

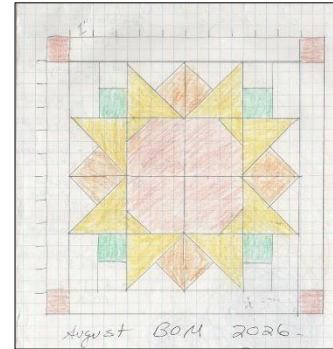
August 2026 Block of the Month

Sunflower

This month's block is a free design from Carol Thelen. There is a U-Tube tutorial at [0321 Sunflower Quilt Block tutorial](#) . Below the video is a link to a PDF [Block of the Day 2023 | AccuQuilt 0321 Sunflower Instructions.pdf - Google Drive](#)

I do not have an AccuQuilt so I have rewritten the directions using different techniques for the block creation.

I also drew out the design to figure out my measurements so that the block would finish to 12" square (12 1/2" unfinished)



Fabric Requirements:

Back ground (blue)

4 – 1 1/2" X 10 1/2" strips
4 – 1 3/4" X 3" rectangles
4 - 1 3/4" squares
2 – 4 " squares

Green

4 – 1 3/4" squares

Brown

4 – 3" squares
4 – 1 1/2" squares

Yellow

4 – 4" squares
4 – 1 1/2" squares

Orange

2 – 4" squares

Directions

1. Draw diagonal lines on the wrong side of each 1 1/2" yellow square
2. Draw 2 diagonal lines 1/4" from center diagonal on wrong side of each 4" orange square and each 4" yellow square

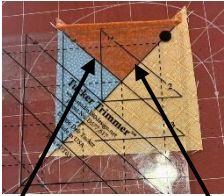
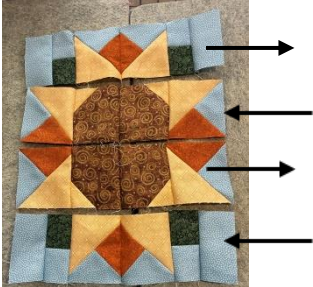
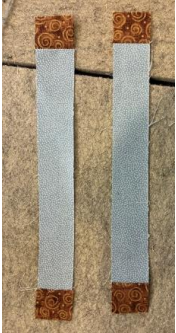


3. Place the orange 4 " square on top of the background 4" square and stitch on each of the diagonal lines.
4. Cut on the diagonal
5. Press seam to the orange side



6. Place the yellow 4" square, right sides together, onto the half square triangle block just created. The diagonal line should go from the orange point to the background point. The yellow square will be slightly larger than the half square triangle unit. Center it on the block. Stitch on the diagonal lines that were drawn on the yellow fabric
7. Cut on the diagonal between the sewn lines



8. Press open 9. Trim to 3" square I used my Tucker Trimmer for this step. It is important to align the diagonals in the center of the block. You will have 8 blocks, 4 with yellow on left, and 4 with yellow on right.	 Untrimmed blocks  The 2 diagonal lines that need to be aligned and centered 
10. Stitch the 1 3/4" green square to the 1 3/4" background square	 
11. Place a 1 1/2" yellow square in one corner of each 3" brown square (right sides together) 12. Stitch on the line 13. Cut 1/4" from the stitch line 14. Press	  
15. Lay out top and bottom rows 16. Stitch together using 1/4" seams	
17. Lay out middle 2 rows 18. Stitch together using 1/4" seams	
19. Lay out your rows, Press seams in direction of arrows 20. Stitch the top two rows together, making sure to nest seams. 21. Stitch the bottom two rows together, making sure to nest seams. 22. Stitch the top to the bottom, making sure to nest seams. Your block should measure 10 1/2" at this point	 
23. Stitch a 1 1/2" X 10 1/2" strip to each side of the block 24. Stitch the 1 1/2" brown squares to each end of the remaining 1 1/2" X 10 1/2" strips	 1 1/2" X 10 1/2" side strips 

25. Sew these strips to the top and bottom of the block
26. Your finished block should now measure 12 ½" square



For this month's table runner I made 3 of the Sunflower blocks, however for the middle block I used 1 ½" orange squares for the corners rather than Brown. I added a 10 ½" X 1" green sashing strip between the blocks. I put a 1" background square at each end of the sashing strip. I then put a 1" green border around the center blocks and finished with a 2 ½" border of yellow. After quilting I added a green binding.

