

American-Style Puffy Daisy Appliqué – Tutorial

DETAILED TUTORIAL:
The American-Style Puffy Daisy Appliqué

1. MATERIALS & PREPARATION

Fabrics (cotton prints):

- Light Gingham 15x15 cm
- Light Blue Dot 15x15 cm
- Medium Blue 15x15 cm
- Dark Blue Dot 15x15 cm
- White Floral 15x15 cm
- White Quilted-look 15x15 cm
- Yellow Grid 10x10 cm

Other Materials:

- White base 25x25 cm
- Polyester Batting
- White and Yellow Quilting Thread
- Embroidery Floss, Green
- Needles
- Scissors

STEP 1: CUTTING & ASSEMBLING PETALS

Petal Template (Full Size - approx. 6 cm wide)

Cut 1 Petal piece + 1 Batting piece + 1 Backing fabric (optional) for each of the 6 patterned petals.

Finished Petal diameter approx. 12 cm

stack

STEP 2: PREPARING THE CENTER

Cut 1 Center piece

5 cm

7 cm

Backings

Battings

Fold and sew a small drawstring edge, stuff lightly with batting.

STEP 3: LAYOUT & AFFIXING

Position petals on the 25x25 cm base fabric in an alternating pattern. Pin in place.

25 cm

STEP 4: SEWING & FINISHING

4a. Attaching the Center

4b. Hand-Quilting & Puffy Stitch

Hand quilting stitch near edge to secure and create puff.

4c. Embroidery Details

DAISY EMBROIDERY
(Satin Stitch for yellow center, Lazy Daisy for white petals, Straight Stitch for stem)

FLORAL DETAIL EMBROIDERY
(Satin, Lazy Daisy, etc.)

Hand-Quilting Detail

Embroidered Daisy

LEGEND: KEY US SEWING & QUILTING METHODS

- AMERICAN PATCHWORK APPLIQUÉ**
Layered fabric construction for dimension
- MACHINE-PIECING OPTION**
(Noted as a faster method, but hand-sewn is traditional)
- HAND-QUILTING (RUNNING STITCH)**
Stitching through layers (top, batting) to create 'puff'.
- LAZY DAISY STITCH**
For small, loop-based flower petals
- PUFFY (OR BATTING-STUFFED) EMBELLISHMENT**
Inserting batting for texture
- SATIN STITCH**
For dense filling (e.g., yellow flower center)

This tutorial will guide you through the complete process of creating a beautiful **American-style puffy daisy appliqué block** using quilting and embroidery techniques. The finished piece is a **decorative 25 × 25 cm fabric block** featuring dimensional petals, hand-quilting texture, and embroidered floral details.

By following each step carefully, even beginners can complete this project successfully. Take your time with each stage and enjoy the process of building a textured quilted flower.

Materials & Preparation

Before starting, gather all your materials. Preparing everything in advance will make the sewing process smoother.

Fabrics (Cotton Prints)

Cut small fabric squares from cotton quilting fabric in soft floral or country prints.

You will need:

- Light gingham fabric – **15 × 15 cm**
- Light blue polka dot fabric – **15 × 15 cm**
- Medium blue print – **15 × 15 cm**
- Dark blue polka dot fabric – **15 × 15 cm**
- White floral print – **15 × 15 cm**
- White quilt-look print – **15 × 15 cm**
- Yellow grid or gingham print – **10 × 10 cm** (for the flower center)

These fabrics create the classic **American patchwork aesthetic**, combining florals, gingham, and dots.

Base Fabric

- White cotton base fabric – **25 × 25 cm**

This will be the background where the daisy will be attached.

Other Materials

You will also need:

- Polyester batting (thin quilt batting)
- White quilting thread
- Yellow quilting thread
- Green embroidery floss
- Hand sewing needles
- Embroidery needle
- Fabric scissors
- Pins
- Optional: fabric marker or chalk

The batting is important because it creates the **puffy, dimensional look** of the petals.



Step 1: Cutting & Assembling the Puffy Petals

The daisy flower consists of **six padded petals**.

Create the Petal Template

First, make a template for the petals.

Draw a petal shape with the following approximate dimensions:

- Height: **12 cm**
- Width: **6 cm**

The finished petal diameter will also be about **12 cm**.

You can draw it on paper or cardstock so you can reuse the template.

Cut the Petal Layers

For each of the **6 petals**, you will cut:

- 1 petal piece from patterned cotton (top layer)
- 1 petal piece from polyester batting (middle layer)
- Optional: 1 backing fabric piece (bottom layer)

So each petal becomes a **layered stack**:

Top Fabric
Batting
Backing Fabric (optional)

Stack the layers neatly so all edges align.

Stitch the Petal

Using white thread:

1. Sew around the edge of the petal about **3–5 mm from the edge**.
2. Leave a **small opening** near the base of the petal.
3. Turn the petal right side out if necessary.
4. Smooth the batting inside so the petal looks evenly padded.

Close the opening with small stitches.

Repeat this process until you have **six finished padded petals**.

Step 2: Preparing the Daisy Center

The center of the daisy is also slightly padded.

Cut the Center Piece

Cut a **circle measuring about 7 cm in diameter** from the yellow grid or gingham fabric.

The visible center will end up around **5 cm** once sewn.

Create the Drawstring Edge

Thread a needle with yellow thread.

1. Sew a **running stitch around the outer edge** of the circle.
2. Do not knot the thread yet.

Pull the thread gently so the circle begins to gather like a small pouch.

Add the Batting

Place a small amount of **polyester batting inside the circle**.

Pull the thread tighter until the fabric closes around the batting.

Tie a knot to secure it.

You now have a **soft padded flower center**.

Step 3: Layout & Positioning the Daisy

Now you will arrange the petals on the background fabric.

Lay the **25 × 25 cm white base fabric** flat on your work surface.

Arrange the Petals

Place the six petals around the center area of the fabric.

Alternate the different prints to create a balanced design.

Example arrangement:

- Light blue
- Floral white
- Medium blue
- White quilt print
- Dark blue
- Gingham

The petals should form a **complete circle**, like a daisy flower.

Their bases should meet in the middle.

Attach the Petals Temporarily

Use sewing pins to hold the petals in place.

Make sure:

- All petals point outward evenly
- The spacing between petals looks balanced
- The center area remains visible

Adjust until the flower looks symmetrical.



Step 4: Sewing & Finishing

This stage permanently attaches the flower and adds decorative details.

4A – Attaching the Center

Place the **padded yellow center** on top of the point where the petals meet.

Use small **hidden stitches** around the edge of the center circle.

As you sew, make sure the center also catches the **inner tips of the petals**, securing them firmly.

Continue stitching around the circle until the center is fully attached.



4B – Hand Quilting for the Puffy Effect

To emphasize the dimensional texture, add **hand quilting stitches**.

Thread a needle with quilting thread.

Sew **running stitches near the edges of each petal**, stitching through:

Top fabric
Batting
Base fabric

These stitches serve two purposes:

- They secure the layers
- They create the **puffed quilted look**

Follow the shape of each petal when quilting.

Small evenly spaced stitches will give the best result.



4C – Embroidery Details

Now add decorative embroidery.

These small details make the appliqué feel more lively and handmade.

Daisy Embroidery

Use **white embroidery floss** for petals and **yellow floss** for centers.

Use the **Lazy Daisy stitch** to create small flowers on the petals.

Steps:

1. Bring the needle up through the fabric.
2. Create a loop.
3. Insert the needle close to the starting point.
4. Secure the loop with a tiny stitch.

Repeat to form small embroidered petals.

Floral Stem Details

Using **green embroidery floss**, sew stems with a **straight stitch**.

You can also add small leaves using:

- Lazy Daisy stitch
- Small satin stitches

These embroidery accents can be placed on selected petals for variety.

Optional Decorative Quilting

You can add **extra quilting lines** across some petals.

For example:

- Light crosshatch stitching
- Simple diagonal quilting

This adds more dimension and reinforces the patchwork style.

Final Adjustments

Once everything is sewn:

- Check all stitches are secure
- Trim any loose threads
- Lightly press the base fabric (avoid flattening the petals)

The petals should remain **soft and slightly raised**, creating the signature puffy effect.

Finished Project

Your finished piece is a **textured American-style puffy daisy appliqué block**.

You can use it in many ways:

- Quilt block
- Wall decoration
- Pillow cover
- Table mat
- Decorative patchwork panel