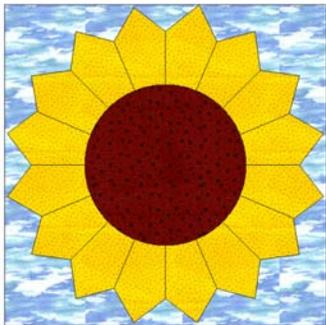


Sunflower

10 inch finished
(10 1/2 inch edge to edge)

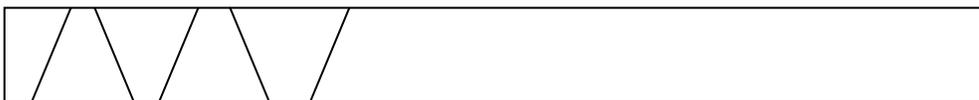
Although this block looks difficult - it is very easy to do, and will give you a three dimensional look with a ragged centre.



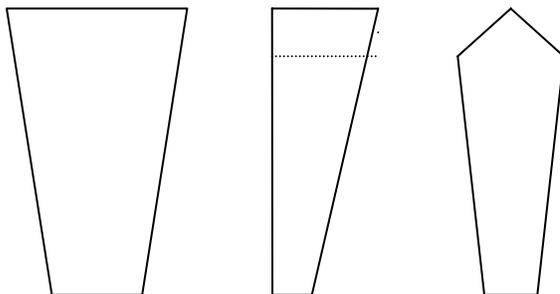
You will need:

- 10 1/2 inch square of background
- 1 - 3 inch strip for the petals
- 5 inch square for the centre

Using the pattern supplied, cut 16 petals from the 3 inch strip.

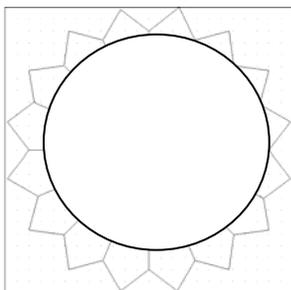


Fold each petal lengthwise right sides together and sew across the top using a 1/4 inch seam. Trim and turn the point, with the seam in the centre of the unit.

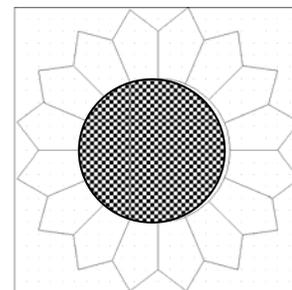


Sew the units together from the pointed end to the straight end, forming the circle of petals.

Centre the circle on your background, and sew it down using a circle that just touches the top of each seam

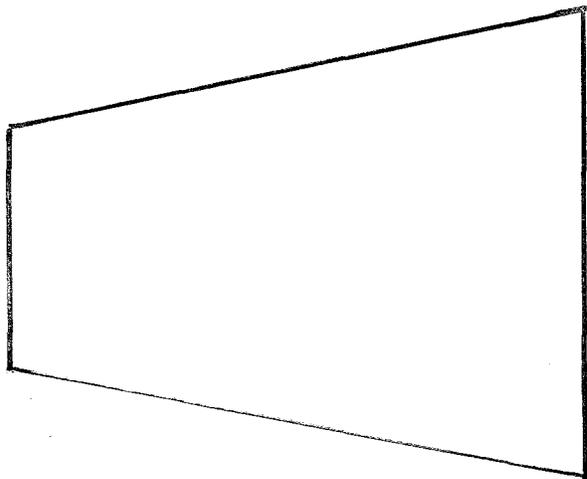


Now, cut a circle from the centre fabric so that it just covers the raw edges of your petals, fray the edge a bit, and sew it on top!



To embellish your Sunflower - why not add fuzzy wool around the edge of the disk florets, or add beads in the centre. The Sunflower leaf is almost as big as the flower, and are an elongated heart shape, while the stems are very thick and straight.

If you want to add a stem in later, do not complete the circle when sewing the petals - leave room to insert the stem later when you assemble more of the quilt.



The **sunflower** (*Helianthus annuus*) is an annual plant in the family Asteraceae, with a large flower head. The stem of the flower can grow up to 3 metres tall, with the flower head reaching 30cm in diameter. The term "sunflower" is also used to refer to all plants of the genus *Helianthus*, many of which are perennial plants. What is usually called the flower is actually a head of numerous flowers crowded together. The outer flowers are the ray florets and can be yellow, maroon, orange, or other colors. These flowers are sterile. The flowers that fill the circular head inside the ray flowers are called disc florets.

The arrangement of florets within this cluster is typically such that each is separated from the next by approximately the golden angle, producing a pattern of spirals where the number of left spirals and the number of right spirals are successive Fibonacci numbers. Typically, there are 34 spirals in one direction and 55 in the other; on a very large sunflower you may see 89 in one direction and 144 in the other. The disc florets mature into what are normally called "sunflower seeds", actually the fruit of the plant, with the true seeds encased in an inedible husk.