

SPROUT

Quilt Challenge



DESIGNER:
JO SIMPSON
BLOCK:

**FILLER
BLOCKS,
OPTION 2;
APPLIQUÉ
HEARTS**



SKILL:
**ZIG ZAG
APPLIQUÉ**



@QuiltDesignersCollective
QuiltDesignersCollective@gmail.com



Welcome!

Hello Sprouts, I hope you've been having fun with the variety of blocks and quilting techniques. It has sure been fun seeing all the fabric choices for your blocks and has been fun hanging out together on the biweekly Sprout Zooms and Twitch streams.

I'm Jo Simpson a fabric designer, quilt designer, and sewing and quilting teacher. A large focus in my designs are multiculturalism, inclusion, and diversity, so every child can relate to the characters on the fabric. See more and check out all the quilting tips and tricks at <https://www.josimpsondesign.com>

Share

I'd love to feature you and your progress on Instagram and see what color combinations you use.

Be featured and share your quilty creation with me!

Instagram <https://www.instagram.com/josimpsondesign>
and be sure to message or tag @josimpsondesign

- #qdcsprout2024
- Email jo@josimpsondesign.com



Fabric Requirements	
Hearts and Bart	(26 -28) 2½" x 2½" Scraps
Background Fabric	(1) 4½" x 8½" Rectangle (1) 4½" x 10½" Rectangle (2) 12½" x 4½" Rectangles (3) 16½" x 4½" Rectangles
Additional Supplies	
Heat n Bond Lite	6" Strip Off The Roll
<p>Printed Heart Template, Pencil, Frixion Pen, Scissors, Mini Scissors, Iron and Board, Coordinating Thread, and Sewing Machine.</p>	

Before Starting

- Please read each section before starting.
- Print out Heart Template, page 7.
Select "Actual Size" in your print settings.
- The applique method used is fused smooth edge applique with a zig zag stitch width of 2.5 and stitch length of 1.0.

Tracing Pieces Onto Heat n Bond

1. With Heat n Bond paper side up, place on printed Heart Template, with pencil trace all motifs onto Heat n Bond paper side. Or cut out paper Heart Template and trace onto Heat n Bond paper side. Trace (25) hearts and 1 Bart.



Fig. 1



Fig. 2

Fusing Heat n Bond And Fabric

2. With Fabric Scraps wrong side up place coordinating Heat n Bond traced heart motifs paper side up on top, following Heat n Bond manufacture's directions, press.

Cutting Motifs

3. Cut out each fused heart motif.

Placing Heart Motifs

4. Peel off paper backing from heart motifs.

5. Using the Placement Measurements on page 6, place heart motifs on background fabric.

Fusing Hearts Onto Background

6. Press heart motifs, following Heat n Bond manufacture's directions, fusing onto background fabric.

Machine Stitching

7. Choose the Zig Zag stitch on your sewing machine.

8. Set the stitch to a stitch width of 2.5 and a stitch length of 1.0.

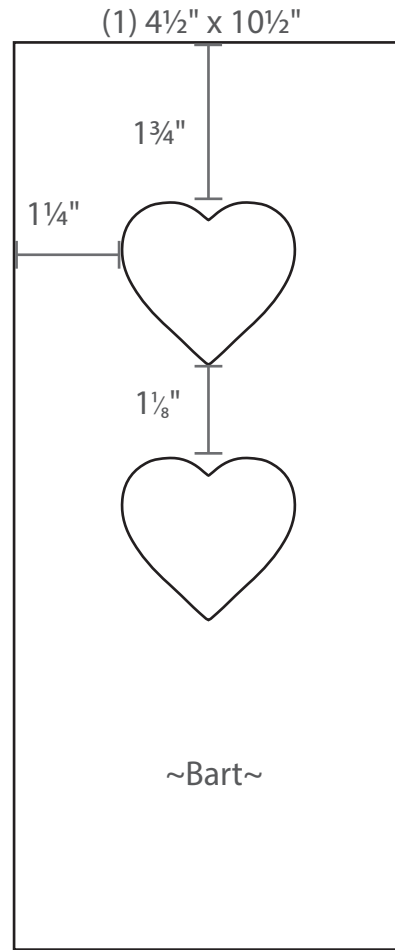
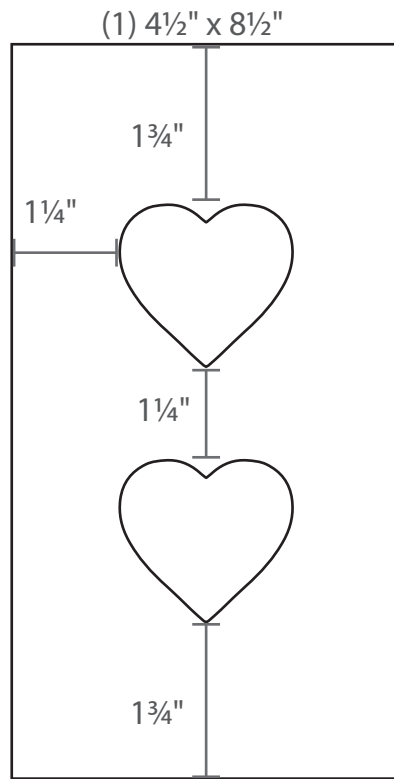
9. Use coordinating thread to stitch each heart motif. You can either backstitch when starting and stopping, or I like to pull the threads to the back and tie a knot.

Now your pretty filler blocks are all ready to go into your Sprout quilt!

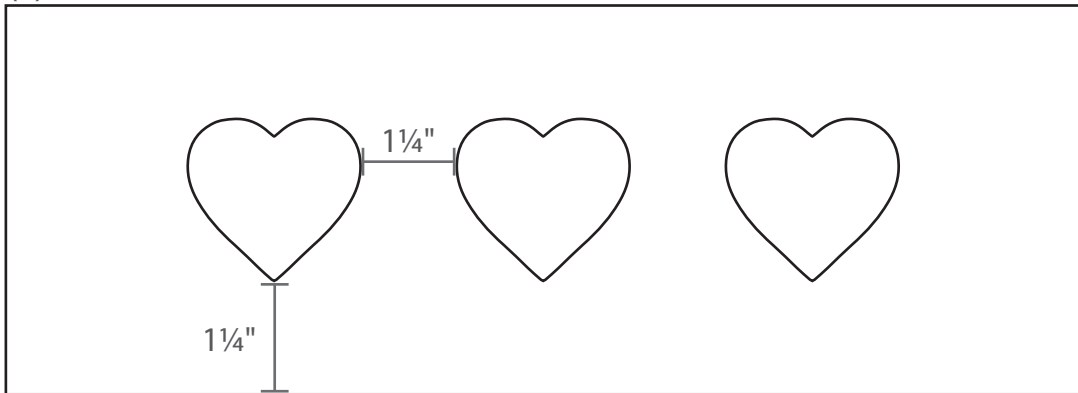
Share

See page 2 for sharing details. #qdcsprout2024

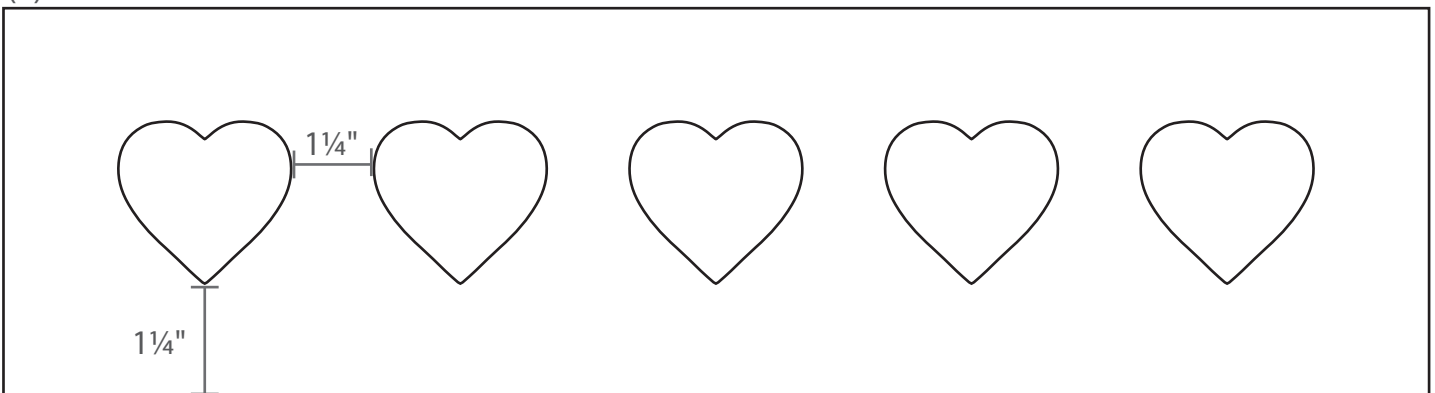
Placement Measurements



(2) $12\frac{1}{2}'' \times 4\frac{1}{2}''$



(3) $16\frac{1}{2}'' \times 4\frac{1}{2}''$



Heart Appliquè Template

Print at **ACTUAL SIZE**

