

August Block of the Month: Sunflower

Sunflowers symbolize adoration, loyalty, and longevity. Much of the meaning of sunflowers stems from its namesake, the sun itself. These flowers are unique in that they have the ability to provide energy in the form of nourishment and vibrancy—attributes which mirror the sun and the energy provided by its heat and light. Sunflowers are known for being “happy” flowers, making them the perfect gift to bring joy to someone’s (or your) day.



Fabrics needed: background, petals, leaves, and center

Background: twelve 2 ½" squares to make HST with petals & leaves

Petals: eight 2 ½" squares to make petal HST

four 1" squares to snowball center

Center: four 2 ½" squares for center

Leaves: four 2 ½" square to make leaf HST