

EAT YOUR VEGGIES Quilt



Quilt design & instructions copyright Tamara Kate Designs
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Eat Your Veggies Quilt

Fabric Requirements

Completed Quilt: 44" x 57"

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



CX8250 Jewel
ON THE CHOPPING BLOCK fat qtr



CX8250 Multi
ON THE CHOPPING BLOCK 1 Yard



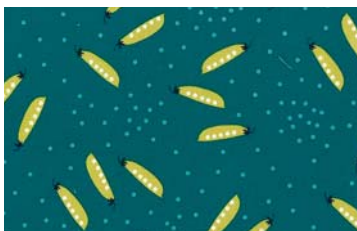
CX8252 Herb
PEAS IN A POD fat qtr



CX8252 Asparagus
PEAS IN A POD fat qtr



CX8252 Indigo
PEAS IN A POD fat qtr



CX8252 Teal
PEAS IN A POD fat qtr



CX8253 Teal
SHALLOT fat qtr



CX8253 Indigo
SHALLOT fat qtr



CX1065 Lagoon
GARDEN PINDOT fat qtr



CX1065 Orange
GARDEN PINDOT fat qtr



CX1065 Starfruit
GARDEN PINDOT fat qtr



CX1065 Raspberry
GARDEN PINDOT fat qtr



CX1065 Avocado
GARDEN PINDOT fat qtr



SC5333 Bright White
COTTON COUTURE 1 1/4 Yards



BACKING FABRIC:
CX8251 Multi 1 3/4 Yards
KITSCHY KITCHEN



BINDING FABRIC:
SC5333 Bright White 1/2 Yard
COTTON COUTURE

Also required:

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

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Cutting Instructions:

- Binding fabric: Cut 5 strips $2\frac{1}{4}$ " x WOF (width of fabric). Set aside for binding.

- 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 $2\frac{1}{4}$ " x WOF, then cut down to 2 pieces $12\frac{1}{2}$ " long. For pieces longer than the WOF (H & J), cut an extra strip & piece together to required length.

A - 2 pieces - $2\frac{1}{4}$ " x $12\frac{1}{2}$ "

B - 3 pieces - $1\frac{3}{4}$ " x $9\frac{1}{2}$ "

C - 6 pieces - $1\frac{1}{4}$ " x $5\frac{1}{2}$ "

D - 6 pieces $3\frac{1}{4}$ " x $9\frac{3}{4}$ "

E - 2 pieces - $1\frac{1}{2}$ " x $9\frac{3}{4}$ "

F - 2 pieces - $3\frac{3}{4}$ " x 33"

G - 1 piece - $4\frac{1}{4}$ " x 33"

H - 2 pieces - $3\frac{1}{2}$ " x 46"

I - 2 pieces - $3\frac{1}{2}$ " 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 $\frac{1}{4}$ " 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 $\frac{1}{4}$ ". 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.

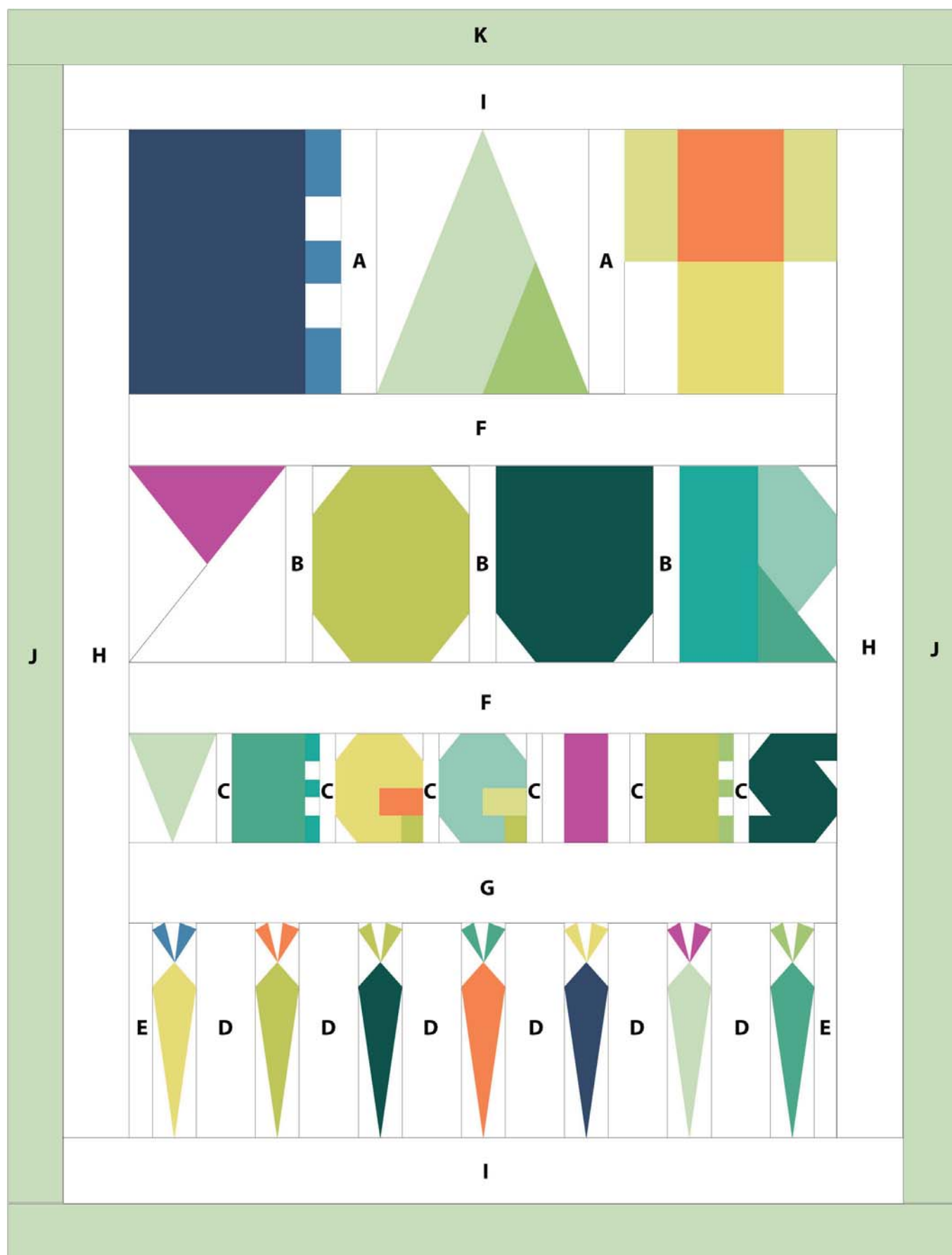
- Repeat the last 2 steps with pieces J & K.














Assembling Quilt:

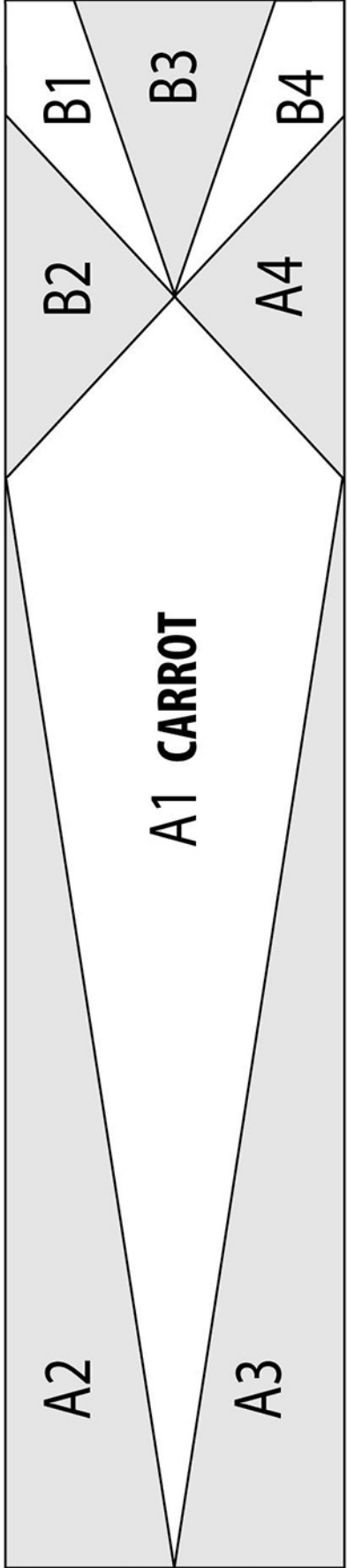
Layer backing, batting and quilt top. Baste or pin.

Quilt as desired. I used straight line quilting $\frac{1}{2}$ " apart on all ground fabric, framing letters.

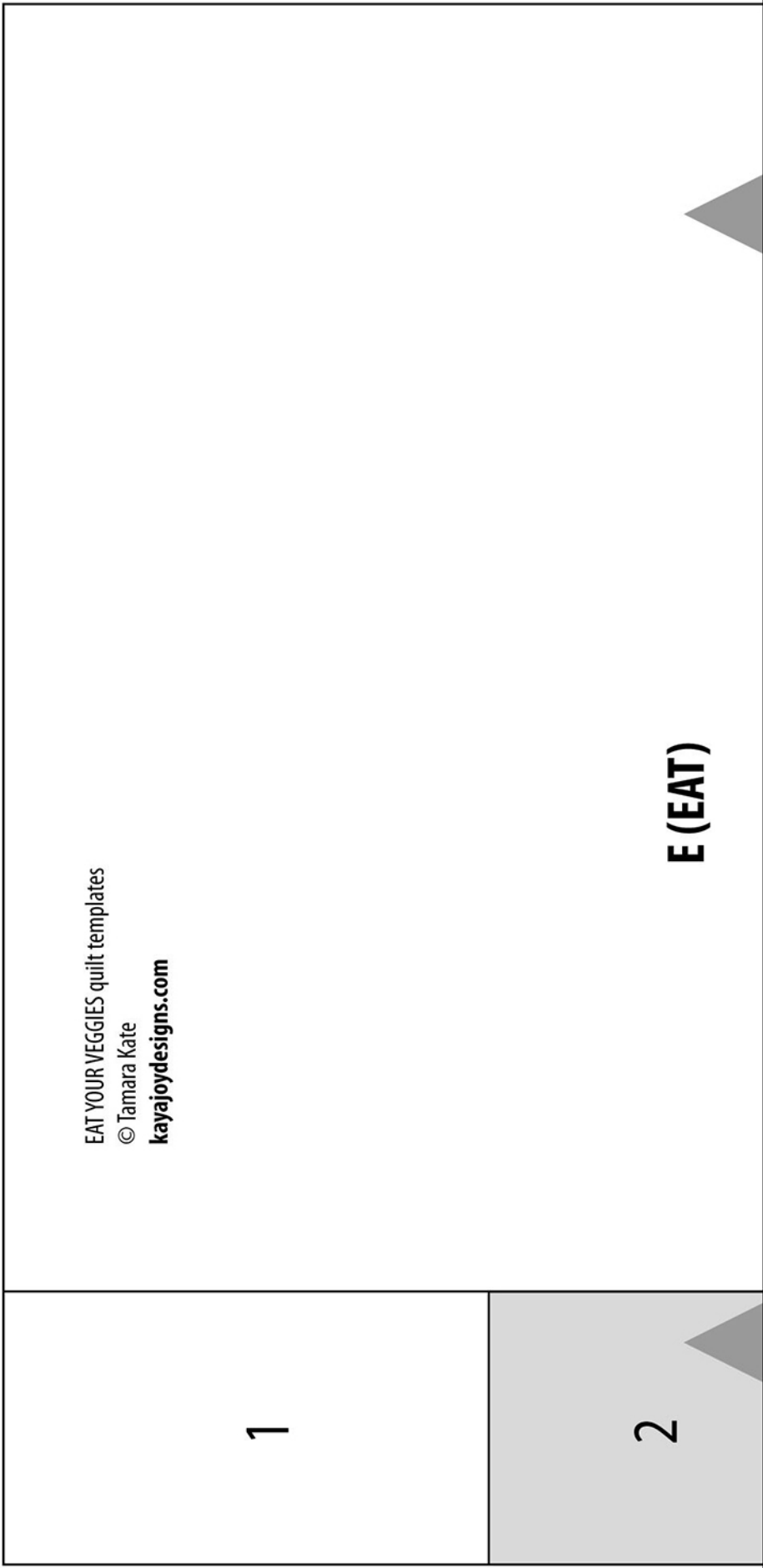
Square up quilt. Join binding strips together and bind in your preferred fashion.

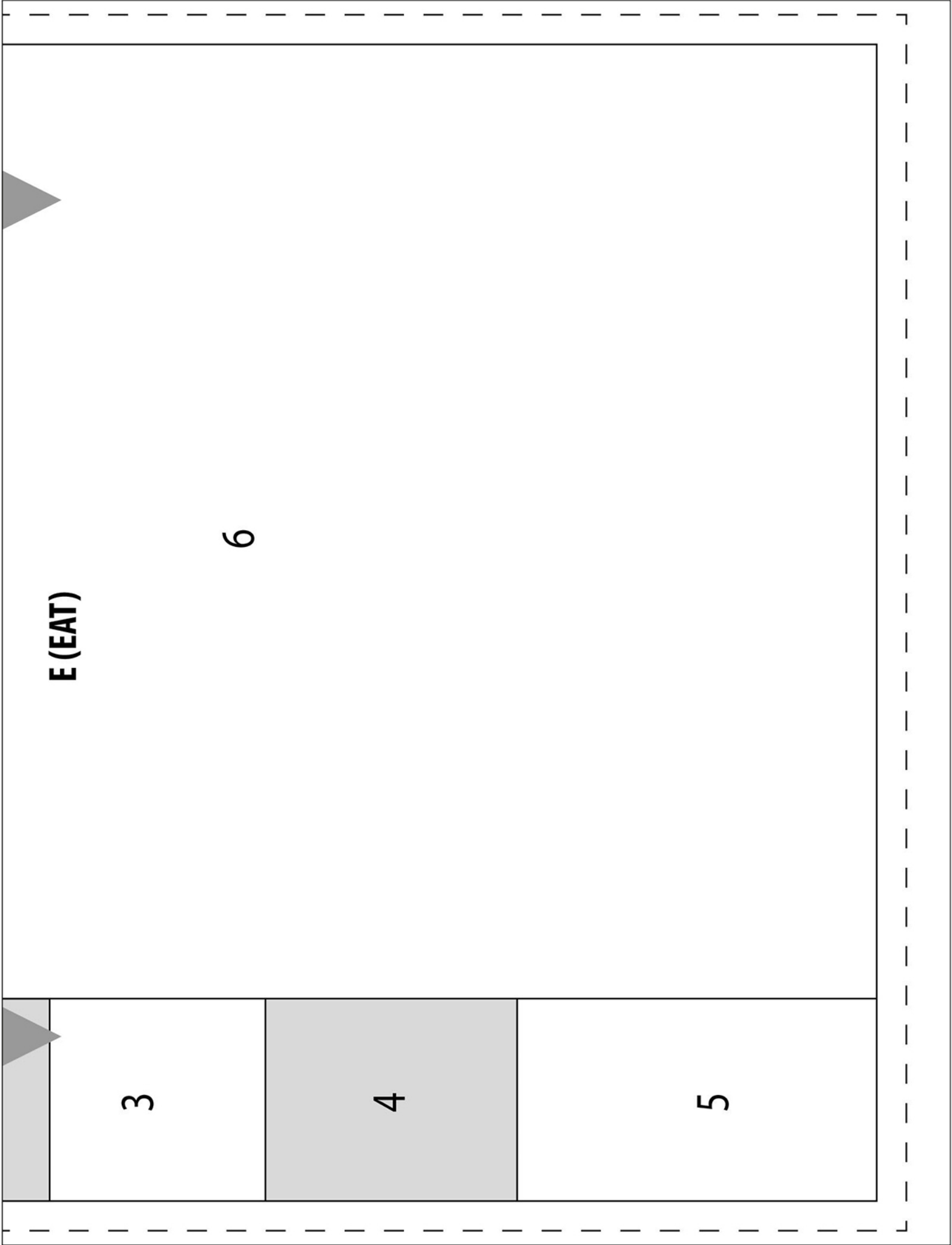


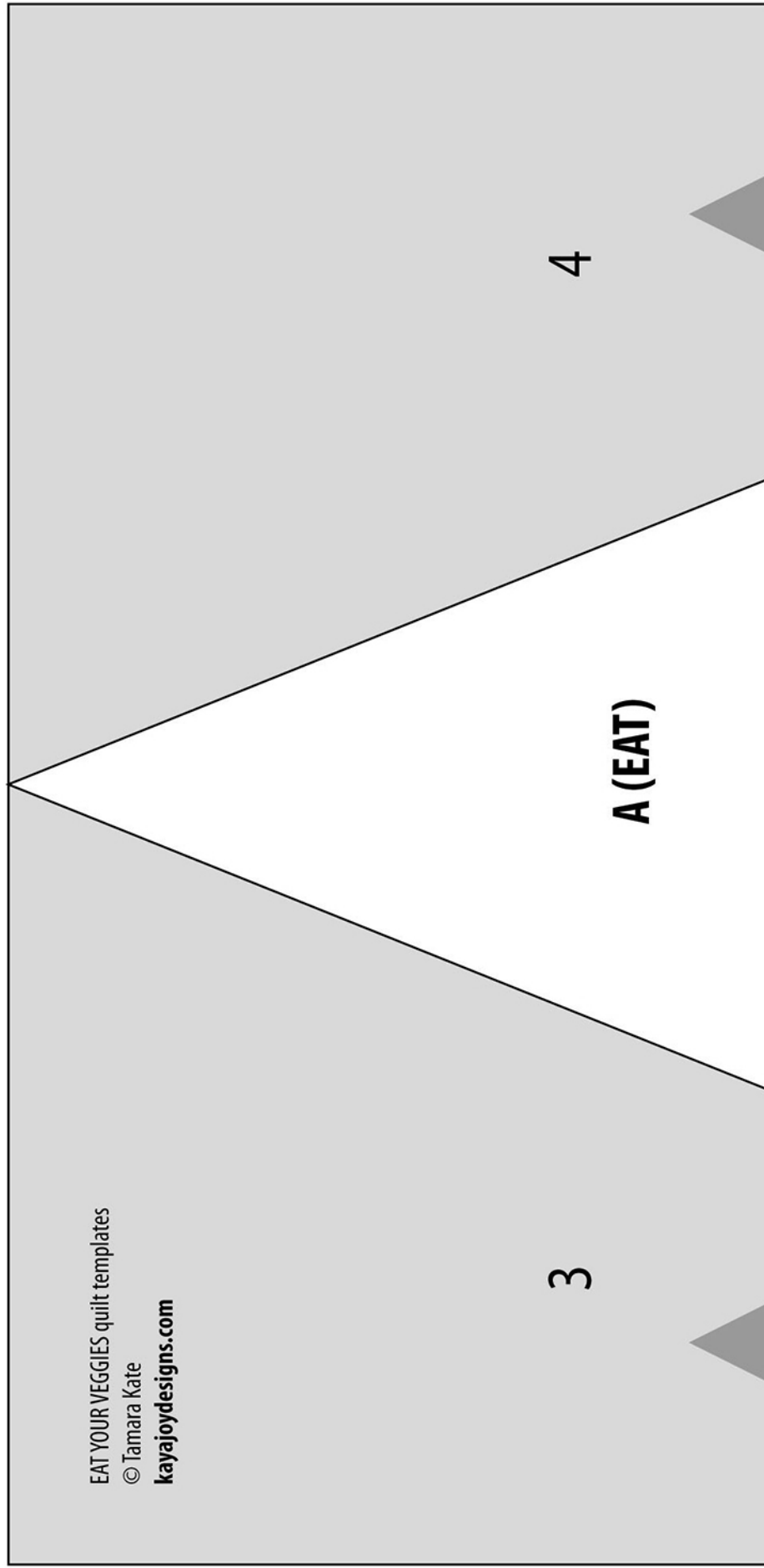
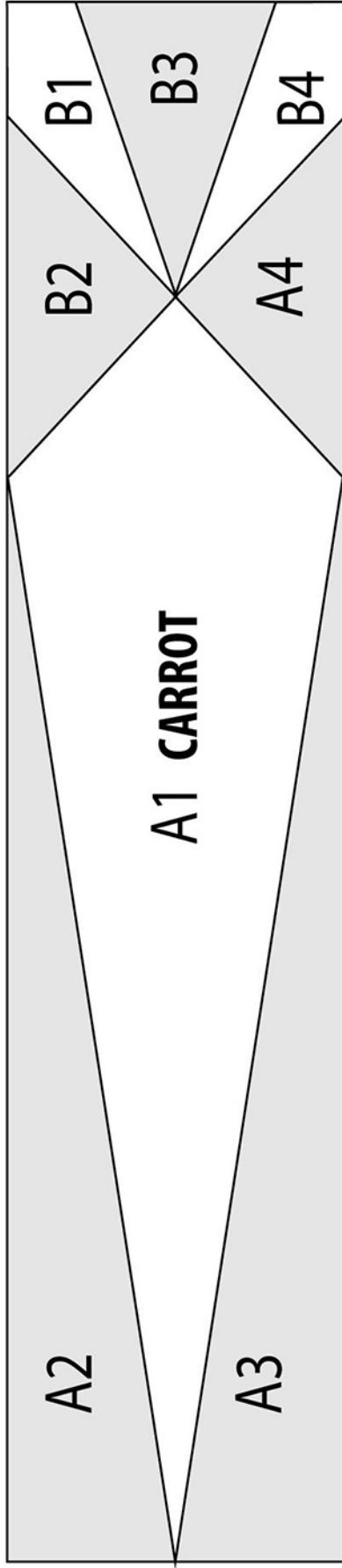
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|---|--|---|--|--|
|  CX8252 Indigo |  CX8252 Herb |  CX1065 Lagoon |  CX1065 Avocado |  CX8250 Jewel |
|  CX8253 Indigo |  CX1065 Orange |  CX8252 Teal |  CX1065 Starfruit | |
|  CX8250 Multi |  CX1065 Raspberry |  CX8253 Teal |  CX8252 Asparagus | |



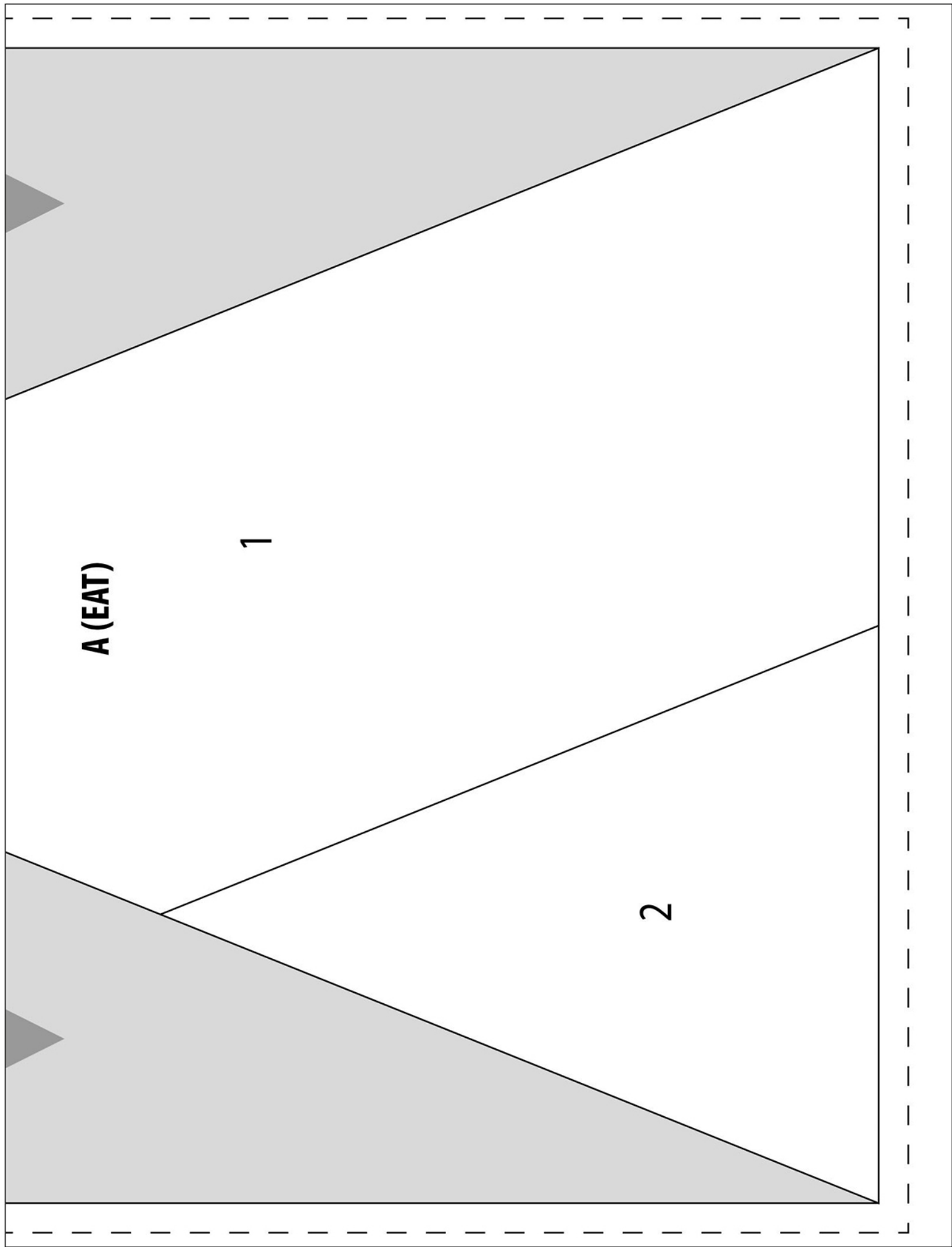
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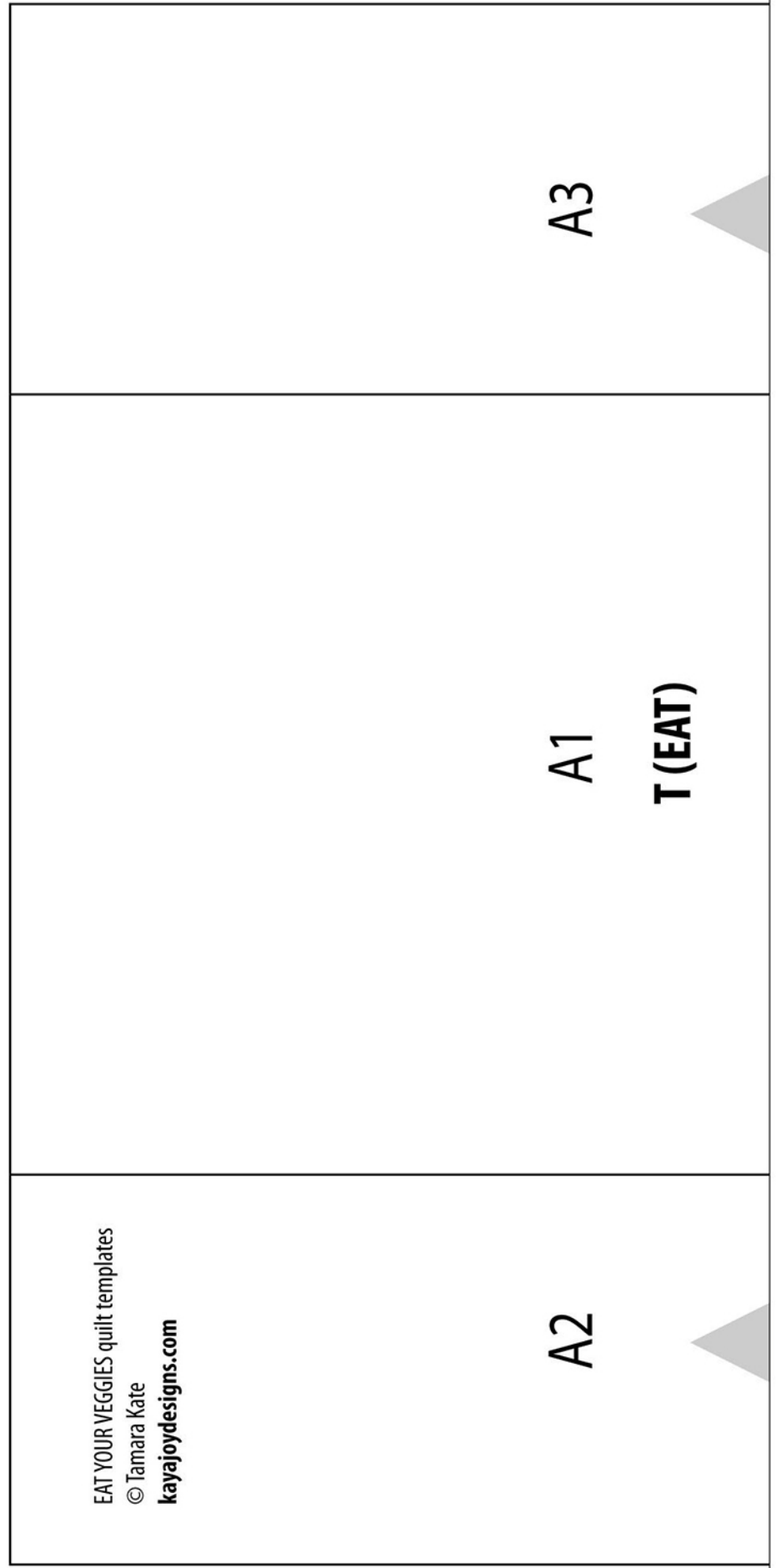
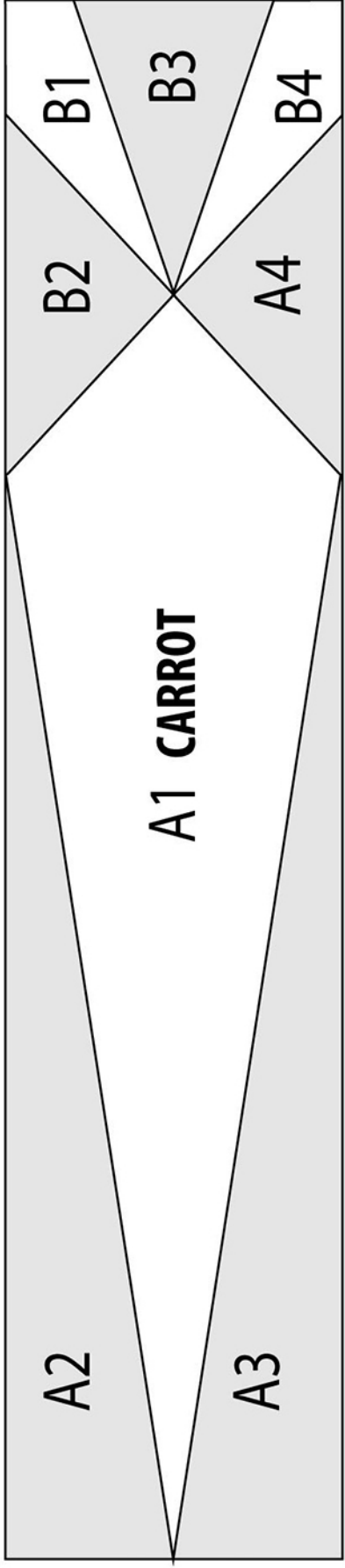




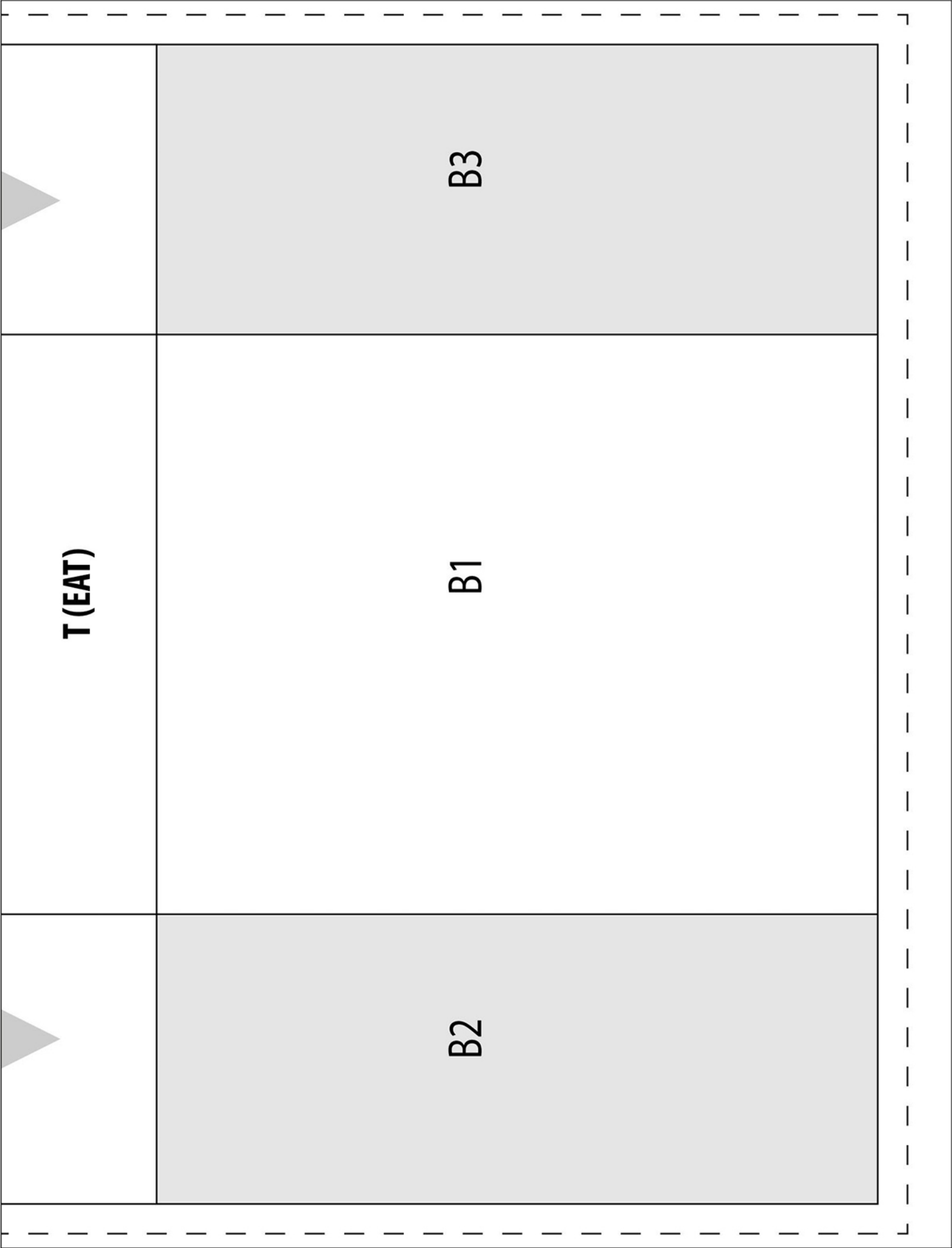


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R (YOUR)

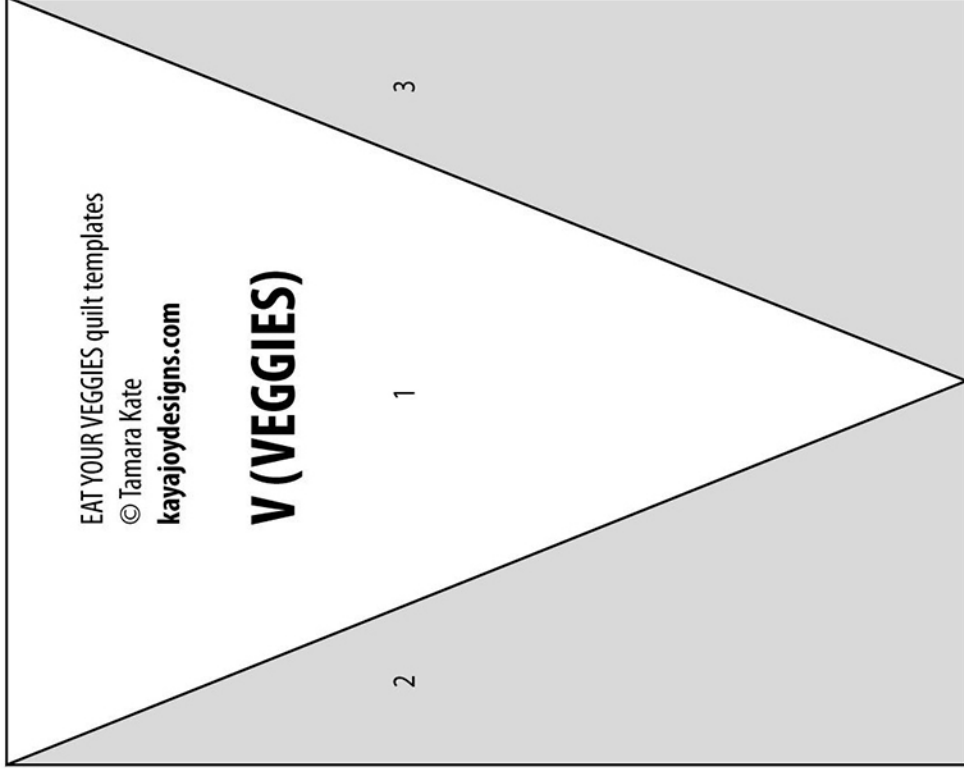
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V (VEGGIES)



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E (VEGGIES)

