

FINISHED SIZE
45 cm x 45 cm

MATERIALS

- 100% cotton quilting fabric (Fabrics from the U.S. work best)
- Batting (45 cm x 45 cm)
- Backing fabric (45 cm x 45 cm)
- Matching cotton thread
- Hand sewing needle for appliqué
- Rotary cutter, ruler and mat
- Fabric scissors
- Pins or clips
- Iron and ironing board

FABRIC CUTTING GUIDE

Border Squares (corner)	Border Rectangles	Center Background	Binding
4 squares 5 cm x 5 cm	24 rectangles 5 cm x 10 cm	1 square 35 cm x 35 cm	5 strips 5 cm x 45 cm (or one continuous strip)

Appliqué Circles (Flowers)	Center Circle	Flower Centers	Leaves	Stems
36 circles Diameter 5 cm (6 for each flower)	1 circle Diameter 8 cm	7 circles Diameter 5 cm	12 leaves 8 cm x 4 cm (cue template)	6 strips 1.5 cm x 12 cm (cut on bias)

APPLIQUÉ TEMPLATES
(Actual Size)

Flower Petal
Cut 36
5 cm

Flower Center
Cut 7
5 cm

Center Circle
Cut 1
8 cm

Leaf
Cut 12
8 cm x 4 cm

Stem
Cut 6
1.5 cm x 12 cm

STEP 1 – PREPARE THE PIECES

1. Cut all appliqué pieces using the templates.
2. Cut leaves and stems. You may use fusible web on the back to make appliqué easier.
3. Cut border squares and rectangles according to the measurements. Press all pieces.

STEP 2 – MAKE THE FLOWER BLOCKS

4. Arrange 6 petals and 1 center circle for each flower (make 6 flowers).
5. Appliqué the petals and center to the background using a hand stitch or machine appliqué (blanket stitch).
6. Each flower should measure about 10 cm in diameter when finished.

STEP 3 – ASSEMBLE THE CENTER APPLIQUÉ

7. Appliqué the center circle in the middle of the 35 cm x 35 cm background square. Add 8 leaves and 6 stems as shown.
8. Appliqué the 6 flowers around the center. Keep equal spacing.
9. Finished center appliqué block (35 cm x 35 cm).

STEP 4 – MAKE THE PATCHWORK BORDER

10. Sew the rectangles and corner squares to make 4 border strips.
11. Attach the border strips to the center block. Press the seams.
12. Finished quilt top (45 cm x 45 cm).

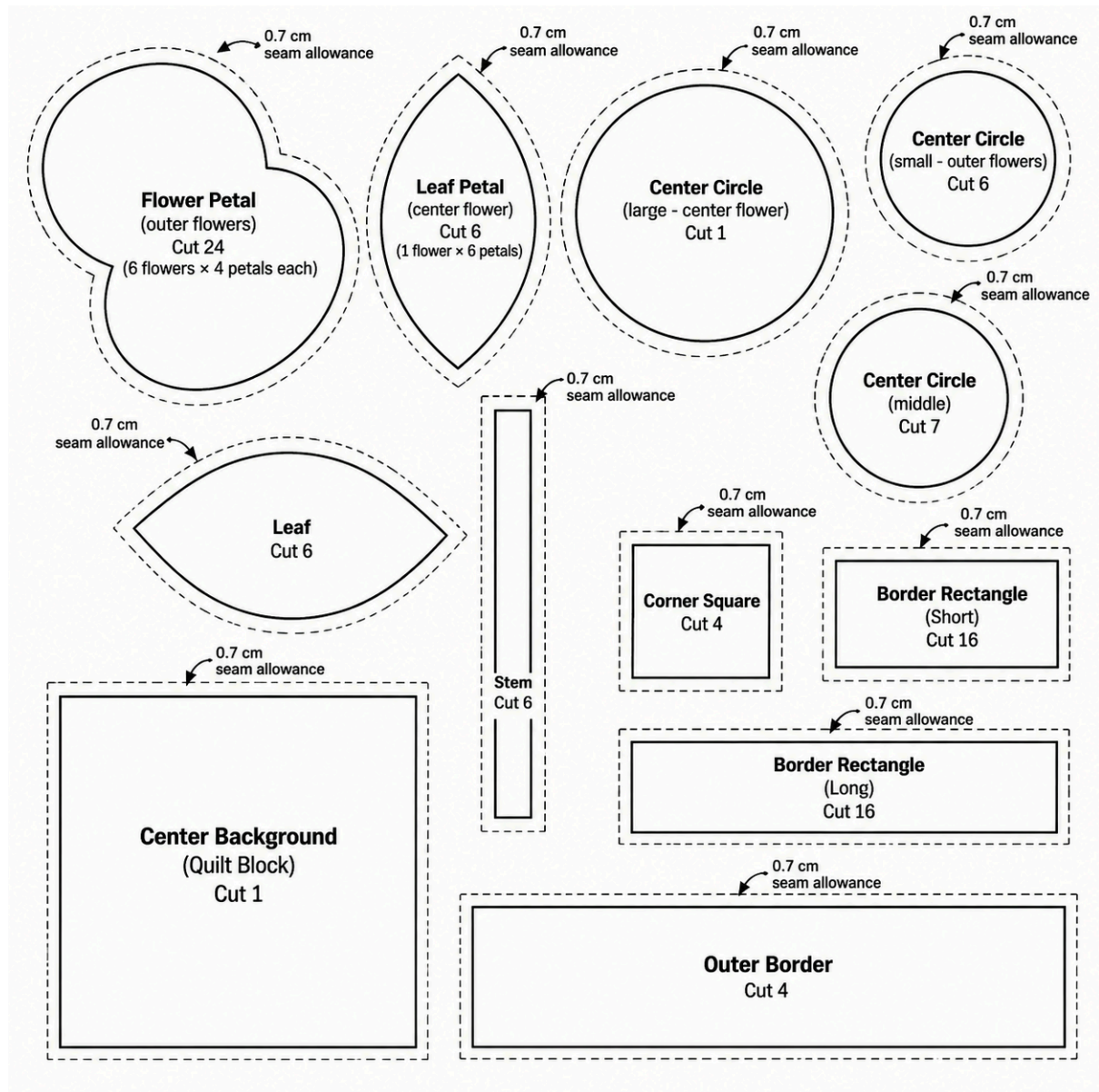
STEP 5 – LAYER, QUILT AND BIND

13. Layer the quilt top, batting and backing fabric. Baste with pins or spray.
14. Quilt as desired. (Stippling or meandering stitch works well.)
15. Sew the binding strips together, then attach to the quilt front. Fold to the back and hand stitch or machine stitch to finish.
16. Trim threads and press. Your quilted mat is complete!

FINAL RESULT

45 cm

45 cm



Floral Appliqué Patchwork Quilt Tutorial – Complete Step-by-Step Guide (45 cm × 45 cm)

Creating a Floral Appliqué Patchwork Quilt is a wonderful way to combine colorful cotton fabrics, traditional patchwork piecing, decorative appliqué, and beautiful machine quilting into one handmade project. This tutorial will guide you through the entire process of making the floral quilt shown in the

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reference diagram, from preparing the fabric pieces to attaching the final binding.

The design features a large blue flower at the center, surrounded by six smaller multicolored flowers, green leaves, and stems. A colorful patchwork border frames the floral arrangement, while a red binding gives the finished quilt a cheerful, traditional appearance.

This project is suitable for confident beginners and intermediate quilters. The instructions use American quilting terminology, with all measurements provided in centimeters (cm). You'll also find practical tips for cutting, sewing, appliqué placement, pressing, quilting, and finishing.

Finished project size: Approximately 45 cm × 45 cm (17.7 × 17.7 inches).

Important sizing note: The reference graphic includes a few measurements that do not fit together mathematically. For example, a 35 cm center plus two 5 cm borders equals 45 cm before seam allowances. This tutorial preserves the original floral design and uses adjusted cutting and assembly measurements where necessary to achieve the intended finished size. The six small flowers and the large central flower remain faithful to the illustration.

Step 1 – Gather Your Materials and Prepare the Fabric



Before beginning, organize your supplies on a clean, flat cutting surface. Preparing everything in advance will make the sewing process easier and help you maintain accurate measurements.

Materials and tools

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- 100% cotton quilting fabric in red, blue, yellow, green, cream, and assorted floral prints
- Cream or ivory cotton fabric for the central background
- Cotton batting, approximately 50 cm × 50 cm
- Cotton backing fabric, approximately 50 cm × 50 cm
- Coordinating cotton or polyester sewing thread
- Fusible web for machine appliqué, or appliqué pins for hand sewing
- Rotary cutter, quilting ruler, and self-healing cutting mat
- Sharp fabric scissors and small embroidery scissors
- Sewing machine with a straight-stitch and zigzag or blanket-stitch setting
- Hand-sewing needles
- Straight pins or sewing clips
- Iron and ironing board
- Fabric marking pencil or removable fabric marker
- Optional walking foot for machine quilting

Use a 0.5 cm seam allowance for the patchwork assembly described here, unless another allowance is specifically indicated.

Choosing your fabrics

The original design uses bright colors that contrast beautifully with the cream background.

Choose red fabrics for the binding and several flower petals. Use navy or royal blue prints for the central flower and additional petals. Yellow and orange fabrics make cheerful flower centers, while dark green fabrics are ideal for the leaves and stems.

Include cream floral prints, gingham, and small-scale patterned cotton fabrics in the patchwork border.

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For the best visual balance, combine small floral prints, polka dots, gingham, and solid-looking fabrics. Avoid placing too many large prints directly beside one another.

Prewashing and pressing

If you normally prewash quilting cotton, wash all fabrics before cutting and dry them according to the manufacturer's instructions.

Press the fabrics carefully to eliminate wrinkles. Apply spray starch or a quilting pressing spray if you prefer slightly firmer fabric for accurate cutting.

Always press the fabric flat rather than stretching it with the iron.

Step 2 – Cut the Fabric Pieces According to the Pattern



The cutting stage is essential for achieving a balanced floral arrangement and a neat patchwork border.

The reference diagram provides the following appliqué quantities and dimensions.

Floral appliqué cutting guide

Pattern piece	Quantity	Size
Small flower petals	36	5 cm diameter

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Small flower centers	6	5 cm diameter
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Large central flower	1	8 cm diameter
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Large flower center	1	5 cm diameter
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Green leaves	12	8 cm × 4 cm
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Green stems	6	1.5 cm × 12 cm
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The diagram lists seven small flower centers in total. For consistency with the pictured design, use six for the surrounding flowers and one for the large blue flower.

The reference also includes a five-lobed flower template, but the finished illustration shows individual circular petals. For the closest match to the finished quilt, use six overlapping circular petals for each small flower.

Cutting the central background

Cut one cream-colored background square measuring 36 cm × 36 cm.

After sewing with a 0.5 cm seam allowance on all sides, the center will measure 35 cm × 35 cm in the assembled quilt.

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For the appliqué pieces, the listed dimensions are the visible template dimensions. If you use turned-edge hand appliqué, add approximately 0.5 cm around pieces that need a folded edge. For fusible raw-edge appliqué, cut directly to the template outlines.

Cutting the patchwork border

The reference diagram shows 24 colorful rectangular pieces and four cream corner squares.

For a mathematically consistent 45 cm finished quilt, cut:

Border component	Quantity	Cutting size
Colorful patchwork rectangles	24	5 cm × 6 cm
Cream corner squares	4	6 cm × 6 cm

This adjusted cutting plan creates a border with a finished width of 5 cm on each side. The graphic labels the rectangles as 5 cm × 10 cm, but using all 24 pieces at that size would require a different piecing arrangement and would not produce the illustrated 45 cm quilt without trimming or redesign.

Cutting the binding

The reference specifies five red binding strips measuring 5 cm × 45 cm.

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Cut these five strips and join them to create one continuous binding strip. This will provide enough length to go around the quilt, including the corners and joining allowance.

For a wider binding, you may use strips approximately 6 cm wide instead.

Step 3 – Prepare the Flower Petals, Leaves, and Stems



Start by transferring the shapes from the reference templates onto your selected fabrics.

For circular pieces, use a quilting circle template, a compass, or a paper circle cut to the correct diameter.

Trace the following shapes:

- Thirty-six circular petals measuring 5 cm in diameter
- Six small flower centers measuring 5 cm in diameter
- One large blue circle measuring 8 cm in diameter
- One additional yellow circle measuring 5 cm in diameter
- Twelve pointed oval leaves measuring approximately 8 cm × 4 cm
- Six rectangular green stems measuring 1.5 cm × 12 cm

Prepare the fusible appliqué

For machine appliqué, trace the shapes onto the paper side of lightweight fusible web.

Cut each fusible shape slightly outside the traced outline.

Place the adhesive side against the wrong side of the appropriate fabric and fuse according to the manufacturer's instructions.

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Allow the pieces to cool completely before cutting along the traced lines.

Remove the paper backing only when you are ready to position the appliqué pieces.

Prepare the green leaves

Each leaf should have an elongated oval shape with pointed ends.

Fold the paper leaf template in half lengthwise before cutting to create a symmetrical shape.

Cut twelve leaves from green cotton fabric.

You can use two or three shades of green to add depth to the finished arrangement.

Prepare the stems

Cut six green rectangular strips, each measuring approximately 1.5 cm × 12 cm.

If you are using raw-edge appliqué, these strips can be fused directly to the background.

For turned-edge appliqué, cut the stems slightly wider, fold their long edges inward, and press them before stitching.

Keep all prepared pieces organized by flower to avoid losing small appliqué elements.

Step 4 – Create the Six Colorful Flower Blocks

Each small flower in the reference design has six colorful petals arranged around one contrasting center.

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Although these flowers are called blocks in the diagram, they are actually separate appliqué arrangements rather than individually pieced square quilt blocks.

Arrange the petals

Place six 5 cm circles on your work surface.

Arrange them around an imaginary center point so that their inner edges overlap slightly.

Alternate colors to create an interesting combination.

For example, one flower might contain red, blue, yellow, cream, and green petals.

Position the petals to form a rounded floral shape.

Add the flower center

Place one 5 cm yellow or orange circle over the middle of the petal arrangement.

The center should cover the inner edges of the petals.

Adjust the overlap until the flower looks balanced.

In the reference image, the small flowers measure approximately 10 cm across after the petals have been overlapped and arranged.

The exact measurement may vary slightly depending on the overlap.

Repeat for all six flowers

Create six separate flowers, each with six petals and one center.

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Use different fabric combinations while repeating a few colors throughout the design.

This creates the coordinated but playful appearance of the original quilt.

Secure the flower pieces

If using fusible web, lightly press the petals into position on the background after the complete floral layout has been established.

Do not permanently fuse all six flowers to a separate temporary surface unless that surface is intended to remain in the quilt.

Instead, arrange them on the central background fabric, following the next step.

Step 5 – Assemble the Large Central Flower Appliqué



The central flower is the main focal point of this quilt.

It consists of a large blue circle, a smaller yellow center, green stems, and pointed green leaves.

Mark the center of the background

Place the 36 cm × 36 cm cream background square on a flat surface.

Fold it in half horizontally and vertically, pressing lightly to create temporary reference lines.

The intersection identifies the exact center of the square.

Position the green stems

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Arrange the six prepared green stems around the center point.

Following the illustration, create a floral arrangement with stems extending toward the smaller surrounding flowers.

The stems should appear to grow outward from behind the large central flower.

You can shorten or slightly angle the strips to create the branching arrangement shown in the reference.

Keep the entire appliqué inside the central square, leaving enough space around the edges for the seam allowance and border.

Add the green leaves

Place the twelve pointed green leaves alongside the stems.

Use the leaves in pairs or distribute them evenly around the central flower.

Angle the leaves naturally, with their pointed ends facing outward.

In the original image, the leaves surround the large blue flower and fill the open spaces between the smaller flowers.

Attach the large blue flower

Position the 8 cm blue circle over the central meeting point of the stems.

This hides the inner stem ends and creates a clean floral arrangement.

Place the 5 cm yellow circle directly in the middle of the blue circle.

Check that the circles are centered before pressing or sewing.

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Step 6 – Arrange and Attach the Six Surrounding Flowers

Now position the six smaller flowers around the large central flower.

The original design uses a balanced radial arrangement, similar to a floral wreath.

Arrange the flowers

Place the six flowers around the central blue circle.

Position them approximately at:

- 1. Upper center**
- 2. Upper right**
- 3. Lower right**
- 4. Lower center**
- 5. Lower left**
- 6. Upper left**

Keep the spacing reasonably even.

Some petals may sit close to the leaves or stems, but avoid excessive overlapping that would make the design difficult to sew.

Check the complete arrangement

Stand back and examine the layout.

The large blue flower should remain the visual focal point.

The surrounding flowers should create a balanced circular composition.

Make sure all petals, leaves, and stems remain within the central background area.

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Fuse or baste the appliqué

Once you are satisfied with the arrangement, begin securing the pieces.

For fusible appliqué, follow the manufacturer's recommended iron temperature and pressing time.

Start with the stems and leaves that sit behind other pieces.

Then attach the flower petals and finally the flower centers.

For hand appliqué, use small pins or temporary basting stitches to hold everything in place.

Stitch around the appliqué shapes

Set your sewing machine to a narrow blanket stitch or zigzag stitch.

Test the stitch on a fabric scrap before sewing the quilt.

Carefully stitch around each shape.

For curves, sew slowly and stop with the needle down when turning the fabric.

A coordinating thread will create a subtle finish, while a contrasting thread can emphasize the flower outlines.

Continue until every petal, flower center, leaf, and stem has been secured.

Press the completed floral appliqué center from the wrong side using a pressing cloth if necessary.

Step 7 – Sew the Colorful Patchwork Border

The patchwork border frames the floral appliqué and introduces additional color and texture.

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The original design combines colorful fabric rectangles with cream-colored corner squares.

For the adjusted cutting plan, use the 24 rectangles measuring 5 cm × 6 cm and four 6 cm corner squares.

Prepare the top and bottom strips

Arrange six colorful rectangles in a row, with their 6 cm edges running along the length of the border.

Use alternating fabrics to create a lively arrangement.

Sew the six rectangles together using 0.5 cm seam allowances.

Press the seams to one side or alternate their direction to reduce bulk.

Each strip should measure approximately 31 cm long and 6 cm wide after joining the six rectangles.

Add one 6 cm cream square to each end.

The resulting strip will measure 41 cm × 6 cm before being attached to the quilt.

Make two matching strips.

Prepare the side strips

Create two additional strips using six colorful rectangles for each strip.

These will measure approximately 31 cm × 6 cm after piecing.

Attach the side borders first

Place one side border right sides together with the left edge of the 36 cm background square.

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The border should extend 0.5 cm beyond the top and bottom of the center because the rectangle strip is approximately 31 cm long, not 36 cm. To avoid a mismatch, use the following corrected approach: add one extra 6 cm-wide segment to each side strip, pieced from coordinating fabric, and trim the strip to exactly 36 cm long before attaching it.

Sew the side strips with a 0.5 cm seam allowance and press them outward.

The center panel with side borders should now measure 46 cm wide and 36 cm high before the next seams.

Attach the top and bottom borders

The top and bottom strips must match the width of the center with both side borders.

Extend the prepared top and bottom strips using additional coordinating fabric segments, then trim each to 46 cm long.

Sew the strips to the top and bottom edges using a 0.5 cm seam allowance.

Press the seams outward.

Final sizing correction: This method produces a top measuring approximately 46 cm × 46 cm before binding. Trim and square the quilt top to 45 cm × 45 cm if you want the exact dimensions specified in the graphic. The visible finished size after binding may be slightly smaller, depending on the binding method.

For a fully planned border with no added segments or trimming, use the simplified alternative of cutting four continuous 6 cm-wide border strips: two at 36 cm and two at 46 cm. You can piece these strips from assorted colorful fabrics to retain the patchwork appearance.

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Step 8 – Prepare the Quilt Sandwich

Once the patchwork quilt top is complete, prepare the three layers required for quilting.

These layers are:

- Quilt top
- Batting
- Backing fabric

Prepare the backing fabric

Cut the backing fabric approximately 50 cm × 50 cm.

Press it thoroughly to remove wrinkles.

Place it on a clean table with the wrong side facing upward.

Smooth the fabric so that it lies flat.

Add the batting

Place the batting over the backing fabric.

Center it carefully.

Smooth the batting from the middle toward the edges.

Avoid stretching or pulling the fibers.

Position the quilt top

Place the completed floral quilt top over the batting, with the right side facing upward.

Check that the backing and batting extend beyond the quilt top on all sides.

Baste the layers

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Use curved safety pins, long hand-basting stitches, or temporary quilting spray.

Begin in the center and work outward.

Place pins approximately 8–10 cm apart.

The goal is to prevent the layers from shifting during quilting.

Step 9 – Quilt the Floral Patchwork Design

The reference image shows decorative quilting in the cream background surrounding the appliqué flowers.

This creates a soft, textured appearance and helps the colorful flowers stand out.

Choose a quilting design

For beginners, simple quilting methods are recommended.

You can stitch:

- Gentle meandering lines around the flowers
- Small stippling patterns in the cream background
- Straight quilting lines around the patchwork border
- Echo quilting around the appliqué shapes
- Decorative quilting inside the large flower

The original quilt uses a textured background that resembles small stippling or meandering stitches.

Begin quilting

Install a walking foot for straight-line quilting or a free-motion quilting foot for stippling.

Use a fresh machine needle suitable for quilting cotton and batting.

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Start near the center of the quilt.

Stitch slowly and guide the fabric smoothly.

Avoid pulling the quilt through the sewing machine.

Quilt around the flowers

Carefully stitch around the appliqué shapes.

You can follow the outside edges of the flowers and leaves to emphasize their shapes.

Continue quilting the cream background with small, flowing lines.

For the patchwork border, use straight quilting lines along the seams or simple decorative stitches.

Inspect the quilting

After quilting, examine both sides of the project.

Check for loose threads, skipped stitches, or puckering.

Trim loose thread ends and correct any stitching problems before proceeding.

Step 10 – Trim and Square the Quilt

Place the quilt on a cutting mat.

Use a large quilting ruler and rotary cutter to trim away the excess batting and backing.

Check that the corners are square.

Measure the quilt horizontally and vertically.

Trim carefully so that the edges are straight and the floral design remains centered.

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Avoid cutting into the patchwork border seams.

The quilt is now ready for binding.

Step 11 – Make and Attach the Red Fabric Binding

The red binding is an important finishing detail in the reference quilt.

It frames the colorful patchwork border and gives the project a neat, professional appearance.

Join the binding strips

Take the five red strips measuring 5 cm × 45 cm.

Place two strips right sides together at a 90-degree angle.

Sew diagonally across the overlapping ends.

Trim the excess fabric, leaving approximately 0.5 cm beyond the seam.

Repeat until all five strips are joined.

Press the joining seams open.

Prepare the binding

Fold the long binding strip in half lengthwise, wrong sides together.

Press carefully to create a double-fold binding strip approximately 2.5 cm wide.

This technique produces a strong, durable edge.

Attach the binding to the quilt front

Begin sewing the binding along one side of the quilt, leaving a loose tail of approximately 10 cm.

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Align the raw edges of the binding with the raw edge of the quilt.

Use a 0.5 cm seam allowance.

Continue sewing until you approach the first corner.

Stop 0.5 cm before reaching the corner.

Create mitered corners

Remove the quilt from the machine.

Fold the binding upward to form a 45-degree angle.

Then fold it downward so the folded edge aligns with the next side of the quilt.

Begin sewing the next side.

Repeat at all four corners.

Join the binding ends

When you return to the starting point, stop sewing and leave enough space to join the two binding tails.

Trim and join the ends so the binding lies flat without stretching.

Finish sewing the remaining opening.

Finish the binding

Fold the binding over the raw quilt edge toward the back.

Secure it with clips.

Hand stitch the folded edge to the backing using a blind stitch, or machine stitch it in place.

Make sure the corners are neatly folded.

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Press the finished binding gently.

Step 12 – Final Pressing and Finishing Touches

Your Floral Appliqué Patchwork Quilt is almost complete.

Lay it flat on a clean table and inspect the entire project.

Check the appliqué stitching, patchwork seams, quilting lines, and binding.

Trim any remaining loose threads.

If necessary, lightly steam the quilt to relax minor wrinkles.

Avoid pressing the batting so firmly that you flatten the quilting texture.

Allow the quilt to cool and dry completely before folding or displaying it.

Finished quilt appearance

The completed design should feature:

- A cream-colored central background
- One large blue flower with a yellow center
- Six smaller multicolored flowers
- Twelve green leaves and six green stems
- A colorful patchwork border with cream corner accents
- A red fabric binding
- Decorative quilting throughout the background

The intended finished size is approximately 45 cm × 45 cm, depending on the final trimming and binding method.

Step 13 – Caring for Your Finished Floral Quilt

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Proper care will help preserve the colors, stitching, and shape of your handmade quilt.

If all materials are washable, gently wash the quilt in cool water using a mild detergent.

Choose a delicate washing cycle or wash it by hand.

Avoid strong bleach or harsh cleaning products.

Dry the quilt flat or use a low-heat dryer setting if appropriate for the fabrics and batting.

For decorative wall quilts, occasional gentle dusting may be sufficient.

Store the quilt in a clean, dry location away from prolonged direct sunlight.

Helpful Tips for Beginners

Maintain consistent seam allowances. Even small differences can affect the overall size of a patchwork project.

Press after each sewing stage. Flat seams make assembly easier and improve the finished appearance.

Arrange the flowers before sewing. Take a photograph of the layout so you can refer to it while attaching the appliqué pieces.

Use lightweight fusible web. Heavy fusible products can make the quilt stiff and difficult to quilt.

Practice curved stitching. Test your blanket stitch or zigzag stitch on scrap fabric before sewing around the petals.

Check your measurements frequently. Measure the center and each border before joining them to prevent distortion.

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Choose balanced colors. Repeat the same fabric colors in different areas to create a coordinated design.

Frequently Asked Questions (FAQ)

Is this floral appliqué quilt suitable for beginners?

Yes. Beginners who are comfortable using a sewing machine can complete this project by working carefully through each stage. Fusible appliqué and simple straight-line quilting can make the process easier.

Can I make the quilt larger?

Absolutely. You can enlarge the background square, increase the width of the patchwork border, or add an additional border. Recalculate the fabric measurements before cutting.

What is the best fabric for this project?

High-quality 100% cotton quilting fabric is recommended because it is easy to cut, press, sew, and quilt.

Can I sew the appliqué by hand?

Yes. Traditional needle-turn appliqué or hand blanket stitching works well for the flowers, leaves, and stems.

What quilting pattern works best?

Small stippling, meandering stitches, and echo quilting complement the floral design. Beginners may prefer simple straight quilting lines.

Can I use fabric scraps?

Yes. This is an excellent scrap-friendly quilting project. Small fabric pieces are especially useful for the colorful flower petals and patchwork border.

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How can I prevent the fabric from puckering?

Use appropriate stabilizing methods for appliqué, avoid stretching the fabric, maintain even thread tension, and baste the quilt layers thoroughly before quilting.

Can this quilt be used as a wall hanging?

Yes. Its compact size and decorative floral design make it suitable for a wall hanging, small table topper, or seasonal home decoration. For wall display, you can add a hanging sleeve to the back.

Conclusion – Enjoy Your Handmade Floral Patchwork Quilt 

The Floral Appliqué Patchwork Quilt Tutorial combines traditional American quilting techniques with cheerful fabrics and a beautiful floral arrangement.

By preparing the appliqué pieces, arranging the six colorful flowers, assembling the central design, sewing the patchwork border, quilting the layers, and finishing with red binding, you can create a decorative handmade quilt inspired by the reference pattern.

The finished project celebrates the charm of fabric appliqué, patchwork quilting, and creative sewing. It is a lovely addition to a sewing room, a handmade gift, or a decorative piece for your home.

Most importantly, enjoy each stage of the creative process. Every carefully sewn flower, leaf, and patchwork piece adds character to your finished quilt.