

Alpine Poppies

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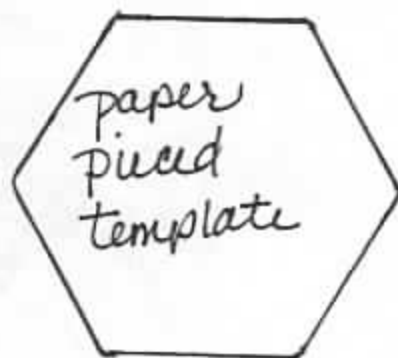
Cut fabric 10 inches x 10 inches. You will trim to $9\frac{1}{2}$ x $9\frac{1}{2}$ after completing the quilt block.

- Background fabric for the block
- Green fabric for leaves and stems
- Red/orange fabric for flower
- Dark brown fabric for flower center
- Contrasting fabric for four corners
- Yo-Yo maker by Clover or use template included - (Clover large size)

Cut out leaves from green fabric. Cut stem $\frac{3}{8}$ inch wide and about 6 inches long (trim after placing on block). Make Yo-Yos or paper piece flower parts according to the instructions included or use manufacturer's instructions for Yo-Yo maker. Make flower petals using the red/orange fabric for outside and one dark brown for the center of flower. If you choose to needle turn your leaves and stem, you will need to add seam allowances. I chose to use a small zigzag stitch with matching thread.

Place flower on block after sewing the parts together. Place stem and leaves and stitch all pieces in place. Press well and trim the block to $9\frac{1}{2}$ x $9\frac{1}{2}$ inches.

Cut contrasting fabric into four 3-inch squares. Draw a diagonal line through each square and place in each corner. Sew on line. Trim $\frac{1}{4}$ inch seam and press.



How to make Yo-Yos



1) First, make a pattern. Your yo-yo pattern needs to be twice as wide as your intended yo-yo, plus about 1/2" for seam allowances. You can use a compass to draw out your pattern, or find a bowl or lid to trace. Chipboard works great for a pattern, as does the cardboard from a cereal box.



2) On the wrong side of your fabric, trace around the pattern. Use a water-soluble pen or chalk. Following your traced line and cut out a circle of fabric.



3) Fold under a scant 1/4" along the edge of your circle, as you stitch close to the folded edge. Use strong thread and make sure it's long enough to go around the full circumference of the circle, with some to spare.

Note: Shorter stitches create a larger, more open center on your yo-yo (see below). Longer stitches make for a tighter yo-yo center.



4) Once you've stitched around the entire perimeter of the fabric circle, gently pull your stitching thread until the edges gather to the center. Make a couple of stitches to secure your gathers, then knot and trim your thread. Squash your yo-yo flat, with the gathers centered on the top of the yo-yo. That's it!



English Paper Piecing Instructions



1) Pin each paper template to the wrong side of the fabric and cut, allowing a 1/4-inch seam.



2) Fold the seam allowance over the edge of the paper and baste through fabric and paper.



3) Arrange the basted patches in the desired pattern.



4) Start at the center and begin sewing the hexagons together. Place two patches right sides together, matching the edges, and whipstitch along the fold, catching a slight amount of the fabric and leaving the paper free. Connect all the shapes in the same way.

