

Project: Little Sprouts

DESIGNER: VANESSA CHRISTENSON OF V AND CO. (VANESSACHRISTENSON.COM)



An easy appliqué method makes the leaves on this kid-friendly quilt spring to life in no time—we promise!

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### Materials

- 1½ yards solid white (appliqué foundations, outer border)
- 1½ yards green print (appliqués, inner border, binding)
- ¾ yard sheer, featherweight, nonfusible, nonwoven interfacing
- 3 yards backing fabric
- 54" square batting

Finished quilt: 46×45½"

Quantities are for 44/45"- wide, 100% cotton fabrics.

Measurements include ¼" seam allowances. Sew with right sides together unless otherwise stated.

### Cut Fabrics

Cut pieces in the following order. Leaf Pattern is on page 5. To make a template of the pattern, see "Make and Use Templates" on page 6.

#### From solid white, cut:

- 5—3×42" strips for outer border
- 4—9×38½" appliqué foundation strips

#### From green print, cut:

- 5—2½×42" binding strips
- 3—2×38½" sashing strips
- 2—1½×41" inner border strips
- 2—1½×38½" inner border strips
- 28—4½×6½" rectangles for appliqués

#### From interfacing, cut:

- 28—4½×6½" rectangles for appliqués

### Assemble Quilt Center

Referring to Quilt Assembly Diagram, sew together solid white 9×38½" appliqué foundation strips and green print 2×38½" sashing strips to make quilt center. Press seams open. The quilt center

should be 39×38½" including seam allowances.

### Prepare Appliqués

1. Use a pencil to trace leaf template onto wrong side of a green print 4½×6½" rectangle. (To prevent fabric from stretching as you draw lines, place 220-grit sandpaper under the rectangle.) The drawn line is the stitching line (Diagram 1).
2. Layer marked rectangle atop a 4½×6½" interfacing rectangle, right sides together (Diagram 2).
3. Sew pieces together, stitching on marked line. Cut out appliqué shape, adding a ¼" seam allowance (Diagram 3).
4. Trim interfacing seam allowance slightly smaller than green print seam allowance. Trimming in this way enables seam allowance to roll slightly toward back side of appliqué once it is turned. Clip curved edge and point just up to stitching line (Diagram 4).
5. Clip a small slit in center of interfacing, being careful not to cut through green print appliqué shape (Diagram 5).
6. Turn appliqué piece right side out through slit (Diagram 6).
7. Press appliqué piece from right side to make a leaf appliqué.
8. Repeat steps 1-7 to make 28 leaf appliqués total.

### Appliqué Quilt Center

1. Referring to photo on page 3, arrange prepared leaf appliqués along green print strips in quilt

center. Pin or baste appliqués in place.

2. Using thread in a color to match appliqués and a blind-hem stitch, machine-appliqué pieces in place.

### Add Borders

1. Join green print short inner border strips to side edges of quilt center. Add green print long inner border strips to remaining edges. Press all seams toward inner border.
2. Cut and piece solid white 3×42" strips to make:
  - 2—3×46" outer border strips
  - 2—3×40½" outer border strips
3. Join short solid white outer border strips to side edges of quilt center. Add long solid white outer border strips to remaining edges to complete quilt top. Press all seams toward outer border.

### Finish Quilt

1. Layer quilt top, batting, and backing; baste.
2. Quilt as desired. Designer Vanessa Christenson quilted in the ditch around the green print sashing strips and inner border to secure the quilt top. Then she echo-quilted stylized leaves inside each appliquéd leaf. To finish the quilt, she stitched circles in all of the solid white background spaces.
3. Bind with green print binding strips.

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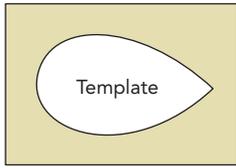


DIAGRAM 1

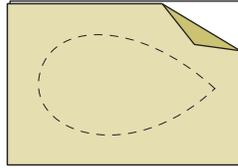


DIAGRAM 2

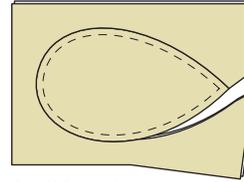


DIAGRAM 3



DIAGRAM 4



DIAGRAM 5

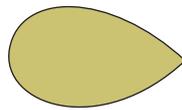
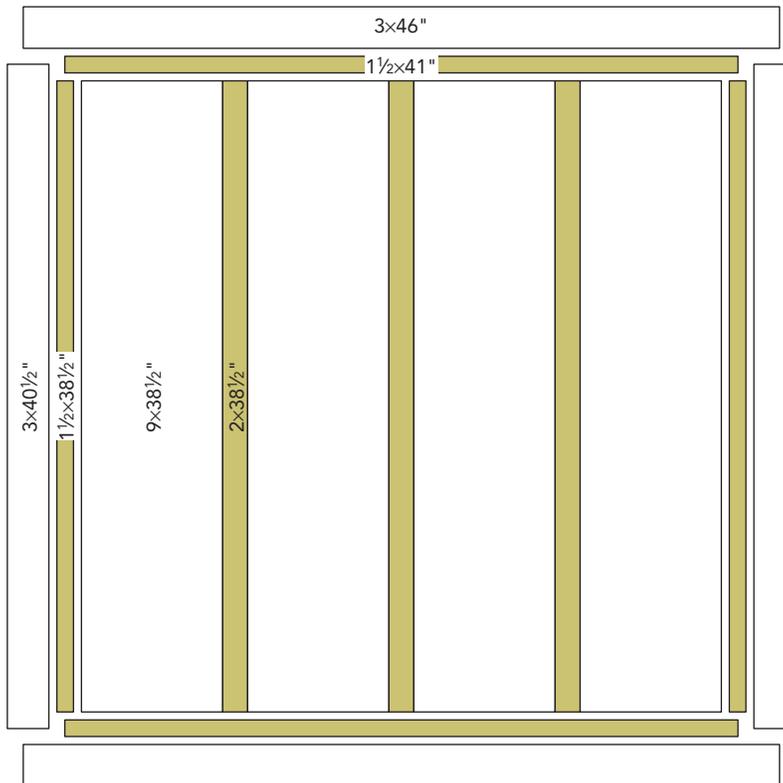
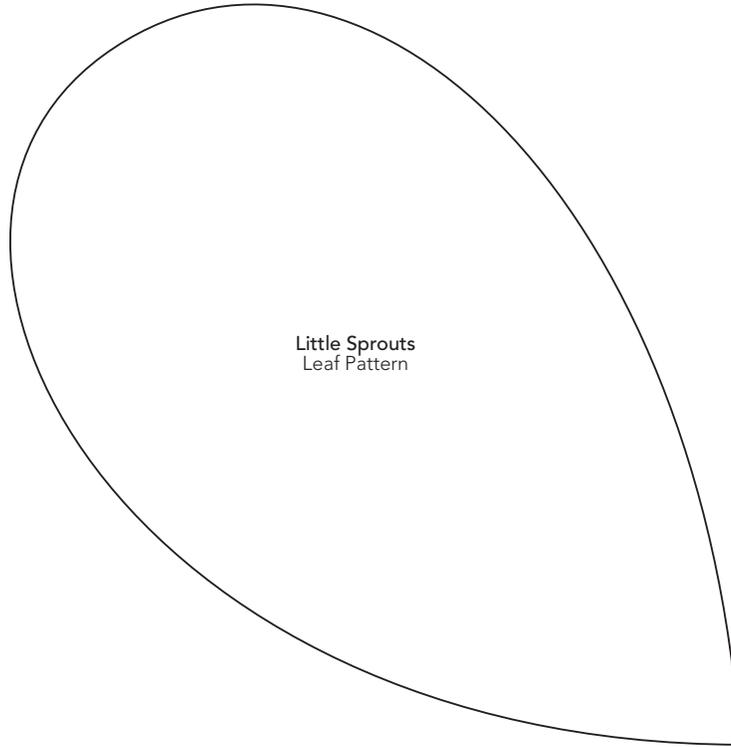


DIAGRAM 6



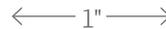
QUILT ASSEMBLY DIAGRAM

Project: Little Sprouts



Little Sprouts  
Leaf Pattern

This box should  
measure 1".



**\* NOTE:**

When printing a  
downloadable pdf, set Page  
Scaling preference to NONE  
to print patterns at 100%.  
Do NOT "Shrink to Fit"  
or "Fit to Printable Area."

## Make and Use Templates

### Make Templates

A template is a pattern made from extra-sturdy material so you can trace around it many times without wearing away the edges. Acrylic templates for many common shapes are available at quilt shops. Or you can make your own by duplicating printed patterns on template plastic.

To make permanent templates, purchase easy-to-cut template plastic, available at quilt shops and crafts supply stores. Lay the plastic over a printed pattern. Trace the pattern onto the plastic using a ruler and a permanent marker to ensure straight lines, accurate corners, and permanency.

For hand piecing and appliqué, make templates the exact size finished pieces will be (without seam allowances). For piecing, this means tracing the patterns' dashed lines.

For machine piecing, make templates that include seam allowances by tracing the patterns' solid and dashed lines onto the template plastic.

For easy reference, mark each template with its letter designation, grain line (if noted on the pattern), and block name. Cut out the traced shapes on their outside lines. Verify each template's shape and size by placing it over its printed pattern. Templates must be accurate; errors, however small, will compound many times as you assemble a quilt. To check templates' accuracy, make a test block before cutting the fabric pieces for an entire quilt.

### Use Templates

To mark on fabric, use a pencil, white dressmaker's pencil, chalk, or a special fabric marker that makes a thin, accurate line. Do not use a ballpoint or ink pen; it may bleed if washed. Test all marking tools on a fabric scrap before using them.

To make pieces for hand piecing or appliqué, place a template facedown on the wrong side of the fabric and trace. Then reposition the template at least  $\frac{1}{2}$ " away from the previous tracing (**Diagram 1**), trace again, and repeat. The lines you trace on the fabric are sewing lines. Mark cutting lines  $\frac{1}{4}$ " away from the sewing lines, or estimate the distance by eye when cutting out the pieces with scissors. For hand piecing, add a  $\frac{1}{4}$ " seam allowance; for hand appliqué, add a  $\frac{3}{16}$ " seam allowance.

Because templates used to make pieces for machine piecing have seam allowances included, you can use common tracing lines for efficient cutting. Place a template facedown on the wrong side of the fabric and trace. Then reposition the template without a space between it and the previous tracing (**Diagram 2**); trace again and repeat. Using a rotary cutter and ruler, cut pieces out, cutting precisely on the drawn lines.

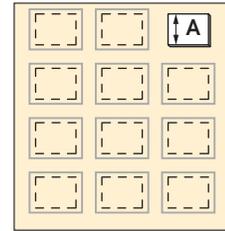


DIAGRAM 1

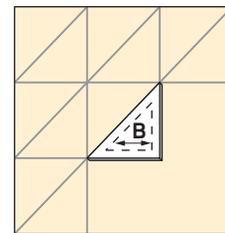


DIAGRAM 2