

Eat the Rainbow

A FREE Quilt Pattern Designed By Jennifer Long For Paintbrush Studio Fabrics. 50" x 68"

Thank you for downloading my Eat the Rainbow Quilt Pattern. I am so honored that this design has inspired you and I am looking forward to seeing your finished quilt! I wanted to design a quilt pattern that would show off all the fun and bright prints in Food Face Fabric with Paintbrush Studio. I named this pattern after a saying that I tell my four children almost every day! That they need to "Eat the Rainbow" to be healthy. Meaning they need to eat something from all the food groups in a variety of colors! This is a fun and quick quilt pattern! Let's make Food Fun together while starting the conversation and teaching our children the importance of balance eating.



"You are what you eat, So, eat the rainbow!"

-Jennifer Long

If you share on social media, I would really appreciate it if you used the hashtags #EatTheRainbowQuilt #FoodFaceFabric #PaintbrushStudio and #BeeSewInspired.

Thank you for letting a little piece of my heart into your sewing room!

Sincerely,

Jenniker Long

www.beesewinspired.com www.instagram.com/beesewinspired www.facebook.com/beesewinspired

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Eat the Rainbow Quilt Pattern

Finished quilt: apx. 50" x 68"

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Instructions:

Please read through all the directions first before starting. Assume 1/4" seam allowance. Press all seams in the direction of the arrows on the diagrams. Yardage is based on a 42" width of fabric. WOF: Width of Fabric LOF: Length of Fabric RST: Right Sides Together HST: Half-Square-Triangle



Fabric Requirements:

For ease, the yardage and cutting directions are based on the use of multi-directional or tossed fabric prints. If you are using one-way printed fabric, you may need to allow more yardage. You can find the yardage chart and all the requirements at the BACK of this pattern.

Cutting your Fabric:

Background Fabric (solid white):

- ℅ Cut 36 1 ¼" x 9 ½" rectangles (Label as A)
- 🔀 Cut 6 1 ½" x WOF strips

Rainbow Solid Fabric (red, yellow, green and blue):

℅ Cut 18 – 2¾" x 5" rectangles of EACH solid color (Label as B)

Flying Geese Background Fabric (navy):

Cut 144 – 2 ¾" squares (Label as C)

Print Fabrics:

- Cut 5 6 ½" x 9 ½" rectangles of 120-21936
- Cut 4 − 6 ½" x 9 ½" rectangles of 120-21935
- Cut 2 6 ½" x 9 ½" rectangles of 120-21934
- Cut 4 6 ½" x 9 ½" rectangles of 120-21937
- Cut 2 6 ½" x 9 ½" rectangles of 120-21932

Rainbow Border:

Cut 6 - 1 1/2" x WOF strips for EACH of the 5 solid colors (red, yellow, green, blue, navy)

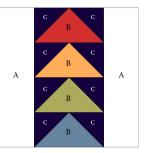
Binding Fabric:

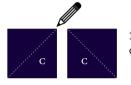
🔀 Cut 6 - 2 ½" x WOF strips

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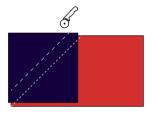
Rainbow Block Assembly:

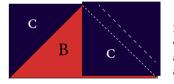
Instructions are for one Rainbow Block. You will need to make 18 identical blocks to make the Eat the Rainbow Quilt Pattern.





- $\,\gg\,\,$ Take two C-squares and draw a diagonal line from corner to corner on the wrong side of the fabric as shown.
- ➢ Next, take a red B-rectangle and place one C-square right sides together, matching up the corners. Sew along the drawn line. Trim the corner triangle at ¼" seam allowance and press seams to the darker fabric.





Repeat the same process using the second C-square with the drawn line pointing in the opposite direction. Sew along the drawn line. Trim the corner triangle at ¼" seam allowance and press seams to the darker fabric.

℅ This flying geese unit should measure 2 ¾" x 5".



ℜ Repeat this process for a yellow, green and blue flying geese block.



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➢ Pin and sew the four flying geese units together vertically as shown. Note the arrows will all point up in the same direction and the color order will be red, yellow, green then blue. Press all the seams down. This flying geese unit should measure 5" x 9 ½".

Next sew an A-rectangle to either side of the flying geese unit and press seams open so the colored fabric doesn't show through the white background fabric.



- ℜ This Rainbow Block should measure 6 ½" x 9 ½"
- ℅ Continue this process and make 18 identical Rainbow Blocks. Note that all the block are pointed in the same direction with the same color scheme they are just rotated at the final assembly step.

Layout the Eat the Rainbow Quilt:



 \gg Using your design wall or an open space on the floor, begin by laying out



the Rainbow blocks. Row 1 is pointing up, row 2 is pointing down... Make sure to leave space in between the blocks for the print fabric rectangles.





Solution Using the diagram, layout the $6 \frac{1}{2}$ x $9 \frac{1}{2}$ print blocks in the spaces. Sew each row together and press seams towards the print fabric rectangles.

% Pin and sew each row together. Matching intersecting seams and nesting them together. Press all rows down in the same direction.

℅ The pieced quilt top should measure 36 ½" x 54 ½".

Adding the Rainbow Borders:

Start by sewing and pressing all the 1 ½" border strips of the same color together. You will have 6 long colored strips in total: white, red, yellow, green, blue and navy.

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- Starting with the white inner border strip measure and cut two vertical strips to 54 ½" long each. Pin and sew to either side of the quilt top. Press seams outwards.
- Repeat this process for the top and bottom borders measuring cutting two 38 ½" strips. Pin, sew and press.
- ℅ Repeat this process for EACH Rainbow Border color. Cutting, pinning, sewing and pressing each color. Always make sure you start with the side borders and then add the top and bottom borders for each color. Measurements are as follows:

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Color Strip	Side Border Measurements	Top & Bottom Measurements
Red	Cut 2 – 1 ½" x 56 ½"	Cut 2 – 1 ½" x 40 ½"
Yellow	Cut 2 – 1 ½" x 58 ½"	Cut 2 – 1 ½" x 42 ½"
Green	Cut 2 – 1 ½" x 60 ½"	Cut 2 – 1 ½" x 44 ½"
Blue	Cut 2 – 1 ½" x 62 ½"	Cut 2 – 1 ½" x 46 ½"
Navy	Cut 2 – 1 ½" x 64 ½"	Cut 2 – 1 ½" x 48 ½"

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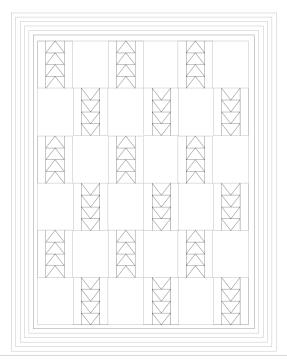
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FINISHING YOUR QUILT:

- \checkmark Layer your backing, batting and quilt top. Quilt as desired.
- ➢ Bind the edges with your favorite binding method.
- ➢ For added fun... embellish you quilt with long stitch hand quilting, embroidery, or buttons.



Eat the Rainbow Quilt Coloring Page:







For more inspirations and FREE, live video tutorials, come and join our quilting community on Facebook at INSPIRED QUILTING

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Join a community:

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Other Pattern Titles by Bee Sew Inspired



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Fabric used in this pattern is Food Face Fabric by Corinne Lent for Paintbrush Studio Fabrics www.pbsfabrics.com

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FREE Quilt Pattern for Paintbrush Studio Fabrics



Fabric Requirements*

	7/8 yard	Solid
	7/8 yard	Solid
	1/2 yard	Solid
	7/8 yard	12021935
	1/2 yard	12021935
	1/3 yard	12021934
2 Kin	1/3 yard	12021937
	1/3 yard	12021932
Binding	1/2 yard	120-21936
Backing	4 - 3/4 yard	120-21937

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-Jennifer Long

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* based on non-directional fabrics

Other Supplies:

• Quilt Batting



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