



## Lotus Flowers Fabric Appliqué Step-by-Step Tutorial

### Finished Size



### Materials

- 100% cotton quilting fabric (fabric scraps)
- Fabric for background: 45 cm x 30 cm
- Fabric for flowers, leaves and stems (various prints)
- Lightweight fusible interfacing (optional)
- Needle and thread or sewing machine
- Embroidery thread for hand stitching
- Scissors, pins, fabric marker
- Quilting batting (optional)
- Ruler and iron

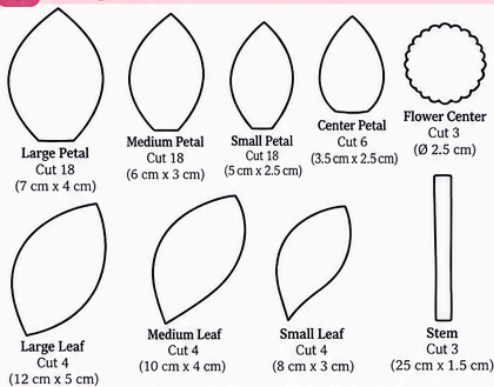
### Color Suggestion (Fabric Scraps)



### Main Techniques (U.S. Terms)



### 1 Templates

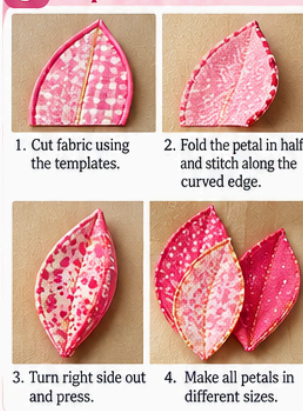


Note: Add 0.5 cm seam allowance to all template pieces when cutting fabric.

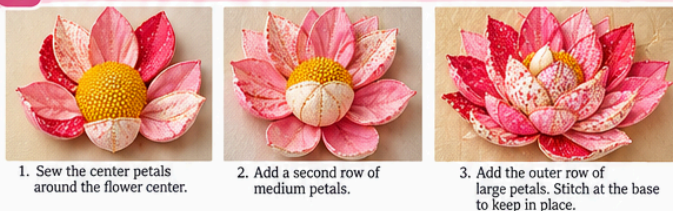
### 2 Cut the Fabrics



### 3 Prepare the Petals



### 4 Assemble Each Flower



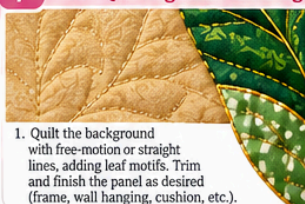
### 5 Make the Stems and Leaves



### 6 Arrange and Appliqué



### 7 Final Quilting and Finishing

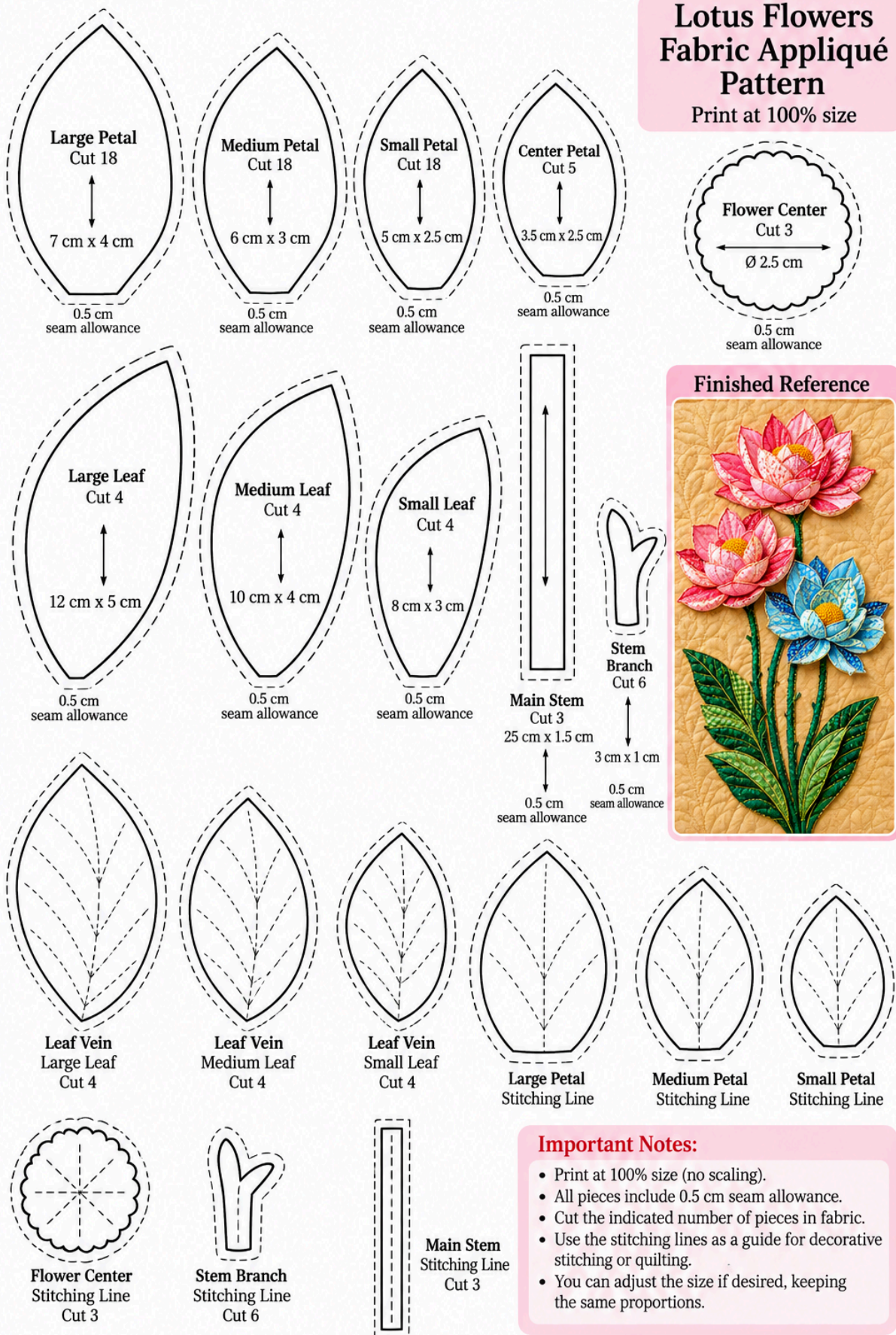


### Beautiful Result!



## Lotus Flowers Fabric Appliqué Pattern

Print at 100% size



# Lotus Flowers Fabric Appliqué – Complete Step-by-Step Sewing Tutorial

This Lotus Flowers Fabric Appliqué project is a beautiful way to transform colorful fabric scraps into a dimensional floral wall panel. The design combines layered petals, padded-looking flowers, appliquéd stems and leaves, decorative stitching, and background quilting.

The finished panel shown in the tutorial measures approximately 25 cm wide × 40 cm high (about 9.8 × 15.7 inches). All pattern measurements below are given in centimeters, while the sewing terminology follows common U.S. sewing and quilting terms.

The project works especially well with 100% cotton quilting fabric because cotton is easy to press, layer, appliqué, and quilt. Mixing florals, polka dots, gingham, small prints, and tonal fabrics gives the flowers the cheerful scrap-fabric appearance shown in the reference.



## Step 1: Gather the Materials

For the background, prepare a piece of cotton fabric approximately 45 × 30 cm. This gives you extra fabric around the planned 40 × 25 cm finished area, making quilting and final trimming easier.

You will also need assorted fabric scraps. For the two pink flowers, collect several pink, red, cream, and floral prints. For the blue flower, combine light blue, medium blue, navy, white-and-blue floral prints, and small geometric patterns.

For the foliage, prepare several green fabrics instead of using only one shade. Dark green, olive, forest green, small polka

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dots, botanical prints, and green gingham create the patchwork appearance seen in the design.

Additional supplies include lightweight fusible interfacing, matching sewing thread, embroidery thread, hand-sewing needles or a sewing machine, sharp fabric scissors, a fabric marker, ruler, pins, an iron, and optional quilting batting.

If you want a quilted panel like the reference, prepare a backing fabric and batting slightly larger than the background. A piece around 45 × 30 cm for each layer is convenient.

For the flower centers, use small yellow or golden fabric circles. You can enhance them with French knots, seed stitches, small beads, or dense decorative embroidery if desired.



## **Step 2: Prepare the Templates**

The flowers are constructed with several sizes of pointed petals. According to the tutorial graphic, prepare the following basic templates:

**Large Petal:** approximately 7 × 4 cm

**Medium Petal:** approximately 6 × 3 cm

**Small Petal:** approximately 5 × 2.5 cm

**Center Petal:** approximately 3.5 × 2.5 cm

**Flower Center:** approximately 2.5 cm diameter

For the foliage, prepare three leaf sizes:

**Large Leaf:** approximately 12 × 5 cm

**Medium Leaf:** approximately 10 × 4 cm

**Small Leaf:** approximately 8 × 3 cm

The main stem template can be approximately 25 × 1.5 cm. Smaller branch pieces can be added wherever you want a more organic botanical appearance.

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When creating reusable templates, draw the finished sewing line first. Then add approximately 0.5 cm seam allowance around pieces that will be sewn and turned.

Template quantities can be adjusted because the flowers are intentionally layered. A useful starting point for the three-flower arrangement is around 18 large petals, 18 medium petals, and 18 small petals, plus several center petals.



### **Step 3: Cut the Fabric Scraps**

Press all fabric scraps before cutting. Flat fabric produces more accurate templates and cleaner finished petals.

Trace the templates onto the wrong side of your fabrics. Distribute the templates among several prints instead of cutting an entire flower from one fabric.

For the pink flowers, alternate pale pink, rose, red, cream floral, gingham, dotted, and small-scale printed fabrics. The variation is what gives the finished flowers their lively scrappy appliqué character.

For the blue flower, mix navy, turquoise, sky blue, aqua, cream-and-blue floral fabric, and dotted prints.

Cut the leaf pieces from several green fabrics. Try alternating dark and light greens throughout the arrangement so neighboring leaves remain visually distinct.

Keep all pieces organized by size. Small containers labeled Large Petals, Medium Petals, Small Petals, Leaves, and Centers can make assembly much easier.



### **Step 4: Make the Dimensional Petals**

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To achieve the dimensional appearance shown in the graphic, each petal should have some structure rather than lying completely flat.

Place two corresponding petal pieces right sides together. If additional body is desired, add lightweight interfacing to the wrong side of one layer.

Sew around the petal with approximately a 0.5 cm seam allowance, leaving a small opening for turning.

Carefully trim the seam allowance around curves and clip close to the pointed tip without cutting through the stitches.

Turn the petal right side out. Use a blunt turning tool to gently shape the tip and curved edges.

Press carefully. Avoid flattening the petal excessively because a little natural volume helps produce the three-dimensional lotus effect.

To create the center fold shown in the project, gently fold or pinch the lower portion of the petal. Secure it with a few hand stitches or a short machine seam.

Repeat the process until you have enough petals in every size.

Decorative running stitch or backstitch can be worked near the outer edge. Gold or contrasting embroidery thread gives the petals an especially defined appearance.



### **Step 5: Create the Flower Centers**

Cut three circles approximately 2.5 cm in diameter, or slightly larger if you prefer more prominent centers.

For a softly raised center, cut a second circle and place a tiny amount of batting between the layers.

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Turn the raw edge inward and secure it with small stitches.

To reproduce the textured golden centers, fill the visible surface with closely spaced French knots using yellow or golden embroidery floss.

Another option is to use small seed stitches, tiny fabric knots, or decorative beads. Make sure embellishments are securely attached, particularly if the finished item will be handled frequently.

Prepare all three centers before beginning flower assembly.



## **Step 6: Assemble Each Lotus Flower**

Begin each flower from the center and work outward.

Position the yellow flower center on your work surface. Arrange the smallest or center petals around it. Slightly overlap each petal with the next one.

Secure the bases with strong hand stitches. The stitches will eventually be hidden by additional petal layers.

Add a second row using small or medium petals. Rotate the placement so that the second-row petals sit between the petals of the first row rather than directly behind them.

Continue with medium petals, gradually increasing the diameter of the flower.

Finish with the large petals around the outside. Allow some petals to curve upward and others to spread outward. This irregularity creates the natural lotus shape.

Stitch firmly through the bases of all layers. The upper sections of the petals should remain relatively free so they retain dimension.

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Construct two flowers primarily from pink and red fabrics and one from the blue assortment to remain consistent with the tutorial image.

### **Step 7: Make the Fabric Stems**

Cut three main stem strips approximately 25 × 1.5 cm, adjusting individual lengths according to the flower placement.

Fold the long raw edges toward the center and press. Fold again if necessary to create narrow, clean stems.

Another method is to sew each strip into a narrow fabric tube, turn it right side out, and press it flat.

A small amount of lightweight interfacing can be inserted if you want the stems to remain more dimensional.

Arrange the three stems so they rise naturally from the lower center of the panel. They do not need to be perfectly straight.

Small branch pieces can be added along the stems. Stitch these securely before attaching the large flowers.

### **Step 8: Sew the Leaves**

Create the leaves using the large, medium, and small templates.

For turned-edge dimensional leaves, place two matching pieces right sides together, stitch around the edge, leave an opening, clip the curves, and turn right side out.

Press each leaf carefully.

To reproduce the botanical details, mark a central vein from the bottom to the tip.

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**Sew the central line using backstitch, straight stitch, or a narrow machine stitch. Add diagonal secondary veins branching toward the outer edges.**

**Contrasting or golden embroidery thread can make these details stand out beautifully against the green prints.**

**Prepare enough leaves to create a full cluster around the lower half of the stems. The graphic suggests approximately four pieces of each main leaf size, although you can change the quantity to suit your panel.**

### **Step 9: Arrange Everything on the Background**

**Lay the 45 × 30 cm background fabric flat on your work surface.**

**Mark a central finished area of approximately 40 × 25 cm, but do not trim the excess fabric yet.**

**Begin with the stems. Position them so they rise from near the bottom center and spread slightly as they move upward.**

**Arrange the leaves around the lower portions of the stems. Alternate sizes, angles, colors, and prints.**

**Place the largest pink flower toward the upper area. Position the second pink flower lower and slightly to one side.**

**Place the blue flower on the opposite side to create visual balance.**

**Continue adjusting the pieces until the arrangement resembles the reference. Photographing the layout with your phone before sewing can help you remember the exact placement.**

**Pin, baste, or temporarily fuse the stems and leaves into position.**

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## **Step 10: Appliqué the Stems and Leaves**

**Attach the stems before the flowers because their upper ends will be hidden beneath the flower bases.**

**You can use hand appliqué or machine appliqué.**

**For hand sewing, use a small appliqué stitch with thread that closely matches the fabric. Keep the stitches small and consistent.**

**For machine sewing, a narrow straight stitch close to the edge works well. A small zigzag or blanket stitch can also create a decorative finish.**

**Next, appliqué the leaves.**

**Stitch around each leaf while keeping the decorative vein lines visible. If you want extra dimension, leave the central portions slightly raised instead of stitching every surface completely flat.**

**Secure all thread ends neatly on the back.**

## **Step 11: Attach the Dimensional Flowers**

**Once the flat appliqué elements are secured, position the completed flowers over the ends of the stems.**

**Hand stitching is especially useful at this stage because it allows you to attach the flower bases without flattening the petals.**

**Lift the outer petals and sew firmly through the central base of each flower and the background fabric.**

**Add several anchoring stitches around the underside of the flower.**

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Check the panel vertically. Gravity can reveal areas that need additional support.

Add extra hidden stitches wherever necessary while keeping the outer petals loose enough to preserve their dimensional appearance.

## ✨ Step 12: Add the Main U.S. Sewing Techniques

The tutorial uses several common sewing and quilting techniques.

Running Stitch consists of evenly spaced stitches moving in and out of the fabric. It is useful for decorative outlines and hand quilting.

Backstitch creates a continuous, durable line and is excellent for leaf veins, outlines, and small botanical details.

Appliqué Stitch secures one fabric element onto another background. It may be completed by hand or machine.

Layering means arranging fabric pieces over one another to create depth. This technique is essential for constructing the dimensional lotus flowers.

Edge Finishing keeps the fabric edges neat. Turned edges are especially attractive for this project because they create smooth, durable petals.

Quilting joins the quilt top, batting, and backing with decorative or functional stitching.

## Step 13: Quilt the Background

After the appliqué is secured, prepare the quilt sandwich.

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Place the backing fabric wrong side up. Add the batting, followed by the appliqué panel right side up.

Smooth all three layers carefully.

Baste them together with safety pins, temporary basting spray, or long hand-basting stitches.

Quilt the open background areas using free-motion quilting, gentle curved lines, leaf motifs, or another subtle design.

Avoid dense quilting immediately underneath the dimensional flowers because excessive stitching can distort their shape.

The reference uses flowing botanical quilting that complements the floral theme without competing with the appliqué.



#### **Step 14: Trim and Finish the Panel**

Once quilting is complete, place the project on a cutting mat.

Square the panel and trim it to approximately 25 × 40 cm, or adjust the final dimensions according to your intended use.

For a wall hanging, finish the edges with traditional quilt binding.

You can also turn the edges inward for a simpler finish or place the panel inside a frame.

If adding binding, cut fabric strips, join them into one continuous strip, sew the binding around the front perimeter, fold it to the back, and hand stitch it securely.

Press the finished panel carefully from the back. Avoid pressing directly over the dimensional flowers.



#### **Step 15: Final Shaping and Finishing Touches**

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**After the panel is completely assembled, gently reshape each lotus petal with your fingers.**

**Lift the inner petals slightly and allow the larger outer petals to spread outward.**

**Check the embroidered flower centers and reinforce any loose stitches.**

**Examine the stems and leaves for loose edges and add small hidden appliqué stitches where necessary.**

**Remove visible fabric-marker lines according to the manufacturer's instructions.**

**Your finished Lotus Flowers Fabric Appliqué should now feature three richly layered flowers surrounded by textured stems and leaves, all displayed against a softly quilted background.**

**Because the project is built largely from small pieces, it is also an excellent fabric scrap sewing project. No two panels need to look identical—changing the prints, colors, petal arrangement, and quilting creates an entirely new floral composition while preserving the same basic construction method.**