

## Prairie Sunflowers from the Prairie Grove Peddler

The model is using the Sunshine Garden fabric line from Benartex, Inc. Page 1  
Each flower head is approx. 6" across



### Materials Needed:

1/4 yard or FQ's of yellow or  
crème colored fabrics

One FQ of green fabric for leaves

One FQ of brown fabric  
for the flower centers

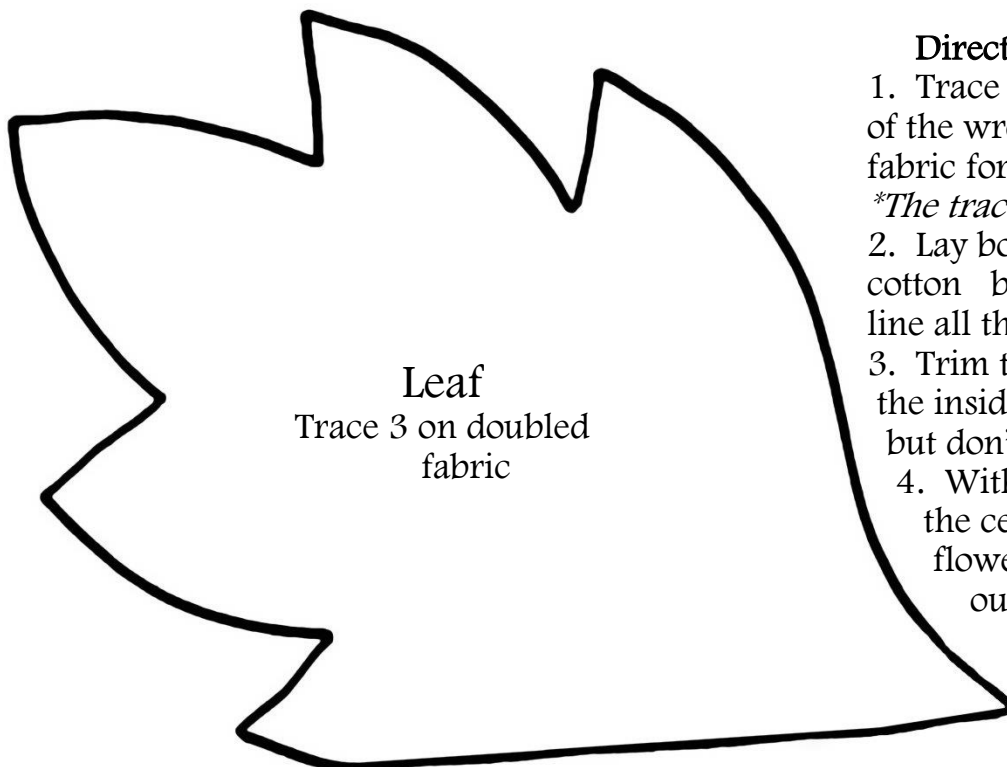
### Also:

Yellow Rubber Boot  
(We used a Child size 5 from Target)

Warm & Natural™ Quilt Batting  
Steam-A-Seam 2 Fusible Web  
Poly-fil Stuffing

1/4" Wood dowels  
Hemostats are helpful for turning

*Please read all of the instructions before  
beginning this pattern.*



Leaf  
Trace 3 on doubled  
fabric

### Directions

1. Trace the flower pattern twice of the wrong side of doubled fabric for each flower head.  
*\*The traced line is the sewing line.*
2. Lay both layers on one layer of cotton batting. Sew on the traced line all the way around.
3. Trim the sewn pieces and snip the inside corner at least twice but don't snip the seam.
4. With very sharp scissors, slit the center of one side of the flower fabric and turn inside out through that same hole with a pair of hemostats.

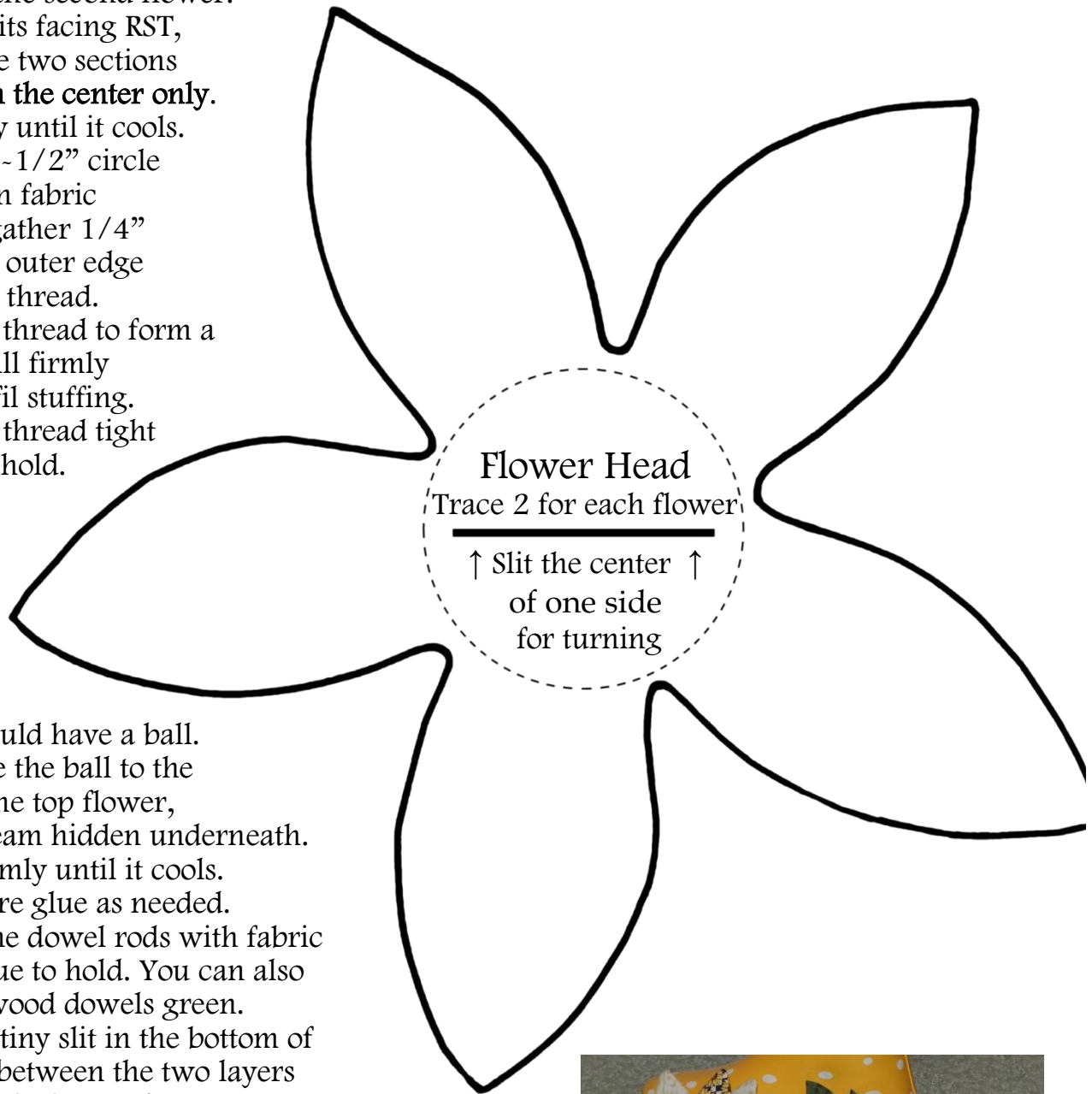
Prairie Sunflowers is a free pattern- Not for Resale  
To see other available designs, please visit [www.prairiegrovepeddler.com](http://www.prairiegrovepeddler.com)

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### Directions continued

5. Push out the tips & smooth out the seams. Iron the flower head flat.
6. Repeat for the second flower.
7. With the slits facing RST, hot glue the two sections together, **in the center only**.
8. Press firmly until it cools.
9. Cut out a 4-1/2" circle from brown fabric and hand gather 1/4" around the outer edge with heavy thread.
10. Pull the thread to form a bowl and fill firmly with poly-fil stuffing.
11. Pull the thread tight and knot to hold.



12. You should have a ball.
13. Hot glue the ball to the center of the top flower, with the seam hidden underneath.
14. Hold firmly until it cools.
15. Add more glue as needed.
16. Wrap the dowel rods with fabric and hot glue to hold. You can also paint the wood dowels green.
17. Make a tiny slit in the bottom of the flower between the two layers of petals with sharp scissors.
18. Insert the dowel rod at least 2" to support the flower. Hot glue to hold.



### For quick leaves:

19. Fold over the green FQ with right sides out. It should measure approx. 10" x 18".
20. Insert a single layer of fusible web, peel the paper backing(s) off and sandwich together. Press following your Manufacturer's directions.
21. Trace 3 leaves and cut out. Hot glue the flowers to the flower stems.