

Poinsettia Flower Quilted Table Mat



Finished size:
40 cm
diameter
(approx.)

Step by Step Tutorial

Materials

- Fabric 1 – Poinsettia print (cream background) – 40 x 50 cm
- Fabric 2 – Red fabric – 25 x 50 cm
- Fabric 3 – Green fabric – 25 x 50 cm
- Batting – 40 x 50 cm
- Backing fabric – 40 x 50 cm
- Matching thread
- Quilting thread (optional)
- Fabric marker or pencil
- Scissors, pins or clips
- Sewing machine
- Iron
- Binding (you can make your own from red fabric)

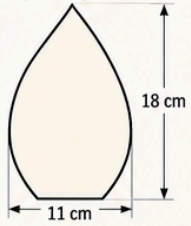
Main Sewing Methods Used

- Straight stitch
- Quarter-inch seam allowance (0.6 cm)
- Appliqué or sewing and turning
- Topstitching

- Quilting
- Bias binding
- Pressing
- Hand or machine finishing

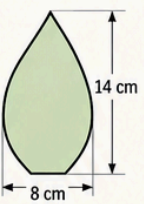
Templates with Measurements (cm)

Petal Template
(8 pieces – print fabric)



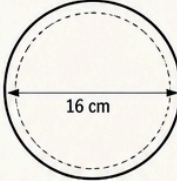
11 cm
18 cm

Leaf Template
(8 pieces – green fabric)



8 cm
14 cm

Center Circle Template
(1 piece – red fabric)



16 cm
Finished circle:
16 cm diameter

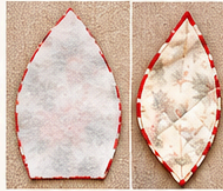
1 Cut the Pieces





Cut 8 petals from Fabric 1 (18 x 11 cm).
Cut 8 leaves from Fabric 3 (14 x 8 cm).
Cut 1 circle from Fabric 2 (16 cm diameter).

2 Make the Petals



Place two petal pieces right sides together, sew around the edge leaving a small opening. Trim, turn right side out and press.

3 Make the Leaves



Sew the leaves the same way. Make 8 leaves and topstitch around the edge (optional).

4 Prepare the Center Circle



Quilt the circle as desired (e.g., diagonal lines). Finish the edge with a topstitch.

5 Arrange the Pieces



Arrange 8 petals and 8 leaves, alternating, around the center circle. Check the layout before sewing.

6 Sew the Pieces Together



Pin and sew each petal and leaf to the center circle using a 0.6 cm seam allowance.

7 Add Batting and Backing



Place the quilted top right side up, then batting, then backing fabric (right side down). Pin or baste.

8 Quilt the Mat



Quilt around the petals and leaves, following the shapes. You can also quilt inside the petals.

9 Add the Binding



Use red binding. Sew the binding to the front, fold to the back and stitch by hand or machine.

10 Finished Project

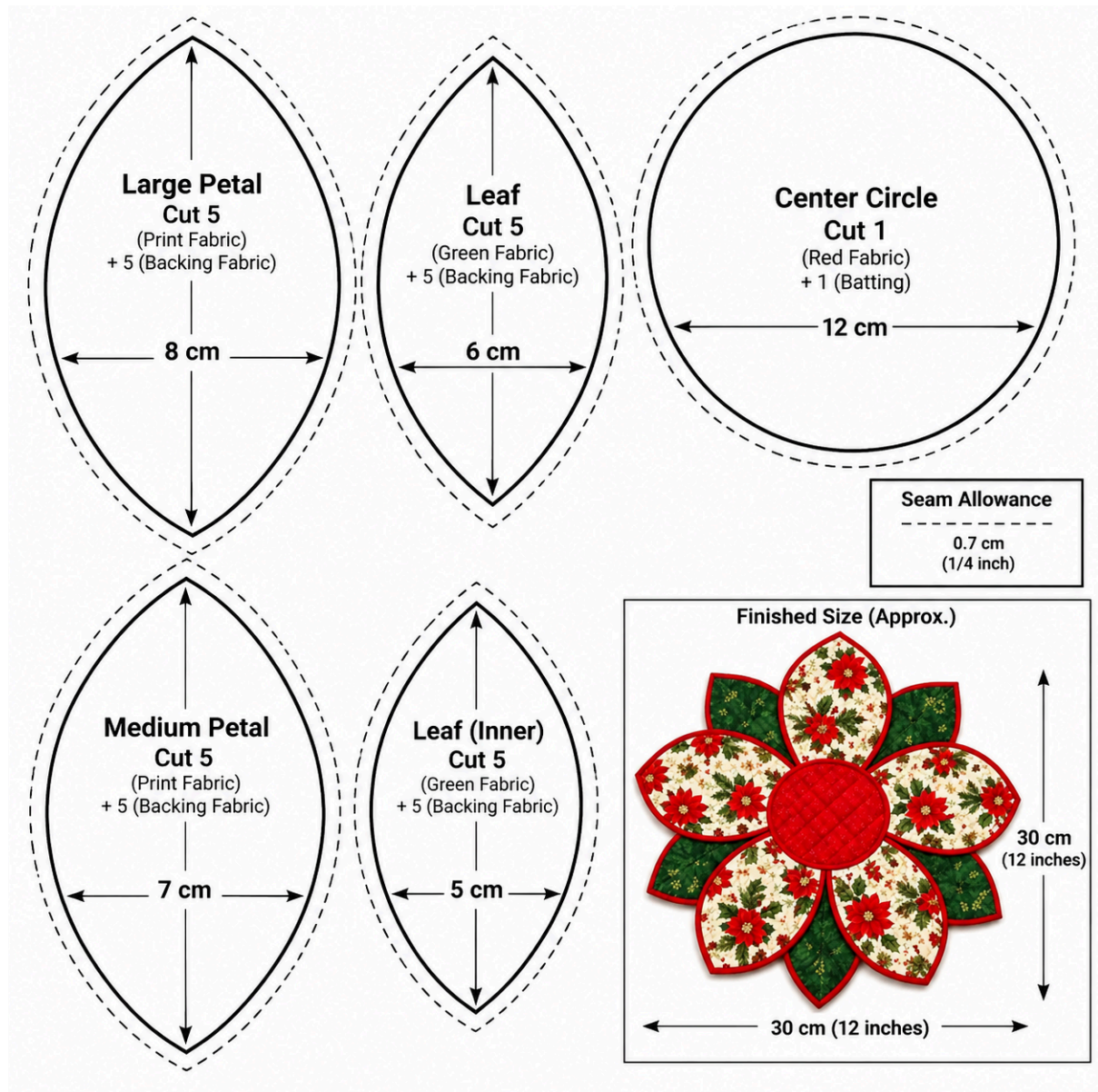


Back View



Tips for a Perfect Result

- ✓ Use 100% cotton quilting fabric.
- ✓ Always press your seams.
- ✓ Keep a 0.6 cm (1/4 inch) seam allowance.
- ✓ Use batting to give structure.
- ✓ Topstitching helps define the shapes.
- ✓ You can make it larger or smaller by adjusting the templates.



Poinsettia Flower Quilted Table Mat – Complete Step-by-Step Sewing Tutorial

The Poinsettia Flower Quilted Table Mat is a beautiful Christmas sewing project that combines traditional quilting, fabric appliqué, decorative stitching, and festive floral design. Inspired by the bright red poinsettias commonly associated with the holiday season, this handmade table mat features eight floral petals, eight green leaves, and a quilted red center.

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This tutorial follows the design and construction methods illustrated in the reference pattern. You will learn how to prepare the fabric, cut the templates, sew the petals and leaves, assemble the flower, add batting and backing, quilt the layers, and finish the edges with red binding.

The finished table mat measures approximately 40 cm in diameter, making it suitable for a Christmas centerpiece, dining table decoration, side table, or handmade holiday gift. The instructions use familiar American sewing and quilting terminology, with measurements provided in centimeters.

Even if you are relatively new to quilting, you can complete this project by working carefully through each stage.

Step 1: Gather Your Materials and Sewing Supplies

Before starting your Poinsettia Flower Quilted Table Mat, prepare all your fabrics and sewing tools. Having everything organized will make the cutting, stitching, and assembly process much easier.

Fabric requirements

Material	Measure ment	Purpose
Fabric 1 – Poinsettia print with cream background	40 × 50 cm	Eight decorative petals
Fabric 2 – Red cotton fabric	25 × 50 cm	Center circle and binding

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Fabric 3 – Green cotton fabric	25 × 50 cm	Eight leaves
Quilt batting	40 × 50 cm	Softness and structure
Backing fabric	40 × 50 cm	Finished underside
Matching sewing thread	As needed	Construction seams
Quilting thread	Optional	Decorative quilting
Red binding	As needed	Finished edges

Important fabric note: The quantities above are taken from the reference graphic. For the double-sided petals, double-sided leaves, and fully backed mat described below, you may need additional fabric. The exact amount depends on fabric width, cutting layout, and whether you use coordinating fabric for the reverse sides.

Essential sewing tools

- **Sewing machine with a straight-stitch setting**
- **Fabric scissors or rotary cutter**
- **Cutting mat and quilting ruler**

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- Sewing pins or fabric clips
- Fabric marking pencil or washable marker
- Iron and ironing board
- Paper or cardstock for templates
- Hand-sewing needle
- Measuring tape
- Optional walking foot for quilting
- Optional fabric turning tool

Recommended fabric

For the best results, choose 100% quilting cotton. This material is easy to cut, sew, press, and quilt.

A cream fabric with red poinsettia flowers creates the festive petals, while dark green fabric provides contrast. The red center and matching red binding bring all the colors together.

Prewash your fabrics if you normally prewash quilting cotton. This helps reduce unexpected shrinkage after the project is finished.

Press the fabrics flat before cutting. Smooth, wrinkle-free fabric makes accurate template cutting much easier.

Step 2: Prepare the Flower Templates

The project uses three main templates: a large petal, a smaller leaf, and a circular center.

The measurements below follow the reference graphic.

Template measurements

Petal	18 cm high × 11 cm wide	8 finished units
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Leaf	14 cm high × 8 cm wide	8 finished units
Center circle	16 cm diameter	1 finished unit

Drawing the petal template

On a sheet of paper, draw a vertical centerline measuring 18 cm.

Mark the widest part of the petal at approximately 11 cm. Shape the sides into a rounded, pointed flower petal, following the outline shown in the tutorial graphic.

The top should come to a gentle point, while the lower end should have a smooth rounded shape.

Cut out the paper template carefully.

Drawing the leaf template

Draw another vertical line measuring 14 cm.

Mark a maximum width of 8 cm and create a narrower pointed leaf shape.

The green leaves should resemble the floral petals but appear slightly smaller.

Cut out the leaf template.

Drawing the center circle

Use a compass or circular template to draw a circle measuring 16 cm in diameter.

Cut along the line to create the paper pattern.

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Adding seam allowances

The reference pattern recommends a 0.6 cm seam allowance, approximately $\frac{1}{4}$ inch.

For accurate construction, treat the template dimensions as the finished outline and add 0.6 cm around the edges when cutting pieces that will be sewn and turned.

This produces approximate cutting dimensions of:

- Petal: 19.2 × 12.2 cm
- Leaf: 15.2 × 9.2 cm
- Center circle: 17.2 cm diameter when using a turned edge

The finished size depends on the exact petal shape and how much the pieces overlap during assembly. Test the arrangement before cutting your final backing.

Step 3: Cut the Fabric Pieces

Place your pressed fabrics on a flat cutting surface.

Make sure the fabric grain runs consistently through the length of each petal and leaf.

Cutting the poinsettia petals

Place the large petal template over the cream poinsettia fabric.

Position the template so that the floral design appears attractively centered inside the petal.

Trace around the template, including the seam allowance.

Cut 8 petal fronts from the printed fabric.

For the turned construction shown in the reference graphic, cut another 8 matching petal backs from the same fabric or a coordinating cotton.

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You will have 16 petal-shaped fabric pieces to create eight finished petals.

Cutting the green leaves

Place the smaller leaf template over the green cotton fabric.

Trace and cut 8 leaf fronts.

Cut another 8 matching leaf backs.

You should now have 16 green fabric pieces for eight finished leaves.

Cutting the center circle

Use the circular template to cut the red center.

For a quilted center with a turned edge, prepare a red front circle, a coordinating backing circle, and a slightly smaller piece of batting.

The finished center should measure approximately 16 cm in diameter.

Preparing the remaining materials

Set aside the remaining red fabric for binding.

Keep the batting and backing fabric available for the final assembly.

If you plan to quilt each petal separately, cut small batting inserts to fit inside the finished petal shapes without creating bulky seams.

Sewing tip: Label your cut pieces or organize them into three groups: petals, leaves, and center circle. This helps prevent mistakes during assembly.

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Step 4: Sew the Eight Floral Petals

This stage creates the most colorful part of the table mat.

The reference tutorial uses a traditional sew-and-turn method, which produces smooth edges without exposed raw fabric.

Position the fabric

Take two matching petal pieces.

Place them right sides together, making sure the printed surfaces face each other.

Align the edges carefully.

Secure the layers with sewing pins or fabric clips.

Sew around the petal

Set your sewing machine to a straight stitch with a stitch length of approximately 2.0–2.5 mm.

Sew around the petal using a 0.6 cm seam allowance.

Leave a small opening along a lower or less visible edge for turning.

Backstitch at the beginning and end of the seam.

Trim the seam allowance

Trim excess fabric around the curved edges without cutting through the stitching.

Clip the seam allowance carefully along tight curves.

At the pointed tip, trim excess seam allowance to reduce bulk.

Avoid cutting too close to the stitches.

Turn the petal right side out

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Gently pull the fabric through the opening.

Use a blunt turning tool to shape the pointed tip.

Work carefully to avoid pushing through the fabric.

Smooth the curved sides with your fingers.

Press the petal

Fold the seam allowances of the opening toward the inside.

Press the petal flat with a warm iron suitable for cotton.

Make sure the edges remain smooth and symmetrical.

Add decorative topstitching

Topstitch around the petal approximately 0.3 cm from the finished edge.

You can use red thread to coordinate with the binding.

If desired, add a narrow red fabric binding around each petal, as shown in the reference project.

Repeat the process until you have eight completed floral petals.

For extra texture, you may add a thin batting insert before closing each petal, keeping the batting away from the seam allowances.

Step 5: Make the Eight Green Leaves

The green leaves create the second layer of the poinsettia design.

Their slightly smaller shape allows them to remain visible between the larger floral petals.

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Prepare the leaf pairs

Take two green leaf pieces and place them right sides together.

Align the pointed ends and curved edges.

Pin the fabric securely.

Stitch around the edges

Using a straight stitch, sew around each leaf with a 0.6 cm seam allowance.

Leave a small opening for turning.

Backstitch to secure the seam.

Trim and turn

Trim excess seam allowance around the curves.

Clip where necessary to prevent puckering.

Turn each leaf right side out and gently shape the pointed ends.

Press the leaves

Fold the opening edges inward.

Press each leaf flat.

Make sure the leaves maintain a consistent shape and size.

Topstitch the edges

Sew a narrow line of topstitching around each leaf.

For additional detail, you may stitch a decorative line down the center to resemble a leaf vein.

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Green thread creates a subtle finish, while contrasting thread makes the stitching more noticeable.

Repeat for all leaves

Continue until all eight green leaves are completed.

Arrange the finished leaves beside the floral petals and check that their proportions look balanced.

The reference design shows the green leaves positioned behind and between the larger printed petals.

Step 6: Prepare the Red Quilted Center Circle ❤️

The circular center is the focal point of the flower.

In the reference image, it is made from red fabric with decorative diamond quilting and a neatly finished red edge.

Prepare the circle layers

Place the red center fabric on your work surface.

Position the batting beneath it and the backing fabric underneath the batting.

For a turned circle, sew the red front and backing right sides together, leaving an opening. Turn right side out, insert or position the batting as appropriate, and close the opening.

Alternatively, quilt the red fabric and batting first, then finish the circular edge with binding.

Mark the quilting lines

Using a washable fabric marker, draw diagonal lines across the circle.

Space the lines approximately 2–3 cm apart.

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Draw a second series of diagonal lines in the opposite direction.

The intersecting lines will create a diamond pattern.

Quilt the center

Sew along the marked lines using matching or slightly contrasting thread.

A walking foot can help prevent the layers from shifting.

Work slowly to keep the lines straight and evenly spaced.

Finish the circular edge

Trim any excess batting and backing.

Apply narrow red binding around the outer edge if you have not used a turned-edge finish.

Press the finished circle flat.

The center should be smooth, evenly quilted, and approximately 16 cm in diameter.

Step 7: Arrange the Petals and Leaves into a Flower

Now you can begin forming the complete poinsettia shape.

This step is important because the placement of each piece determines the final appearance of the table mat.

Prepare your work surface

Place the red quilted center circle in the middle of a large flat surface.

Position the eight green leaves around the center.

Space them evenly, with their pointed ends facing outward.

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Add the floral petals

Place one printed petal between each pair of green leaves.

Continue arranging the petals around the center.

The final arrangement should contain:

- 8 large poinsettia-print petals
- 8 smaller green leaves
- 1 red quilted center circle

Alternate the pieces

The floral petals should form the prominent upper layer.

The green leaves should remain partially visible between them.

Allow the inner ends to overlap beneath the center circle.

This overlap creates the layered flower appearance shown in the graphic.

Check the symmetry

Stand back and examine the arrangement.

Adjust the spacing until the petals form a balanced circular design.

Make sure the green leaves extend evenly between the printed petals.

Check the finished diameter

Measure the flower from one outer edge to the opposite edge.

The target is approximately 40 cm, although the actual diameter may vary depending on overlap and template construction.

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If the flower is too large, increase the overlap near the center.

If it is too small, spread the pieces outward slightly while maintaining enough overlap for secure stitching.

Secure the layout

Once satisfied, pin or baste the pieces in position.

Take a photograph of the arrangement if desired so you can refer to it while sewing.

Step 8: Sew the Petals and Leaves Together

The next step is to secure all the individual pieces to the red center.

This creates the decorative flower top.

Attach the green leaves

Begin with the green leaves.

Position their inner ends underneath the center circle.

Pin them securely.

Baste the leaves together or to the center circle so they do not shift.

Attach the printed petals

Place the eight floral petals between the green leaves.

Allow the lower portions to overlap beneath the center circle.

Check that the visible petals remain evenly spaced.

Sew around the center

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Using matching red thread, stitch around the center circle to secure the inner ends of the petals and leaves.

Keep the stitching approximately 0.6 cm from the relevant joining edge where practical.

Because this design uses overlapping, finished fabric pieces, the seam functions as an attachment seam rather than a conventional right-sides-together seam.

Reinforce the construction

Sew a second line of stitching if necessary.

Make sure every petal and leaf is securely attached.

Avoid pulling the fabric while stitching, as this can distort the circular shape.

Inspect the flower

Turn the piece over and check for loose threads or unsecured sections.

Trim any unnecessary thread tails.

Press gently, protecting the raised and quilted areas with a pressing cloth.

The flower top should now resemble the complete poinsettia design.

Step 9: Add the Batting and Backing Fabric

The batting provides softness, while the backing fabric creates a clean and durable underside.

The reference graphic shows a green floral backing with a red outer edge.

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Prepare the backing

Lay the assembled flower top flat.

Trace its full scalloped outline onto the backing fabric, allowing extra fabric for trimming and finishing.

For a close match to the reference, use the same green fabric as the leaves.

Prepare the batting

Cut the batting to match the flower's general outline.

If the petals and leaves already contain batting, use a lightweight batting layer or omit additional thickness where it would create bulky overlaps.

Arrange the quilt sandwich

For a conventional quilted construction, place the layers in this order:

- 1. Backing fabric, wrong side up**
- 2. Quilt batting**
- 3. Assembled flower top, right side up**

Smooth the layers from the center outward.

Secure the layers

Use quilting safety pins or basting stitches to hold the layers together.

Place pins throughout the center and petal areas.

Avoid creating wrinkles in the backing fabric.

Check the edges

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Make sure the batting and backing extend sufficiently beyond the flower top for final trimming.

Do not permanently trim the layers until you are satisfied with their alignment.

Step 10: Quilt the Flower-Shaped Table Mat

Quilting secures the layers and adds texture to the finished project.

The reference design uses quilting around the petals and leaves, with optional decorative stitching inside the floral shapes.

Quilt around the petals

Begin near the center and work outward.

Stitch close to the inner edge of each printed petal.

Follow the curved outline carefully.

Keep the stitching smooth and consistent.

Quilt around the leaves

Continue stitching around the green leaves.

Use matching green thread if you prefer subtle quilting.

Alternatively, use red thread for a more decorative effect.

Add decorative quilting

You can add additional stitching inside the petals.

Possible quilting patterns include gentle curves, straight lines, or echo quilting that follows the petal shapes.

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Keep the quilting relatively simple so the poinsettia print remains visible.

Secure the outer edges

Quilt near the outside edge of the flower to stabilize the layers before binding.

Use a walking foot if available.

Inspect the backing

Turn the mat over and examine the stitching.

Check for puckers, loose thread, or skipped stitches.

Correct any problems before moving to the binding stage.

Trim the quilt sandwich

Carefully trim the batting and backing to match the scalloped outer edge of the flower.

Preserve the points and rounded edges.

Take your time around the narrow spaces between the petals and leaves.

Step 11: Add the Red Fabric Binding 🎀

The red binding creates a polished finish and helps define the poinsettia shape.

The reference image shows a continuous red edge around the flower.

Prepare the binding strips

Cut red fabric strips approximately 3.5–4 cm wide.

Join the strips diagonally to create a continuous length.

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Press the joined seams open to reduce bulk.

For the curved outer edge, bias-cut binding is recommended because it stretches gently around rounded sections and inward curves.

Press the binding

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

Press firmly.

Keep the folded edge even along the entire strip.

Attach the binding to the front

Align the raw edges of the binding with the raw outer edge of the quilted mat.

Sew the binding in place using a seam allowance appropriate to the binding width, approximately 0.6 cm.

Work slowly around each curve.

Handle the pointed sections

At the outer petal points, adjust the binding carefully to create a neat finish.

At the inward curves between petals and leaves, avoid stretching the quilt itself.

Use small clips in the binding seam allowance where necessary, taking care not to cut through the stitching.

Fold the binding to the back

Wrap the binding around the raw edge toward the backing fabric.

The folded edge should cover the machine stitching line.

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Secure it with clips.

Finish the binding

Hand-stitch the folded edge to the backing using small, nearly invisible stitches.

You can also finish the binding by machine.

Continue around the entire flower until all edges are covered.

Press gently to complete the finish.

Step 12: Finish and Inspect Your Poinsettia Table Mat



Your Poinsettia Flower Quilted Table Mat is almost ready to display.

This final stage focuses on checking the quality of the stitching and making sure the project lies flat.

Remove loose threads

Inspect the front and back of the mat.

Trim any remaining thread tails.

Remove temporary basting stitches, pins, and fabric clips.

Check the seams

Examine the attachment points where the petals and leaves meet the center circle.

Make sure all the pieces are secure.

Reinforce any loose areas with a few additional stitches.

Press the finished mat

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Place the table mat on an ironing board.

Use a pressing cloth and moderate heat.

Press gently rather than dragging the iron across the quilted surface.

This helps preserve the texture of the diamond quilting.

Check the overall shape

Lay the finished project on a flat table.

Arrange the petals so they spread evenly.

The green leaves should remain visible between the floral petals.

Examine the back

The backing should appear smooth, with no exposed raw edges.

The red binding should create a clean outline around the flower.

Measure the completed project

The intended finished diameter is approximately 40 cm.

Small variations are normal for a handmade, layered design.

Your completed mat is now ready to become part of your Christmas decorations.

Step 13: Tips for a Professional Quilting Finish

A few simple sewing habits can make a noticeable difference in the appearance and durability of your project.

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Use consistent seam allowances. Keep the 0.6 cm seam allowance as uniform as possible when constructing the petals and leaves.

Press after each stage. Pressing the seams helps the fabric lie flat and creates cleaner edges.

Choose coordinating thread. Red thread works beautifully with the floral petals and center, while green thread blends into the leaves.

Avoid excessive batting. Too much thickness can make the center bulky and difficult to sew.

Use sharp needles. A fresh universal or quilting needle, typically size 80/12 for standard quilting cotton, can help produce clean stitches.

Test your stitch settings. Before sewing the actual project, test the machine on fabric scraps containing the same number of layers.

Take your time with binding. Curved edges require more patience than straight edges. Bias binding usually produces the smoothest result.

Check the layout before sewing. The flower's symmetry depends on the careful positioning of the eight petals and eight leaves.

Step 14: Creative Ways to Customize the Design

Once you understand the basic construction, you can adapt this poinsettia table mat to different decorating styles.

Traditional Christmas colors

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Use bright red poinsettias, deep green leaves, and a rich red center.

This combination closely matches the reference project and creates a classic holiday appearance.

Elegant cream and gold

Replace the red center with gold cotton and choose cream-colored petals.

Add metallic-look quilting thread for a festive touch.

Rustic farmhouse style

Use muted red fabric, sage green leaves, and natural cotton prints.

Finish the mat with burgundy binding for a softer holiday look.

Coordinating Christmas table set

Make several matching mats using the same fabric collection.

You can create smaller versions for decorative table accents or larger versions for centerpieces.

Personalized handmade gifts

Choose fabrics that reflect the recipient's favorite colors.

A handmade quilted table mat can be a thoughtful Christmas gift for someone who appreciates sewing and home décor.

Step 15: Cleaning and Caring for Your Quilted Table Mat

Proper care helps preserve the fabric colors, quilting stitches, and overall shape.

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For everyday maintenance, gently shake off dust and remove small crumbs with a soft cloth.

Spot-clean minor stains using a small amount of mild detergent and cool water.

If the fabrics and batting are washable, hand-wash the mat gently in cool water.

Avoid twisting or wringing the project because this may distort the petals.

Lay the mat flat on a clean towel and reshape the flower while it dries.

Store the mat flat when possible to prevent permanent folds.

For long-term storage, keep it away from direct sunlight and excessive moisture.

Frequently Asked Questions (FAQ)

Is this poinsettia table mat suitable for beginners?

Yes. Beginners who are comfortable using a sewing machine can complete the project. The most challenging parts are maintaining consistent petal shapes, arranging the flower symmetrically, and sewing the curved binding.

What is the finished size of the table mat?

The reference design measures approximately 40 cm in diameter. The actual size may vary slightly depending on the fabric thickness, seam allowances, and amount of overlap between the petals.

Can I sew the entire project by hand?

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Yes. You can use a backstitch for the construction seams and a running stitch for decorative quilting. Hand sewing will take longer but can produce a beautiful result.

Do I need a special quilting sewing machine?

No. A standard home sewing machine with a straight-stitch function is sufficient. A walking foot is helpful when quilting multiple layers but is not essential.

Can I use fabric scraps for this project?

Absolutely. This design is a good opportunity to use coordinating Christmas fabric scraps. Just make sure the pieces are large enough for the petal and leaf templates.

What type of batting should I use?

Lightweight cotton or cotton-blend batting works well. Avoid very thick batting, especially around the overlapping center area.

Is bias binding necessary?

Bias binding is strongly recommended for the curved and scalloped edges. It conforms more easily to the flower's shape than straight-grain binding.

Can I make the table mat larger?

Yes. Enlarge all three templates proportionally, including the petals, leaves, and center circle. Make a test layout to determine the final size and adjust the fabric quantities accordingly.

Can I use this design as a wall decoration?

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Yes. Add a small hanging sleeve or fabric loops to the back. The floral shape makes an attractive quilted Christmas wall hanging.

Can I place hot dishes directly on the mat?

The mat is primarily decorative. Standard cotton batting does not automatically provide reliable heat protection, so avoid placing very hot cookware directly on it.

Conclusion: A Beautiful Handmade Christmas Quilting Project

The Poinsettia Flower Quilted Table Mat is a festive sewing project that combines traditional quilting techniques with the beauty of floral fabric appliqué.

By following this tutorial, you can create eight decorative poinsettia petals, eight coordinating green leaves, and a beautifully quilted red center. The finished flower is assembled with careful stitching, layered with batting and backing, and completed with a clean red binding.

The result is a charming, approximately 40 cm Christmas table decoration that showcases both your creativity and your sewing skills.

Whether you make it for your own home, give it as a holiday gift, or use the pattern to create a matching collection of Christmas decorations, this handmade poinsettia mat is a lovely way to celebrate the season through quilting.

Happy sewing, and enjoy creating your beautiful Christmas poinsettia table mat! 🌺 🧵 🎄