**Eat Your Veggies Quilt**

**Fabric Requirements**

Skill Level: Intermediate Foundation Paper Piecing (It is assumed the maker has experience with foundation paper piecing).

- **ON THE CHOPPING BLOCK**
  - CX8250 Jewel fat qtr
  - CX8250 Multi 1 Yard
  - CX8252 Herb fat qtr
  - CX8252 Asparagus fat qtr
- **PEAS IN A POD**
  - CX8252 Indigo fat qtr
  - CX8252 Teal fat qtr
  - CX8253 Teal fat qtr
  - CX8253 Indigo fat qtr
- **GARDEN PINDOT**
  - CX1065 Lagoon fat qtr
  - CX1065 Orange fat qtr
  - CX1065 Starfruit fat qtr
  - CX1065 Raspberry fat qtr
- **BACKING FABRIC:**
  - CX8251 Multi 1 ¾ Yards
- **BINDING FABRIC:**
  - SC5333 Bright White ½ Yard

**Also required:**

47” x 62” quilt batting, rotary cutter, cutting mat, acrylic ruler, thread, scissors, pins, pencil, 15 sheets copie paper for paper piecing patterns, glue stick, a thin-edged metal ruler.
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47” x 62” quilt batting, rotary cutter, cutting mat, acrylic ruler, thread, scissors, pins, pencil

**Cutting Instructions:**
- **SC5333 Brt White**: For each of the following, cut 1 or 2 strips of fabric (depending on pieces needed) the width of the piece (smaller measurement) x WOF, then cut down to smaller pieces. Example: A: Cut 1 strip 2¼” x WOF, then cut down to 2 pieces 12½” long. For pieces longer than the WOF (H & J), cut an extra strip & piece together to required length.

- A - 2 pieces - 2¼” x 12½”
- B - 3 pieces - 1¾” x 9½”
- C - 6 pieces - 1¼” x 5¼”
- D - 6 pieces 3¼” x 9¾”
- E - 2 pieces - 1½” x 9¾”
- F - 2 pieces - 3¾” x 33”
- G - 1 piece - 4¼” x 33”
- H - 2 pieces - 3½” x 46”
- I - 2 pieces - 3½” x 40”

Use the remaining fabric for piecing the letters.

- **CX8250 Multi**:
  - J - 2 pieces - 3” x 52”
  - K - 2 pieces - 3” x 44”

Use the remaining fabric for piecing the letters.

**Printing & Preparing Paper Piecing Pattern:**
- Print the accompanying pattern PDF documents following these instructions:
  - Page size is 8.5” x 11”
  - Select File, then Print.
  - Set Page Scaling to “None” (do not select “Shrink to Fit”), then press “Print”.
  - Check that the Test Square on the second to last page measures 2”.

- Large Letters E, A & T each consist of 2 pieces of paper that need to be assembled. For each of these, cut each of the 2 pieces along the line with the dark half-diamonds. Carefully align the pages to create 2 whole diamonds & tape together.
- Each Letter & Carrot Block includes a ¼” seam allowance around the perimeter (dashed lines). For each block, cut along dashed lines. They are now ready to be used. And yes, letters are meant to be reversed, as you will be piecing upside down on the back of the paper.

**Quilt Top Construction:**
**All seam allowances are ¼”**. Refer to quilt photo & Diagram 1 for fabric placement.

For each Letter & Carrot Block, piece with paper piecing technique. Numbers on individual pieces indicate order in which to piece. In cases where there are A & B numbers (example, letter “T”), first sew the A pieces together in order, then the B pieces, then sew the A section to the B section. Trim all blocks to the dashed lines of the patterns prior to removing the paper patterns from the backs of the finished blocks.

Following Diagram 1, add ground fabric sashing in the following order:
- Sew pieces A between large letter blocks E, A & T.
- Sew pieces B between medium letter blocks Y, O, U & R.
- Sew pieces C between small letter blocks V, E, G, I, E & S.
- Sew pieces D between Carrot blocks, and the pieces E to each end of this row.
- Sew pieces F between first & second and second & third rows of letters, pinning first.
- Sew piece G between third row of letters & row of Carrots, pinning first.
- Sew pieces H to sides of the assembled pieces, pinning first. Trim off any extra of H that may extend beyond ends.
- Sew pieces I to top & bottom of assembled pieces, pinning first.
- Repeat the last 2 steps with pieces J & K.

**Assembling Quilt:**
Layer backing, batting and quilt top. Baste or pin.
Quilt as desired. I used straight line quilting ½” apart on all ground fabric, framing letters.
Square up quilt. Join binding strips together and bind in your preferred fashion.
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O (YOUR)
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