the brown pieces are relatively small, appliqué pins may be easier to use than standard quilting pins.

Attach each leaf using blanket stitch, running stitch, or your chosen appliqué method.

Try to maintain the same placement pattern in each of the four quadrants.

The finished composition should now have a strong radial symmetry.

Step 10 – Create the Blue Embroidered Stems

The graphic includes short blue stems extending outward from the flower.

Thread your embroidery needle with blue embroidery floss.

Use a stem stitch, back stitch, or closely spaced running stitches to create each short stem.

The stems should extend from around the red-and-brown accent sections toward the small brown circles.

Keep them relatively thin so that they remain a decorative accent rather than competing with the larger appliqué pieces.

Repeat the detail around the block according to the reference arrangement.

Step 11 – Attach the Brown Circles

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Place the eight approximately 1.2 cm brown circles at the ends of the embroidered stems and around the outer points of the motif.

These circles can be made from fabric, felt, or another non-fraying textile.

If using woven quilting cotton, turn the edge underneath where practical or use fusible web to stabilize the tiny shapes.

Secure each circle with small invisible stitches or a tiny blanket stitch.

Check the block again from a distance. The brown dots should visually frame the floral arrangement without reaching too close to the outer border.

Step 12 – Add the Decorative Border Stitch

The tutorial shows a simple stitched border approximately 1.5 cm from the outer edge.

Use a ruler and removable fabric marker to establish a straight guideline around all four sides.

Thread the needle with brown, red, gray, or another coordinating embroidery floss.

Work a running stitch along the guideline.

Try to maintain consistent stitch and gap lengths. Around 4–6 mm per visible stitch creates an attractive handcrafted appearance.

When reaching each corner, adjust the spacing slightly so that the turn looks clean rather than leaving an unusually large gap.

This border helps visually frame the appliqué.

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Step 13 – Finish the Outer Edge

Once all appliqué and embroidery are complete, press the block carefully from the wrong side.

Use a pressing cloth when necessary, particularly if fusible adhesive has been used.

The graphic shows a decorative edge that can be recreated with pinking shears.

Trim carefully around the four sides while keeping the finished block square.

If you intend to sew this block into a larger quilt, you may prefer to leave the outer edge straight and retain the necessary seam allowance instead.

For a wall hanging, decorative mat, or standalone textile panel, the pinked edge provides a charming folk-art finish.

Step 14 – Understanding the Main U.S. Sewing Stitches

Running Stitch: Pass the needle repeatedly up and down through the fabric to create evenly spaced straight stitches. It is used around appliqué pieces and for the decorative border.

Blanket Stitch: Bring the thread around the raw edge of an appliqué and create regularly spaced vertical stitches connected along the edge. This both secures and decorates the appliqué.

Back Stitch: Bring the needle up ahead of the previous stitch and then insert it backward into the end of that stitch. This creates a strong continuous embroidered line and works especially well for the gray leaf veins.

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Stem Stitch: Work small overlapping diagonal stitches along a marked line. This technique creates smooth decorative stems, such as the blue lines leading toward the brown circles.

Step 15 – Optional Quilting

If you want to turn the appliqué block into a true quilted piece, create a quilt sandwich after completing the appliqué.

Layer the finished top over cotton batting and a backing fabric.

Baste the three layers together.

You can hand quilt around the appliqué shapes or machine quilt them using a small straight stitch.

Another option is to quilt lightly in the background areas while leaving the dimensional appliqué pieces more prominent.

Avoid extremely dense quilting directly beside heavily embroidered areas, since the contrast between the softer background and raised appliqué contributes to the handmade character.

Step 16 – Final Pressing and Squaring

Place the finished project wrong side up on a padded ironing surface.

Press rather than sliding the iron back and forth. This prevents the appliqué shapes from stretching.

Check the block dimensions.

The target finished size from the tutorial is approximately:

30 cm × 30 cm (12" × 12")

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If necessary, square the edges carefully with a quilting ruler and rotary cutter.

Your Appliqué Quilt Block is now complete.  

The finished block can become the centerpiece of a cushion, be repeated several times for a larger quilt, incorporated into a table runner, framed as textile wall art, or added to a handmade bag. For the closest match to the graphic, keep the four gray embroidered center leaves, eight cream petals, eight red accent petals, eight brown leaves, small brown circles, blue stems, and hand-stitched outer border arranged symmetrically around the center.