



Shinrin Yoku Quilt 1

Designed and made by Sally Ablett

Size of quilt 68" x 68" - unfinished block size

12½" x 12½"

Requirements

Fabrics from the Shinrin Yoku collection

1. A639.1- Floral on natural - $\frac{3}{4}$ yd
2. A643.2 - Compact floral blues - $\frac{3}{4}$ yd
3. A642.2 - Leaves on deep ocean - $\frac{5}{8}$ yd
4. A641.1 - Fans on natural - $\frac{1}{2}$ yd
5. A640.3 - Small flower on olive - $\frac{3}{8}$ yd
6. A639.3 - Floral on dark earth - $\frac{3}{4}$ yd
7. A643.1 - Compact floral greens - $\frac{3}{4}$ yd
8. A642.1 - Compact floral greens - $\frac{5}{8}$ yd
9. A641.3 - Fans on moss - $\frac{5}{8}$ yd
10. A640.2 - Small flower on winter blue - $\frac{1}{2}$ yd
11. BB320 - Khaki - $\frac{3}{8}$ yd
12. BB327 - Warm brown - $\frac{1}{4}$ yds

Wadding and backing 72" x 72"

All measurements include $\frac{1}{4}$ " seam allowances; press each seam as you go.
you will need to join your strips to get the length on the border.

Cutting

From fabric 1 cut

7 x 5" x 5" (block 1) center

13 x 1 $\frac{1}{2}$ " x 12 $\frac{1}{2}$ " (block 1) side - row 4

13 x 1 $\frac{1}{2}$ " x 10 $\frac{1}{2}$ " (block 1) top - row 4

From fabric 2 cut

7 x 5" x 5" (block 1) center

13 x 1 $\frac{1}{2}$ " x 12 $\frac{1}{2}$ " (block 1) side - row 4

13 x 1 $\frac{1}{2}$ " x 10 $\frac{1}{2}$ " (block 1) bottom - row 4

From fabric 3 cut

26 x 1 $\frac{1}{2}$ " x 10 $\frac{1}{2}$ " (block 1) sides - 3

26 x 1 $\frac{1}{2}$ " x 8 $\frac{1}{2}$ " (block 1) top & bottom - row 3

From fabric 4 cut

26 x 1 $\frac{1}{2}$ " x 8 $\frac{1}{2}$ " (block 1) sides - row 2

26 x 1 $\frac{1}{2}$ " x 6 $\frac{1}{2}$ " (block 1) top & bottom - row 2

From fabric 5 cut

26 x 1 $\frac{1}{2}$ " x 6 $\frac{1}{2}$ " (block 1) sides - row 1

26 x 1 $\frac{1}{2}$ " x 4 $\frac{1}{2}$ " (block 1) top & bottom - row 1

From fabric 6 cut

6 x 5" x 5" (block 2) center

12 x 1 $\frac{1}{2}$ " x 12 $\frac{1}{2}$ " (block 2) side - row 4

12 x 1 $\frac{1}{2}$ " x 10 $\frac{1}{2}$ " (block 2) top & bottom - row 4



Rows 1 and 2

From fabric 7

6 x 5" x 5" (block 2) center

24 x 1½" x 12½" (block 2) side - row 4

24 x 1½" x 10½" (block 2) bottom - row 4

From fabric 8 cut

12 x 1½" x 10½" (block 2) sides - 3

12 x 1½" x 8½" (block 2) top & bottom - 3

From fabric 9 cut

24 x 1½" x 8½" (block 2) sides - row 2

24 x 1½" x 6½" (block 2) top & bottom - row 2

From fabric 10 cut

24 x 1½" x 6½" (block 2) sides - row 1

24 x 1½" x 4½" (block 2) top & bottom - row 1

From fabric 11 cut

6 x 1½" x WOF (inner border)

From fabric 12 cut

7 x 3½" x WOF (outer border)

Making up the block.

Both blocks 1 & 2 are made up in the same way. You will work out from the center square and then adding row 1 next and keep working out until your last row of number 4 fabric.

Take the 5" x 5" squares of fabric 1 & 5.

Draw a diagonally line on the wrong side of one of the fabric squares.

Stitch a ¼" seam on each side of the diagonally pencil line and then cut on the line, press.

You will have one square over.

Trim back to a 4½" x 4½" square. Lay out all your strips and center square as in the block 1 diagram.

Sew the top and bottom strips, press back.

Next stitch the sides to the block.

Keep working out until you have stitch all the strips to the block.

You need 13 in total for block 1.

Block 2 is made up in the same way, but you only need 12 blocks in total.

Place the blocks out as in the main diagram.

Stitching in rows, pressing your seams in the opposite way each time This will help when sewing your rows together.

Inner border

Join your strips to get the length for border for the sides, top and bottom

2 x 1½" x 60½" sew to each side of the quilt center.

Next the top and bottom strips. 2 x 1½" x 62½" sew to your strips to the quilt.

Outer border

For the sides 2 x 3½" x 62½" stitch to quilt and for the top and bottom

2 x 3½" x 68½" sew to the quilt to complete.

Sandwich the quilt top, wadding and backing together.

Quilt by hand or machine as desired. Trim the backing and wadding to size of quilt.

Binding

Use your favorite method from fabric 12 to bind the quilt.



Block 1



Block 2



Shinrin Yoku Quilt 2

Designed and made by Sally Ablett

Size of quilt 68" x 68" - unfinished block size

12½" x 12½"

Requirements

Fabrics from the Shinrin Yoku collection

1. A639.2 - Floral on indigo - $\frac{3}{4}$ yd
2. A643.3 - Compact floral browns - $\frac{3}{4}$ yd
3. A642.1 - Leaves on warm stone - $\frac{5}{8}$ yd
4. A641.2 - Fans on pebble - $\frac{1}{2}$ yd
5. A640.2 - Small flower on winter blue - $\frac{3}{8}$ yd
6. A639.1 - Floral on natural - $\frac{3}{4}$ yd
7. A643.1 - Compact floral greens - $\frac{3}{4}$ yd
8. A642.3 - Leaves on dark earth - $\frac{5}{8}$ yd
9. A641.1 - Fans on natural - $\frac{5}{8}$ yd
10. A640.1 - Small flower on warm natural - $\frac{1}{2}$ yd
11. BB40 - Cream - $\frac{3}{8}$ yd
12. BB314 - Grey blue - $\frac{1}{4}$ yds

Wadding and backing 72" x 72"

All measurements include $\frac{1}{4}$ " seam allowances; press each seam as you go.

You will need to join your strips to get the length on the border.

Cutting

From fabric 1 cut

7 x 5" x 5" (block 1) center

13 x 1 $\frac{1}{2}$ " x 12 $\frac{1}{2}$ " (block 1) side - row 4

13 x 1 $\frac{1}{2}$ " x 10 $\frac{1}{2}$ " (block 1) top - row 4

From fabric 2 cut

7 x 5" x 5" (block 1) center

13 x 1 $\frac{1}{2}$ " x 12 $\frac{1}{2}$ " (block 1) side - row 4

13 x 1 $\frac{1}{2}$ " x 10 $\frac{1}{2}$ " (block 1) bottom - row 4

From fabric 3 cut

26 x 1 $\frac{1}{2}$ " x 10 $\frac{1}{2}$ " (block 1) sides - 3

26 x 1 $\frac{1}{2}$ " x 8 $\frac{1}{2}$ " (block 1) top & bottom - row 3

From fabric 4 cut

26 x 1 $\frac{1}{2}$ " x 8 $\frac{1}{2}$ " (block 1) sides - row 2

26 x 1 $\frac{1}{2}$ " x 6 $\frac{1}{2}$ " (block 1) top & bottom - row 2

From fabric 5 cut

26 x 1 $\frac{1}{2}$ " x 6 $\frac{1}{2}$ " (block 1) sides - row 1

26 x 1 $\frac{1}{2}$ " x 4 $\frac{1}{2}$ " (block 1) top & bottom - row 1

From fabric 6 cut

6 x 5" x 5" (block 2) center

12 x 1 $\frac{1}{2}$ " x 12 $\frac{1}{2}$ " (block 2) side - row 4

12 x 1 $\frac{1}{2}$ " x 10 $\frac{1}{2}$ " (block 2) top & bottom - row 4



Rows 1 and 2

From fabric 7

6 x 5" x 5" (block 2) center

24 x 1½" x 12½" (block 2) side - row 4

24 x 1½" x 10½" (block 2) bottom - row 4

From fabric 8 cut

12 x 1½" x 10½" (block 2) sides - 3

12 x 1½" x 8½" (block 2) top & bottom - 3

From fabric 9 cut

24 x 1½" x 8½" (block 2) sides - row 2

24 x 1½" x 6½" (block 2) top & bottom - row 2

From fabric 10 cut

24 x 1½" x 6½" (block 2) sides - row 1

24 x 1½" x 4½" (block 2) top & bottom - row 1

From fabric 11 cut

6 x 1½" x WOF (inner border)

From fabric 12 cut

7 x 3½" x WOF (outer border)

Making up the block.

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Sew the top and bottom strips, press back.

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Keep working out until you have stitch all the strips to the block.

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Binding

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Block 1



Block 2