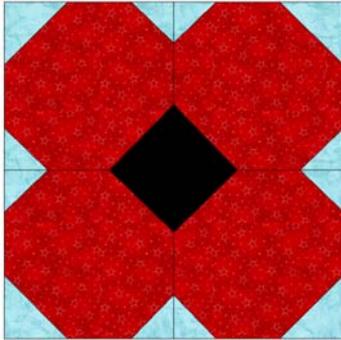


# Poppy

12 by 4 finished  
12  $\frac{1}{2}$  by 4  $\frac{1}{2}$  edge to edge

The poppy is another easy block - we'll be making three for our BOM unit. Each one will be a 4 inch square when finished.



For each poppy you will need:

4 - 2  $\frac{1}{2}$  inch squares for the petals

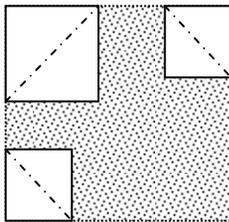
4 - 1 inch squares of sky background

8 -  $\frac{3}{4}$  inch squares of sky background

1 - 2  $\frac{1}{2}$  inch square for the black centre

(Yes, it's a big centre but it's 3D!)

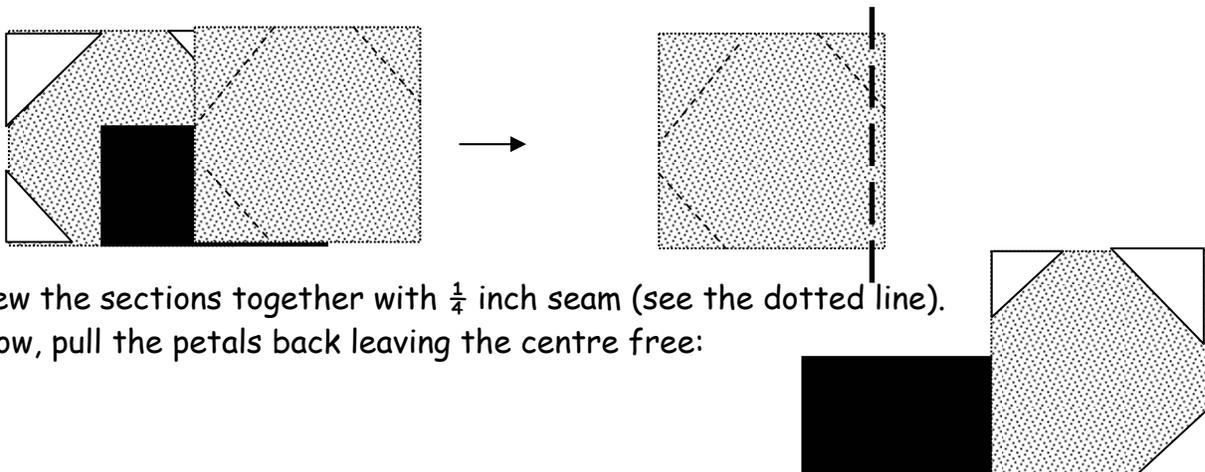
For each petal - sew one large connector corner, with smaller connectors on the two adjacent corners.



If your background colour is lighter than the petal, don't trim away the centre layer - so that the petal will not shade the background.

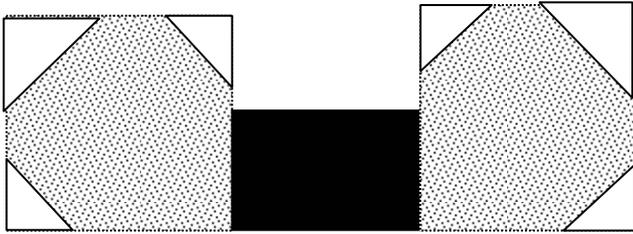
It may help to lay your petals out in their final positions.

Now comes the tricky bit. Bend the centre in half (wrong sides together). Do not press in a crease, just hold it gently. Layer it between two petals so that two of the raw edges are lined up, and the fold is in the centre of the petal (the top of the black shown in the diagram below is the fold)



Sew the sections together with  $\frac{1}{4}$  inch seam (see the dotted line).  
Now, pull the petals back leaving the centre free:

Do the same with the other end of the centre piece. I know it looks odd but it works.



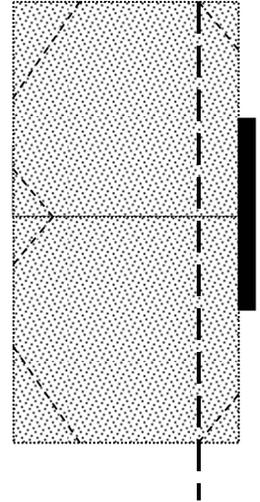
Now is the really clever bit...

Open up the centre so it refolds the opposite way as you put the two halves of your poppy right sides together and sew your

final seam, making sure that you catch the raw edge of the centre in the seam. (The diagram on the right shows the last raw edge of the centre piece although it shouldn't be seen when the last seam is sewn).

You will end up with a finished block with a raised centre (just like the bow ties we saw a few years ago).

Make two more just to get your technique down and sew them into a row of poppies for the BOM next month.



For the pictorial quilt - leave one poppy as is, add setting triangles to the other two as we will be using them on point in the finished quilt. The poppies have long slender stems and their buds are small hairy ovals. The poppies, buds and the seed pods sit high above their leaves.

For the sashed blocks - add  $1 \frac{1}{2}$  inch strips of background to each long side of the strip of poppies.

To embellish the poppies, try adding some beads to the centre - or on long threads out from the centre - like the stamens in the poppies themselves. A green oval with lots of short stitches would make a perfect pod.

The poppy is often associated with both remembrance and forgetting, and its huge ovary filled with thousands of seeds makes a good symbol for female fertility. Some consider a dried pod full of seeds to be an excellent amulet for attracting wealth also. The poppy flower is large, its crinkled, almost translucent petals are extremely feminine, and it is fragrant. The dried pods make nice decorations.

One of the most popular medicinal plants in the world and a friend to human beings for thousands of years, the entire plant (except seeds) contains a latex that when dried was once known as "God's own medicine." The seeds hold calming tryptophan, and when cooked are very tasty and crunchy additions to breads, muffins, and pastries. They also provide an oil prized by artists that does not yellow over time, like linseed oil does. The poppy family is fairly large and contains a variety of poppies--some favor growing amongst the rocks in high mountains, some enjoy the desert, and some are woodland plants. They come in a variety of colors--not only the more well known red or white, but yellow, orange, and blue..