Folk-Art Dish Garden

Designed by Kim Diehl

Finished quilt size: 20 1/2" x 24 1/2"
Finished center block size: 11 1/2" x 15 1/2"
Materials

⅝ yard of tan print #1 for background
1 chubby sixteenth (9” x 11”) each of 10 assorted prints for outer-border flying-geese and four-patch units
1 fat quarter (18” x 22”) of chocolate-brown print for inner border and binding
1 chubby sixteenth of tan print #2 for outer-border corner squares
1 chubby sixteenth of green print #1 for stems and leaf appliqués
1 chubby sixteenth of green print #2 for leaf, blossom base, and stem intersection circle appliqués
1 chubby sixteenth of gold print #1 for star appliqués
8” x 8” square each of pumpkin, red #1, and wine prints for blossom appliqués
5” x 10” rectangle of medium-brown print for dish appliqué
5” x 5” square of dark-blue print for berry and star-center appliqués
¾ yard of fabric for backing
Freezer paper for preparing the appliqués
.004 monofilament thread in smoke and clear colors or thread for your favorite appliqué method
Liquid glue for fabric (water-soluble and acid-free)
Fabric glue stick
Bias bar to make ⅜” stems
27” x 32” rectangle of batting
Standard quilting supplies

Cutting

Cut all pieces across the width of the fabric in the order given, unless otherwise noted. For simplicity, instructions for cutting the appliqués are provided separately.

From the chubby sixteenth of green print #1, cut:
- 3 strips, 1¼” x 10”
- Reserve the remainder of the print for the leaf appliqués.

From tan print #1, cut:
- 1 rectangle, 12” x 16”
- 52 squares, 2½” x 2½”

From the chocolate-brown print, cut:
- 5 strips, 2½” x 22”
- 2 strips, ¾” x 16”
- 2 strips, ¾” x 12½”

From the 10 assorted chubby sixteenths, cut a combined total of:
- 16 rectangles, 2½” x 4½”
- 48 squares, 1½” x 1½”

Applicaîng the Center Block

Refer to page 6 for the appliqué patterns. An overview of Kim’s freezer-paper appliqué technique is provided below, or you can substitute your own favorite method. Complete in-depth instructions for Kim’s invisible machine-appliqué technique can be found in any of her “Simple” series of books.

To prepare the freezer-paper pattern pieces, use a pencil to trace the specified number of pattern pieces onto the dull paper side of the freezer paper; cut out each piece exactly on the drawn lines.

To easily make multiple pattern pieces from a single shape, trace the shape onto one end of the freezer paper as previously instructed, and then cut a strip from the length of the freezer paper with the drawn shape at the end. Accordion fold the strip (up to eight layers deep), pin or staple the layers through the center of the shape, and use scissors to cut out the pattern; this technique will result in several pattern pieces with each cut. When using this technique for shapes that aren’t perfectly symmetrical (for example, the curved blossom petals), every other cut shape will be a mirror image.

For patterns that call for multiple identical shapes rather than mirror-image appliqués, simply cut individual freezer-paper pieces, stack them all with the paper side up, and then pin and cut as previously instructed.

To prepare an appliqué from fabric, apply a small amount of fabric glue stick to the center of the paper side of the pattern piece and anchor it to the wrong side of the cloth. Cut out the shape, adding a scant ¼” seam allowance.

Use a hot, dry iron to press the seam allowance onto the shiny side of the pattern piece, clipping any inner curves or points almost to the paper pattern piece.
1  Fold each 1¼” x 10” green #1 strip in half, wrong sides together. Use a scant ¼” seam allowance to stitch along the long raw edges. Insert the bias bar and press each stem flat, centering the seam allowance so it will be hidden from the front. Remove the bias bar and press the stem again to ensure the seam allowance won’t be visible from the front. Apply small dots of liquid fabric glue underneath the pressed seam allowances at approximately ½” intervals. Use a hot, dry iron to heat set and anchor the seams in place. From two of the prepared stems, cut a total of four 4”-long side stems.

2  Using a rotary cutter and an acrylic ruler, cut the medium-brown rectangle in half lengthwise to make two 2½” x 10” rectangles. Join these rectangles to each long edge of the 1¼” x 10” gold #2 strip. Press the seam allowances toward the gold print. This pieced unit will be used to prepare the dish appliqué.

3  Prepare the following appliqués:
   • 1 dish from the pieced step 2 unit
   • 1 center blossom petal from the wine print
   • 2 curved blossom petals and 2 reversed curved blossom petals from the wine print
   • 3 curved blossom petals and 3 reversed curved blossom petals from red print #1
   • 3 curved blossom petals and 3 reversed curved blossom petals from the pumpkin print
   • 10 leaves total from reserved green print #1 and green print #2
   • 5 blossom bases from green print #2
   • 2 stem intersection circles from green print #2
   • 6 stars from gold print #1
   • 10 berries/star centers from the dark-blue print
   • 4 large circles from red print #2

4  With right sides together, fold the 12” x 16” tan #1 rectangle in half lengthwise and use a hot, dry iron to lightly press a center crease. Fold the prepared dish appliqué in half to find the center and finger-press a vertical crease. Align the dish crease with the tan background crease to center it, positioning it approximately ¾” up from the bottom raw edge; pin in place. Position the prepared wine-print center petal over the crease at the top of the background, approximately ½” down from the raw edge; pin in place.

5  Dot the background crease between the petal and dish appliqués with liquid fabric glue at approximately ½” intervals. Center the prepared 10” stem over the crease, with the top and bottom ends tucked under the appliqués, and use your hand to press it onto the background. From the back of the rectangle, use a hot, dry iron to heat set the stem.

6  Referring to the pictured quilt, lay out the 4” side stems (Kim placed her bottom side stems approximately 1½” up from the top of the dish and the top side stems approximately 3¼” up from the top of the first set of stems. Please note that it isn’t necessary to tuck the side stems underneath the center stem, as the intersections will be covered with appliqués.) Next, lay out the remaining appliqués to form the design and ensure everything fits properly. As you build the blossom shapes, begin with the wine petals and overlap each new piece slightly to form the design. When you’re pleased with the arrangement, glue baste the side stems, and then glue baste the leaves (applying glue to the fabric seam allowances only), repositioning them along the side stems. Remove the remaining appliqués; heat set the side stems and leaves as previously instructed.

7  Use your favorite appliqué method to stitch the appliqués in place, ensuring that the appliqués are attached securely to enable the paper pattern pieces to be removed. (Kim used monofilament thread and her
invisible machine-appliqué method, which can be found in any of her “Simple” series of books.) From the wrong side, carefully cut away the background fabric behind each appliqué that contains a paper pattern piece, leaving a ¼” seam allowance, and remove the pattern piece.

8 Reposition, glue baste, and stitch the center petal and the dish. Remove the paper pattern pieces as previously instructed. Continue working from the bottom layer to the top to reposition, glue baste, and stitch the remaining appliqués. Remember to remove the paper pattern pieces before adding each new layer. Reserve the remaining star, berry, and large circle appliqués for use in the border.

Adding the Borders

Sew all pieces using a ¼” seam allowance unless otherwise noted.

1 Join a chocolate-brown ¾” x 16” strip to the right and left sides of the center block. Press the seam allowances toward the brown strips. Join the chocolate-brown ¾” x 12½” strips to the remaining sides of the center block. Press the seam allowances toward the brown strips. The quilt center should measure 12½” x 16½”, including the seam allowances.

2 Lay out four assorted 1½” squares in two horizontal rows of two squares each to form a four-patch unit. Join the squares in each row. Press the seam allowances in opposite directions. Join the rows. Press the seam allowance open. Repeat for a total of 12 pieced four-patch units measuring 2½” square, including the seam allowances.

3 Use a pencil and an acrylic ruler to lightly draw a diagonal sewing line from corner to corner on the wrong side of 32 tan #1 squares.

4 Layer a prepared tan #1 square onto one end of a print 2½” x 4½” rectangle. Stitch the pair together on the drawn line. Fold the inner portion of the resulting triangle open as shown, aligning the corner with the corner of the tan rectangle below to keep it square. Press from the front. Trim away the excess layers beneath the top triangle, leaving a ¼” seam allowance. In the same manner, layer, stitch, press, and trim a second prepared tan print #1 square on the remaining end of the assorted print rectangle to form a mirror-image point. Repeat for a total of 16 pieced flying-geese units measuring 2½” x 4½”, including the seam allowances.

5 Lay out three of the remaining 2½” tan #1 squares and three assorted four-patch units from step 2 in three vertical rows as shown. Join the pairs in each row. Press the seam allowances toward the tan squares. Join the rows. Press the seam allowances open. Repeat for a total of four pieced checkerboard strips.
Join three flying-geese units as shown. Press the seam allowances away from the flying-geese points. Repeat for a total of two pieced flying-geese strips. In the same manner, join five flying-geese units; press. Repeat for a total of two flying-geese strips with five units.

Join a pieced checkerboard strip to the point end of each pieced flying geese strip. Press the seam allowances toward the checkerboard strips.

Referring to step 2, use two 2½” tan #1 squares and two 2½” tan #2 squares to make a border-corner four-patch unit measuring 4½” square, including the seam allowances. Repeat to make a total of four units.

Referring to the quilt photo on page 1, work from the bottom to the top to appliqué a large circle, a star, and a berry onto each pieced corner four-patch unit, remembering to remove the paper pattern pieces before adding each new layer.

Referring to the quilt photo, join the long pieced strips from step 7 to the right and left sides of the quilt top. Press the seam allowances toward the inner border. Join an appliquéd corner four-patch unit to each end of the remaining short pieced strips from step 7. Press the seam allowances toward the appliquéd units. Join these pieced strips to the remaining sides of the quilt top. Press the seam allowances toward the inner border. The completed quilt top should now measure 20½” x 24½”.

Completing the Quilt

Layer the quilt top, batting, and backing. Quilt the layers. Join the chocolate-brown 2½” x 22” strips into one length and use it to bind the quilt.
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