


Fabric Flower Appliqué Quilt Block Tutorial

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APPLIQUÉ FLOWER QUILT BLOCK TUTORIAL

STEP-BY-STEP GUIDE • ALL MEASUREMENTS IN CM

1. FINISHED BLOCK

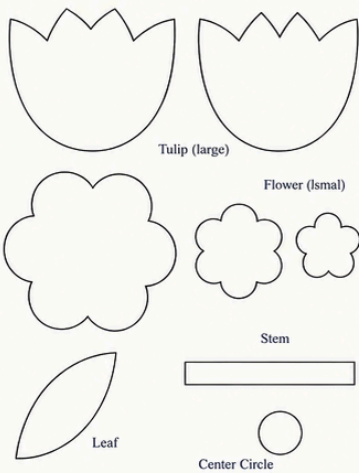


Finished size: 25 cm x 25 cm










2. MATERIALS

- Cotton fabric (various prints)
- Background fabric (linen look)
- Fusible web (lightweight)
- Embroidery floss (green, brown)
- Needle for hand sewing
- Scissors
- Quilting thread
- Iron and ironing board
- Fabric marker
- Template plastic or cardstock

4. TEMPLATES (ACTUAL SIZE)




3. FABRIC CUTTING GUIDE


 2 pcs 9.5 x 8.5 cm	 2 pcs 9.5 x 8.5 cm	 2 pcs 6.5 x 6.5 cm
 2 pcs 4.5 x 4.5 cm	 2 pcs 4.5 x 4.5 cm	 2 pcs 2.5 cm Ø
 6 pcs 2.2 x 5.5 cm	 4 pcs 1.2 x 12 cm	 1 pc 25 x 5 cm

5. STEP-BY-STEP INSTRUCTIONS


1. PREPARE TEMPLATES
Print or draw templates. Cut them out.




2. CUT FABRIC PIECES
Cut fabric pieces using templates and cutting guide.




3. PREPARE APPLIQUÉ
Iron fusible web to the wrong side of each fabric piece. Cut out on the lines.




4. POSITION PIECES
Arrange pieces on background fabric before fusing.




5. FUSE APPLIQUÉ
Fuse each piece onto the background using an iron. Let it cool. Do not move.



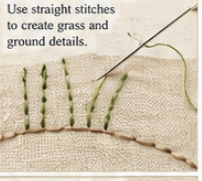
6. APPLIQUÉ STITCHING
Use a small blanket stitch or buttonhole stitch around each piece.




7. EMBROIDER STEMS
Use backstitch or stem stitch for stems and leaf veins.




8. EMBROIDER GRASS
Use straight stitches to create grass and ground details.




9. ADD CENTER CIRCLES
Stitch the center circles onto the flowers with blanket stitch.




10. QUILT AS DESIRED
Quilt around the design or add echo quilting in the background.








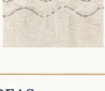
11. TRIM & SQUARE
Trim block to 25 cm x 25 cm (9.8" x 9.8").



12. FINISHED BLOCK
Your appliqué flower quilt block is complete!



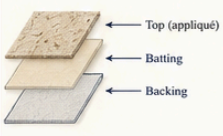
6. SEWING & QUILTING METHODS USED (US TERMS)

	Blanket Stitch Use to appliqué around shapes.
	Backstitch Use for stems and outlines.
	Stem Stitch Use for curved lines and veins.
	Straight Stitch Use for grass and details.
	Appliqué (Fusible) Use fusible web to appliqué pieces.
	Quilting Stitch through layers to add texture.






7. TIPS

- Use high-contrast fabrics for a vibrant look.
- Take your time with stitching for a neat finish.
- Press fabrics before cutting for accuracy.
- Use a small stitch length for hand appliqué.





8. LAYERING DIAGRAM



9. CARE INSTRUCTIONS

				
Hand wash cold	Do not bleach	Iron on low heat	Dry flat	Do not tumble dry

10. BLOCK IDEAS

			
Use in quilts	Pillow covers	Wall hangings	Table runners

This tutorial teaches you how to make a folk-style **fabric flower appliqué quilt block** inspired by the image. The project uses colorful cotton fabrics, hand appliqué, blanket stitch, embroidery stems, leaves, grass, and simple soil lines. Finished block size suggestion: **30 cm x 40 cm**.


Materials Needed

Use a neutral background fabric such as linen, cotton, or muslin, about **35 cm x 45 cm** so you have extra space for trimming.

You will need assorted cotton scraps for the flowers, stems, leaves, and centers. Choose red, blue, yellow, cream, green, floral prints, gingham, stripes, and polka dots to create a vintage quilt look.

You also need fusible web, fabric scissors, embroidery needle, sewing needle, embroidery floss, thread, pins or fabric glue, iron, pencil, and paper for templates.

Step 1: Prepare the Background

Cut your background fabric to **35 cm x 45 cm**. **The Best Patterns [HERE](#)** 

Press it well with an iron so the surface is flat and easy to sew.

Lightly mark a rectangle of **30 cm x 40 cm** in the center. This will be your final design area.

With a pencil, sketch the flower placement: tall flowers in the back, smaller flowers in front, curved grass lines, and soil lines at the bottom.

Step 2: Make the Flower Templates


Create simple paper templates before cutting fabric.

For the large tulip-style flowers, draw a half-circle bowl shape about **10 cm wide x 8 cm tall**. Add one or two rounded petals at the top.

For the round daisy flowers, draw 5 or 6 rounded petals around a center circle. Make the larger daisy about **9 cm wide** and the smaller daisies about **6 cm wide**.

For flower centers, cut circles between **2 cm and 3 cm**.

For leaves, draw oval pointed leaves about **6 cm long x 2.5 cm wide**.

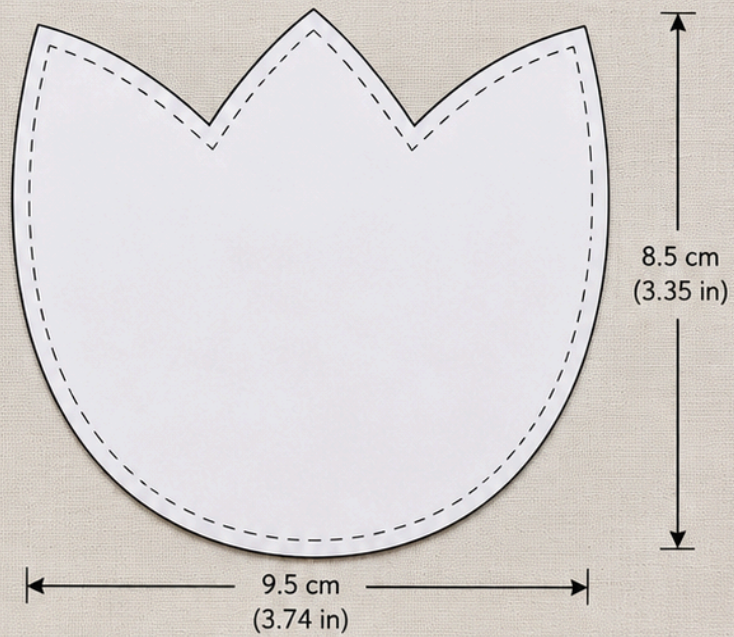
For stems, cut strips about **1 cm wide** and between **8 cm and 18 cm long**, depending on flower height. **The Best Patterns [HERE](#)** 

Template 1 Tulip Flower

- Cut 2 pieces from fabric
- Add a ¼ inch (0.7 cm) seam allowance all around
- Full-size template

Height: 8.5 cm (3.35 in)

Width: 9.5 cm (3.74 in)

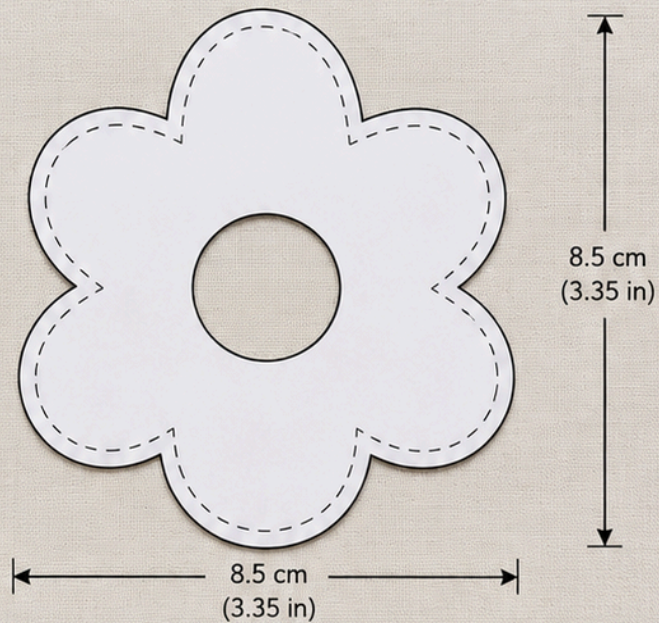


Template 2 Yellow Flower (6 Petals)

- Cut 2 pieces from fabric
- Add a ¼ inch (0.7 cm) seam allowance all around
- Full-size template

Height: 8.5 cm (3.35 in)

Width: 8.5 cm (3.35 in)

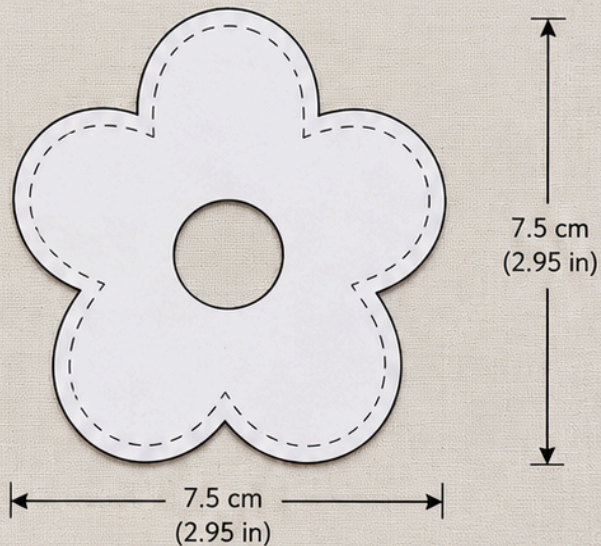


Template 3 Striped Flower (5 Petals)

- Cut 2 pieces from fabric
- Add a ¼ inch (0.7 cm) seam allowance all around
- Full-size template

Height: 7.5 cm (2.95 in)

Width: 7.5 cm (2.95 in)



Step 3: Cut the Fabric Pieces

Trace each template onto the paper side of fusible web.

Iron the fusible web onto the wrong side of your chosen fabrics.

Cut out each shape carefully. **The Best Patterns [HERE](#)** ✨

Remove the paper backing and arrange the pieces on the background fabric.

Place the stems first, then leaves, then flowers, then flower centers.

Step 4: Fuse and Secure the Appliqué

When you like the layout, press each piece with the iron according to the fusible web instructions.

Use a pressing cloth to protect the fabric.

Make sure all edges are attached, but do not overheat the fabric.

After fusing, you will still stitch around each piece for a handmade quilt finish.

Step 5: Stitch Around the Flowers

Use blanket stitch around all flower shapes.

For a hand-sewn folk quilt look, use embroidery floss in beige, brown, cream, or matching colors.

Bring the needle up just outside the fabric edge, loop the thread, and make small vertical stitches around the appliqué. **The Best Patterns [HERE](#)** ✨

Keep stitches even, about **3 mm to 5 mm** apart.

Repeat around every flower, center circle, leaf, and stem.

Step 6: Add Stems and Leaves

For the stems, use green fabric strips.

Stitch along both sides with blanket stitch or small running stitches.

Place leaves at different angles so the design looks natural.

Sew around each leaf with blanket stitch, then add a center vein using straight stitch.

Step 7: Embroider Grass and Soil Lines

Use green embroidery floss for the grass.

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Make long curved straight stitches around the base of the flowers.

Add several grass blades on the left, middle, and right side.

Use brown embroidery floss for the soil lines at the bottom.

Create soft wavy lines with backstitch or running stitch.

This gives the appliqué block a garden scene effect.

Step 8: Finish the Quilt Block

Press the finished block gently from the back.

Trim the block to **30 cm x 40 cm** if desired.

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You can use it as a wall hanging, pillow front, tote bag panel, table runner center, or part of a larger quilt.

For extra charm, add hand quilting around the flowers or a border fabric around the block.

Main Stitches Used

Blanket stitch: used around appliqué pieces.

Running stitch: used for grass and decorative lines.

Backstitch: used for stronger embroidered soil lines.

Straight stitch: used for leaf veins and grass blades.

Appliqué stitch: used to secure fabric shapes to the background.

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Final Tip

Choose fabrics with small prints so the flowers look detailed and balanced. Mix dots, gingham, florals, and stripes to create the same cheerful American folk quilt style shown in the image.



