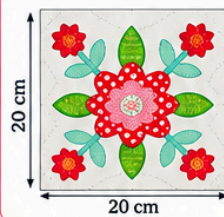


Flower Appliqué Quilt Block Tutorial

Step by Step with Measurements (in CM)



Finished Size

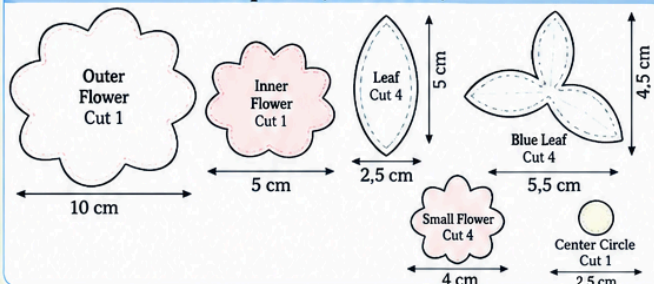


Materials



- Cotton fabric (100% quilting cotton)
- Fabric for background: 22 cm x 22 cm
- Assorted fabric scraps for appliqué
- Fusible web (optional)
- Coordinating thread
- Hand sewing needle (for appliqué)
- Scissors
- Pins or fabric clips
- Iron and ironing board
- Marking pen or pencil

Templates (Actual Size)



1 Cut the Fabrics



Use the templates to cut all fabric pieces. Add a 0,5 cm seam allowance if you are not using fusible web.

2 Prepare the Pieces



If using fusible web, trace the templates on the paper side, roughly cut, and fuse to the wrong side of the fabric. Then cut precisely on the lines.

3 Center Flower Layer



Place the small circle on the inner flower piece. Appliqué in place using a blanket stitch or straight stitch.

4 Middle Layer



Center the inner flower on the outer flower. Appliqué around the edges.

5 Prepare Leaves



Cut 4 green leaves and 4 blue leaves using the templates. Fuse and trim.

6 Appliqué Green Leaves



Position the green leaves at the top and bottom of the central flower. Appliqué in place.

7 Appliqué Blue Leaves



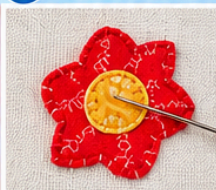
Position the blue leaves between the green leaves. Appliqué in place.

8 Prepare Small Flowers



Cut 4 small flowers and 4 small circles for the centers. Fuse and trim.

9 Make Flower Centers



Appliqué the center circle onto each small flower.

10 Position Small Flowers



Place the small flowers at the ends of the blue leaves. Pin in place.

11 Appliqué Small Flowers



Appliqué each small flower around the edges.

12 Check Placement



Make sure all pieces are well positioned and secure with pins or a light fuse.

13 Sew All Pieces



Use a blanket stitch or small straight stitch to appliqué all pieces securely.

14 Optional Background Stitching



Add decorative stitches in the background, such as cross stitches or running stitches, if desired.

15 Final Block



Your Flower Appliqué Quilt Block is complete! Trim to 20 cm x 20 cm.

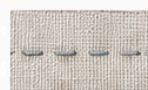
16 Quilt Stitches and Methods



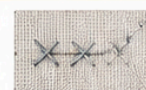
Blanket Stitch (appliqué)



Straight Stitch (appliqué)



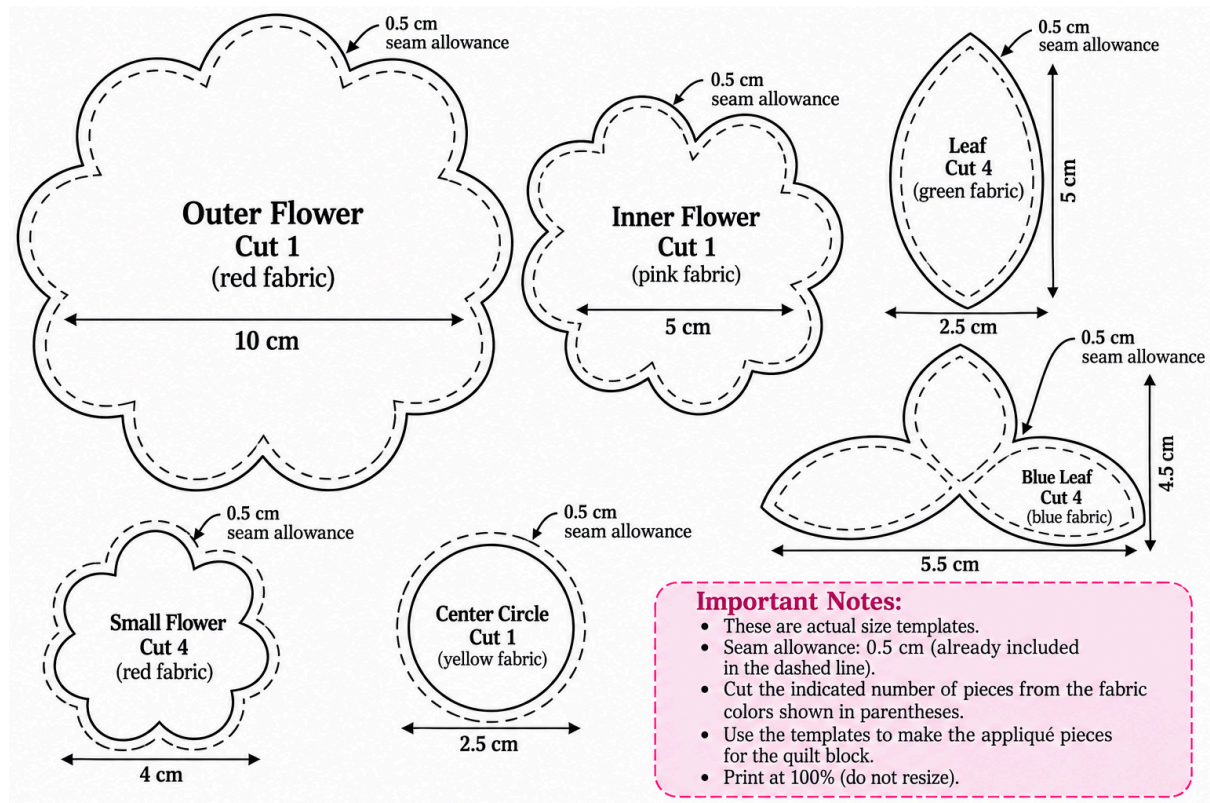
Running Stitch (background)



Cross Stitch (background)

Tips for Success

- Use 100% cotton quilting fabric.
- Fusible web makes appliqué easier and more precise.
- Trim excess fabric close to the stitches.
- Keep stitches small and even.
- Use coordinating thread or contrasting thread for a decorative look.
- Square the block to 20 cm x 20 cm for quilts, cushions, or table runners.



Flower Appliqué Quilt Block Tutorial – Complete Step-by-Step Sewing Guide

The Flower Appliqué Quilt Block Tutorial is a colorful sewing project that combines traditional American quilting techniques with beautiful floral fabric appliqué. Featuring a large red flower in the center, four green leaves, four blue leafy branches, and four smaller red flowers, this design creates a charming decorative block suitable for quilts, cushion covers, wall hangings, and table runners.

This tutorial follows the supplied instructional graphic, using U.S. sewing terminology, measurements in centimeters (cm), and beginner-friendly instructions. You will learn how to prepare fabric templates, cut appliqué shapes, arrange the floral composition, attach each piece with hand or machine stitching, and finish your quilt block neatly.

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The finished appliqué block measures 20 cm × 20 cm. The design uses a combination of blanket stitch, straight stitch, running stitch, and decorative cross stitch, making it an excellent opportunity to practice several classic quilting techniques.

Step 1: Gather Your Materials and Sewing Supplies

Before starting your Flower Appliqué Quilt Block, prepare your materials and organize your sewing area. Using high-quality cotton fabric makes the appliqué easier to handle and helps the finished block retain its shape.

Fabric Requirements

Material	Recommended quantity or size
Light-colored cotton background	22 × 22 cm
Red printed cotton fabric	15 × 15 cm
Pink or red gingham fabric	8 × 8 cm
Green printed cotton fabric	Four leaves, approximately 5 × 2.5 cm each

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Blue or turquoise cotton fabric	Four three-leaf clusters, approximately 5.5 × 4.5 cm each
Red fabric scraps	Four small flowers
Yellow printed fabric	Four small flower centers
Floral printed fabric	One central circle
Lightweight fusible web	Enough for the appliqué shapes
Coordinating sewing thread	Red, green, blue, pink, and yellow
Optional quilt batting	22 × 22 cm
Optional backing fabric	22 × 22 cm

Additional Sewing Tools

- **Fabric scissors or a rotary cutter**
- **Cutting mat and quilting ruler**
- **Hand-sewing needles**
- **Sewing machine with a straight-stitch setting**
- **Iron and ironing board**
- **Fabric marking pencil**

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- Straight pins or fabric clips
- Paper scissors for cutting templates
- Embroidery needle for decorative stitching

Important: The diagram shows a 20 × 20 cm finished block and a 22 × 22 cm starting background. The additional fabric provides trimming allowance. For a block that must finish at exactly 20 × 20 cm after being sewn into a quilt, prepare a 21 × 21 cm unfinished block using 0.5 cm seam allowances on all four sides.

Step 2: Understand the Appliqué Templates and Measurements

The quilt block is constructed from several individual fabric shapes. Each shape has a specific position within the floral design.

Use the provided template graphic as your reference when cutting the fabric pieces.

Template Measurements

Template	Approximate size	Quantity
Outer flower	10 cm across	Cut 1
Inner flower	5 cm across	Cut 1
Green pointed leaf	5 × 2.5 cm	Cut 4

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Blue three-leaf cluster	5.5 × 4.5 cm	Cut 4
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Small red flower	4 cm across	Cut 4
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Yellow flower center	Approximately 2 cm across	Cut 4
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Central floral circle	2.5 cm across	Cut 1
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These measurements are approximate design dimensions. The yellow centers are estimated from the illustration.

Understanding Seam Allowances

The printable template includes a 0.5 cm seam allowance around the fabric shapes.

There are two common ways to prepare fabric appliqué:

Turned-edge appliqué: Cut the fabric 0.5 cm beyond the finished outline. Fold the allowance under, then secure the folded edge using hand stitching or machine stitching.

Raw-edge fusible appliqué: Trace the finished shape onto fusible web, fuse it to the wrong side of the fabric, and cut along the finished outline. No additional seam allowance is required.

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For a finish that resembles the original photograph, use hand blanket stitching around the appliqué edges. You can combine either preparation method with decorative stitching.

Do not add a second 0.5 cm allowance if it is already included in the cutting outline of your template.

Step 3: Prepare and Cut the Background Fabric

The background is the foundation of your quilt block. In the reference image, it is a soft, light-colored cotton fabric with subtle decorative stitching.

- 1. Pre-press the fabric.** Iron the background fabric until it is completely flat. Avoid stretching it while pressing.
- 2. Cut the background.** Using a quilting ruler and rotary cutter, cut one square measuring 22 × 22 cm.
- 3. Mark the center.** Fold the fabric gently in half horizontally and vertically to identify the center, or use a removable fabric marker.
- 4. Draw guidelines.** Mark faint horizontal, vertical, and diagonal placement lines. These will help you arrange the flowers and leaves symmetrically.
- 5. Prepare for appliqué.** If your fabric is lightweight, place a removable embroidery stabilizer underneath it while stitching to prevent puckering.
- 6. Set the background aside.** Keep it clean and flat until all appliqué pieces have been prepared.

The central flower should be positioned in the middle of the background, with the four smaller flowers arranged diagonally toward the corners.

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Step 4: Cut and Prepare the Large Center Flower

The large central flower is the focal point of the design. It consists of three layers: the outer red flower, the smaller gingham flower, and a circular floral-print center.

Cutting the Outer Flower

Take your red printed cotton fabric and place the large flower template over the wrong side.

Trace the outline carefully using a fabric marking pencil.

Cut one flower approximately 10 cm across, following your chosen appliqué method.

The original design uses a rounded, scalloped flower shape. Keep the curves smooth and consistent to preserve its decorative appearance.

Cutting the Inner Flower

Place the smaller flower template on your pink or red gingham fabric.

Trace and cut one flower approximately 5 cm across.

This smaller flower will sit directly in the center of the larger red flower.

Cutting the Central Circle

Use a circular template to cut one floral-print circle approximately 2.5 cm in diameter.

The floral center adds contrast and creates the layered appearance shown in the reference image.

Preparing the Edges

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If using turned-edge appliqué, clip the seam allowance carefully around tight inward curves without cutting through the finished stitching line.

Turn the allowances to the wrong side and press gently.

For raw-edge appliqué, fuse lightweight fusible web to the wrong side of each fabric piece before cutting.

Step 5: Assemble the Three Center Flower Layers

You can prepare the central flower as one complete unit before attaching it to the background.

First layer: Lay the large red flower right side up on your pressing surface.

Second layer: Center the gingham flower over the red flower, making sure the outer petals remain visible around all sides.

Third layer: Place the floral circle in the center of the gingham flower.

Check the alignment before stitching.

Secure the fabric layers with pins, a small amount of fabric-safe basting glue, or fusible web.

Use a blanket stitch around the edges of the gingham flower and central circle.

For hand blanket stitching:

1. Bring the needle up near the appliqué edge.
2. Insert it into the background layer just outside the appliqué edge.
3. Bring the needle back up near the edge, keeping the working thread beneath the needle.
4. Pull gently to form the characteristic loop along the edge.

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5. Repeat at approximately 0.3–0.4 cm intervals.

If working with turned edges, keep the folded fabric edges smooth and hidden beneath the stitches.

You now have the layered center flower ready for placement.

Step 6: Prepare the Four Green Leaves

The four green leaves extend outward from the central flower in the four main directions.

Each leaf measures approximately 5 cm long and 2.5 cm wide.

Cutting the Leaves

Trace the pointed leaf template onto the wrong side of your green printed cotton fabric.

Cut four identical shapes.

Try to use a consistent fabric direction so that the leaves have a balanced appearance.

Preparing the Leaves

For fusible appliqué, apply fusible web to the wrong side of the green fabric before cutting.

For turned-edge appliqué, turn under the allowance carefully around the pointed tips.

Press the leaves without flattening or distorting their shape.

Positioning the Leaves

Arrange the leaves around the central flower:

- **One pointing upward**
- **One pointing downward**

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- One pointing left
- One pointing right

Position the inner ends underneath the outer red flower.

This creates the appearance of leaves growing naturally from behind the flower.

Temporarily secure the leaves to the background, but do not permanently stitch them until you are satisfied with the entire arrangement.

Step 7: Prepare the Four Blue Leaf Clusters

The blue or turquoise fabric elements provide contrast between the green leaves and the small red flowers.

Each blue element consists of three connected pointed leaves, forming a branching cluster.

The overall template measures approximately 5.5 cm wide and 4.5 cm tall.

Cutting the Blue Shapes

Trace the three-leaf template onto the wrong side of your blue printed cotton fabric.

Cut four identical clusters.

If using a fusible appliqué technique, attach fusible web before cutting.

Take extra care around the narrow points where the three leaves meet.

Arranging the Blue Clusters

Place one cluster in each diagonal section of the block:

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- Upper left
- Upper right
- Lower left
- Lower right

Orient the clusters so that their outer leaves extend toward the smaller red flowers.

The blue pieces should sit between the central flower and the smaller flowers.

Leave enough space for the decorative blanket stitching around each element.

Step 8: Make the Four Small Red Flowers

The four small red flowers repeat the central flower's shape on a smaller scale.

Each flower measures approximately 4 cm across.

Cutting the Flower Shapes

Place the small flower template on your red printed cotton fabric.

Trace and cut four identical flower shapes.

Use the same fabric as the central flower for a coordinated design.

Preparing the Yellow Centers

Cut four yellow fabric circles, approximately 2 cm in diameter.

You may use plain yellow cotton or yellow fabric with a small printed pattern.

Assembling Each Small Flower

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Place one yellow circle in the center of each red flower.

Make sure the circle is centered.

Secure the yellow circle with fusible web or temporary basting.

Stitch around the circle using a small blanket stitch or straight stitch.

Repeat until all four flowers have their yellow centers attached.

Keep the stitching tension gentle so that the small flower shapes remain flat.

Step 9: Arrange the Entire Floral Appliqué Design

Now that all the individual pieces are ready, arrange them on the prepared background fabric.

This is one of the most important steps because accurate positioning gives the block its balanced appearance.

Recommended Placement Order

- 1. Position the four green leaves at the top, bottom, left, and right.**
- 2. Place the four blue leaf clusters diagonally between the green leaves.**
- 3. Position the four small red flowers near the outer ends of the blue clusters.**
- 4. Place the large red flower in the center, covering the inner ends of the green leaves.**
- 5. Confirm that the inner gingham flower and floral center remain centered.**

Compare your layout with the original reference image.

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The central flower should be the largest element, while the smaller flowers should create a balanced arrangement around it.

Keep all appliqué pieces within the intended 20 × 20 cm design area.

When everything is correctly positioned, use pins or fusible web to hold the pieces in place.

Helpful tip: Take a photograph of your layout before sewing. This provides a reference if any pieces move while stitching.

Step 10: Attach the Green Leaves to the Background

Begin sewing the green leaves before attaching the central flower.

This helps conceal the inner ends of the leaves beneath the larger red flower.

Use coordinating green thread.

Hand-Sewing Method

Thread your needle with a comfortable length of cotton or embroidery thread.

Begin stitching at the base of a leaf.

Work a small blanket stitch around the visible leaf edges.

Keep the stitches approximately 0.3–0.4 cm apart.

Continue around the pointed tip, making one carefully positioned stitch at the point.

Repeat for the remaining three green leaves.

Machine-Sewing Alternative

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If you prefer machine appliqué, use a narrow zigzag stitch or blanket-stitch setting.

Test the stitch on scrap fabric first.

For raw-edge appliqué, a narrow zigzag stitch helps cover the cut fabric edge.

For turned-edge appliqué, a straight stitch close to the folded edge is another suitable option.

Step 11: Attach the Blue Leaf Clusters

Once the green leaves are attached, stitch the four blue leaf clusters.

Use light blue, turquoise, or coordinating thread.

Start with the upper-left cluster.

Carefully stitch around the three connected leaf shapes.

Slow down when approaching sharp points and tight inward curves.

If using a sewing machine, stop with the needle down before pivoting the fabric.

Continue until the entire cluster is secured.

Repeat for the remaining three blue clusters.

Check that the stitching follows the curves neatly and that no fabric edges are accidentally folded.

Step 12: Attach the Large Central Flower

Place the assembled center flower over the middle of the block.

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Ensure that the large red flower covers the inner ends of the green leaves, as shown in the tutorial graphic.

Pin or fuse the flower into position.

Using red or contrasting thread, sew around the outer flower with a decorative blanket stitch.

Work slowly around the rounded petals.

Keep your stitches evenly spaced and maintain gentle thread tension.

The blanket stitching will highlight the scalloped flower edges and give the design a traditional handmade appearance.

After completing the outer flower, inspect the inner gingham flower and central circle. Add any remaining securing stitches needed to keep all three layers flat.

Step 13: Attach the Four Small Flowers

Position each small red flower at the outer end of a blue leaf cluster.

Use the reference graphic to maintain the same diagonal arrangement.

Attach the flowers in the following order:

1. Upper-left flower
2. Upper-right flower
3. Lower-left flower
4. Lower-right flower

Stitch around each red flower using a small blanket stitch.

Make sure the yellow centers remain securely attached.

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If necessary, add a few small straight stitches to reinforce the yellow circles.

The four small flowers should now frame the central floral design.

Step 14: Add Decorative Background Stitching ✨

The original block includes subtle decorative stitches on the light background fabric.

These stitches give the quilt block additional texture without distracting from the colorful appliqué.

You can reproduce this effect using running stitch and cross stitch.

Running Stitch

Running stitch creates a simple dashed line.

Bring the needle up through the fabric, move forward approximately 0.3 cm, and insert the needle back into the fabric.

Leave a small gap before bringing the needle up again.

Repeat to create a line of evenly spaced stitches.

Cross Stitch

Cross stitch creates small X-shaped decorations.

Make one diagonal stitch from the lower left to the upper right.

Then cross it with a second diagonal stitch from the lower right to the upper left.

Repeat at regular intervals.

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Decorative Stitch Placement

Add small cross stitches around the empty background areas.

You may also create gentle diagonal lines extending between the floral elements.

Use pale blue, light gray, or another subtle thread color.

Keep the decorative stitches away from the appliqué edges so the design remains clear and balanced.

Step 15: Understand the Main American Quilting Stitches

The instructional graphic demonstrates four useful sewing methods.

Stitch	Main purpose	Recommended use
Blanket stitch	Secures and decorates fabric edges	Flowers and leaves
Straight stitch	Attaches fabric with a simple seam	Appliqué outlines and reinforcement
Running stitch	Creates dashed decorative lines	Background embellishment
Cross stitch	Creates small X-shaped designs	Decorative background details

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Blanket Stitch

This is the primary decorative technique for the project. It helps secure the appliqué and gives the fabric shapes a defined, handcrafted border.

Straight Stitch

Straight stitch can be worked by hand or machine. It is useful for stitching close to turned appliqué edges or reinforcing small fabric pieces.

Running Stitch

Running stitch is ideal for decorative lines. It is easy for beginners and adds a delicate traditional quilting detail.

Cross Stitch

Cross stitch is used primarily for decoration in this design. Small scattered crosses give the background an embroidered appearance.

Step 16: Press and Inspect the Completed Appliqué

After sewing all the fabric shapes, inspect the quilt block carefully.

Look for loose threads, uneven stitching, or fabric edges that need additional reinforcement.

Trim any excess thread tails.

Place the quilt block wrong side up on a clean pressing surface.

Cover it with a pressing cloth.

Press gently using the appropriate cotton setting on your iron.

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If you used fusible web, follow the manufacturer's pressing instructions to avoid damaging the adhesive or fabric.

Avoid dragging the iron across the appliqué, as this can distort the flower shapes.

Instead, lift and lower the iron carefully.

Let the block cool completely before trimming.

Step 17: Square Up the Quilt Block to 20 × 20 cm

Once the appliqué is complete and pressed, prepare the block for its intended use.

Place the fabric on a cutting mat.

Use a quilting ruler to locate the center of the floral arrangement.

Check that the large central flower is balanced within the square.

For a decorative panel intended to measure 20 × 20 cm before finishing, trim the block to that size.

If the block will be sewn into a quilt using a 0.5 cm seam allowance, trim it to 21 × 21 cm instead. It will measure 20 × 20 cm after the surrounding seams are sewn.

Keep the small flowers and blue leaves safely away from the trimming edges.

Your floral appliqué quilt top is now complete.

Step 18: Optional – Turn the Block into a Finished Mini Quilt

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If you want to make a quilted wall decoration rather than a single appliqué block, add batting and backing fabric.

Prepare the Quilt Sandwich

For a 20 × 20 cm decorative quilt top, prepare:

- One finished appliqué top
- One batting square measuring approximately 22 × 22 cm
- One backing square measuring approximately 22 × 22 cm

Place the backing fabric wrong side up.

Lay the batting over the backing.

Position the appliqué top right side up over the batting.

Smooth all three layers carefully.

Baste them together using quilting pins or temporary basting spray.

Quilt the Layers

Use a walking foot or hand-quilting needle to sew through the layers.

You can quilt around the large central flower, green leaves, blue clusters, and small flowers.

Alternatively, add simple straight quilting lines through the open background areas.

Avoid quilting heavily over the smaller appliqué pieces.

Finish the Edges

Trim the batting and backing even with the quilt top.

Attach a binding strip around the outer edges.

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A binding width of approximately 4–5 cm before folding works well for a small quilt.

Sew the binding to the front, fold it around the raw edges, and secure it on the back.

Press the completed project gently.

Your decorative mini quilt is ready to display.

Step 19: Common Mistakes and How to Avoid Them

Even experienced quilters occasionally encounter problems when working with curved appliqué shapes.

Problem: The flower petals look uneven.

Solution: Check that your template is symmetrical and cut slowly around the rounded edges. Use sharp fabric scissors for the tight curves.

Problem: The appliqué fabric wrinkles while sewing.

Solution: Reduce thread tension, use lightweight stabilizer, and avoid pulling the fabric while stitching.

Problem: The flower centers are not perfectly aligned.

Solution: Fold the circles lightly to identify their centers before positioning them on the flowers.

Problem: The leaves appear unbalanced.

Solution: Arrange all the pieces on the background before permanently stitching anything.

Problem: The background puckers after stitching.

Solution: Press gently from the wrong side and use stabilizer when necessary. Do not stretch the fabric to remove wrinkles.

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Problem: The finished block is smaller than expected.

Solution: Always distinguish between the finished measurement and the unfinished cutting measurement. Account for the seam allowances required when joining the block to other quilt pieces.

Step 20: Creative Ways to Use Your Flower Appliqué Quilt Block

Once you have completed your first block, you can use the same design in several different sewing projects.

Patchwork quilt: Repeat the flower block in coordinated fabric colors and join the blocks with sashing to create a floral bed quilt.

Decorative cushion: Add fabric borders around the block until it reaches your preferred cushion size, then sew a matching cushion back.

Table runner: Join three or four flower blocks in a row and add coordinating borders.

Wall hanging: Use a single finished block with batting, backing, and binding to create a small decorative wall quilt.

Fabric tote bag: Attach the appliqué design to a larger cotton panel before constructing the bag.

You can also experiment with seasonal colors. Red and green create a festive appearance, while pink, lavender, and pastel blue make a delicate spring-inspired version.

Final Project Checklist

Project completion

0 of 10

Background fabric prepared and pressed
All appliqué shapes cut to the template measurements
Large central flower assembled
Four green leaves attached
Four blue leaf clusters attached
Four small red flowers with yellow centers attached
All appliqué edges securely stitched
Decorative background stitches completed
Block pressed and squared accurately
Optional batting, backing, quilting, and binding completed

Conclusion: Your Handmade Flower Appliqué Quilt Block

Congratulations on completing the Flower Appliqué Quilt Block Tutorial!

You have learned how to cut and prepare fabric templates, assemble layered flowers, position green leaves and blue leaf clusters, and attach the appliqué using traditional American quilting stitches.

The finished design combines floral appliqué, colorful cotton fabrics, decorative embroidery, and classic quilt-making techniques in one beautiful handmade project.

Whether you use this block in a larger quilt, a cushion, a table runner, or a wall decoration, the same construction methods can be repeated with different fabrics and colors.

With patience, accurate cutting, and careful stitching, you can create a charming floral quilt block that celebrates the creativity and tradition of handmade American quilting.