

Flower and Fruit Appliques



Sunflower



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Sunflowers are such a cheerful part of summer – they always seem to be smiling at you .. and here is a great applique version – a wonderful way to use up fabric scraps and yarn left over from earlier projects to make a really snuggly cushion for your favourite chair.

For a 16” pad you will need:

Main fabric (I used vintage blanket, but any plain medium to heavy weight fabric would do)

1 of 16” square, 2 of 16 x 12” rectangles

Sunflower centre – felt or brown corduroy (or any dark brown fabric) 4” square

Petals – enough yellow scraps to cut 17 petals, each 4” long x 2” wide

Small quantity tapestry/crewel/ wool or lightweight dk or 4 ply knitting yarn in green, dark brown and gold

Dark brown stranded cotton floss

Fabric spray adhesive or Bondaweb if preferred

Large tapestry needle for stitching with the yarn/wool

Dark brown thread sewing machine thread for needle, and grey or another lightish colour in the bobbin.

- Using the template below cut out your pattern pieces. You will need to enlarge the pattern – the diameter of the sunflower centre should measure 3” and the petal template should be 4” long.
- Fold the 16” square of main fabric in half twice to find the centre and position the sunflower centre in the middle. Secure in place with fabric adhesive/Bondaweb and machine around the edge of the circle (this stitching will not show).
- Position your petals around the edge of the flower centre. They should overlap the centre by about ¼” and they will overlap each other. This is fine – it’s how a real sunflower should be. Machine stitch them in place around the edges of the petals – go around each one twice – don’t try and cover your stitches exactly – you want the lines of stitching to look a little as though they’ve been sketched in place – not as though you’ve tried too hard. It’s fine as well if your petals fray a little at the edges – this just adds to the effect (check out the photo of my cushion to see what I mean).
- Now take your dark brown wool and work French knots all around the outside edge of the sunflower centre. These will cover the machine stitching and add some texture to your sunflower.
- Embroider the leaves in green using chain stitch (the leaves are marked G on the template). They are meant to look as if they are peeping out from behind the flower.
- Now embroider the word “sunflower.” If you’re using felt or cotton then transfer the writing in the usual way. If you’re using blanket as I was, then you might find it easier to trace the word onto tissue paper, tack this to your panel and stitch through it using 2 strands of floss and back stitch. When you’ve finished stitching then carefully tear the tissue paper away. (You can also obtain soluble tissue paper, but I find normal works perfectly well for small motifs like this).
- Take the two smaller rectangles of main fabric. These will make the envelope closure for the back of your cushion.
- Hem or blanket stitch one long side of each.
- Now make a sort of fabric sandwich. Place your applique panel right side up on a clean, flat surface. Place the first rectangle on top, right side down, with the finished

edge towards the centre. Place the second rectangle on top with the finished edge towards the centre so that they overlap in the centre. Pin and/or tack around the outer edges of the cushion cover.

- Machine around the edges with a $\frac{1}{4}$ " seam allowance (be sure to change your machine thread to match your fabric!). I usually make curved corners if I'm using heavier fabric as it makes for a neater finish. You can draw the curve onto the back of your fabric using a coin as a guide if you want.
- Clip seams and corners and turn right side out. Now with your gold coloured yarn, blanket stitch around the edges of the cushion. There is no need to go through both the front and back of the cushion cover if your fabric is thick – this stitching is only for effect as your machine stitching will secure the fabric in place.
- Insert cushion pad and wait for compliments!

I hope you've enjoyed making this cushion. The second cushion in the Flower and Fruit series can be found in Issue 7 of the Bustle & Sew Magazine (August 2011). To learn more about the magazine please visit the [Bustle & Sew Blog](#).



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