

## Mini Bargello Sunflower Supply List

### Fabric Requirements \* (yards)

1/4 yd very light fabric - **Fabric A**

1/4 yd light fabric - **Fabric B**

1/4 yd medium fabric - **Fabric C**

1/4 yd medium fabric - **Fabric D**

1/4 yd dark fabric - **Fabric E**

2/3 yd background fabric - includes binding

6" square for flower centre, OR 4 - 6 10" squares of coordinating fabrics to create a woven centre

3/4 yd for backing

2/3 yd fusible web with paper backing such as E-Z Steam by Pellon, Soft Fuse, Lite Steam-A-Seam 2, HeatnBond - (**Note:** I have not used Misty Fuse for this project so not sure how it would work.)

Batting 24 - 30 inch square piece depending on border - cotton or cotton/poly blend

**\*Note:** you may wish to purchase 1/3 yard of each fabric A-E and 1 yard of background fabric if you wish to make the piece larger with a different border. There will be border options presented in the class.

### Fabric Requirements \* (metres)

0.15 m very light fabric - **Fabric A**

0.15 m light fabric - **Fabric B**

0.15 m medium fabric - **Fabric C**

0.15 m medium fabric - **Fabric D**

0.20 m dark fabric - **Fabric E**

0.50 m background fabric - includes binding

6" square for flower centre, OR 4 - 6 10" squares of fabrics to create a woven centre

0.75 m for backing

0.5 m fusible web with paper backing such as E-Z Steam by Pellon, Soft Fuse, Lite Steam-A-Seam 2, HeatnBond - (**Note:** I have not used Misty Fuse for this project so not sure how it would work.)

Batting 24 - 30 inch square piece depending on border used - cotton or cotton/poly blend

**\*Note:** you may wish to purchase 0.25 metres of each fabric A-E and 1.0 metres of the background fabric if you wish to make the piece larger with a different border. There will be border options presented in the class.

**Please Note:** The sunflower does not have to be yellow you can make it any colour you wish

Check out this blog post for ideas of different colours for your sunflower.

**Sunflower Variations:** <https://quiltsbyjen.ca/mini-bargello-sunflower-workshop-variations/>

## Fabric Selection

Here are a few thoughts and blog posts about fabric selection

**Note: Session 1 will discuss fabric selection and creating fabric runs in detail as well as other supplies needed**

Usually a sunflower conjures up images of golden yellow but by no means are you limited to these colours - it is your flower and you can make it any colour you wish. I have had students make the sunflower in cream, pink, red, yellow, turquoise and purple all with wonderful results.

When picking your fabrics make sure to create a colour run from light to dark so the illusion of movement can be created within the flower. By using different values of the colour it will also give the flower depth and dimension. Here are some blog posts that will help with colour and fabric selections as well as value.

**What is value in relation to colour:** <http://quiltsbyjen.ca/what-is-value-in-relation-to-colour/>  
**How to use value to create contrast:** <http://quiltsbyjen.ca/how-to-use-value-to-create-contrast-in-quilt-designs/>  
**How to select fabrics for a colour run:** <http://quiltsbyjen.ca/fabric-selection-for-bargello/>

Using fabrics with different textures will also help to create dimension within the colour run and the flower petals. Different textures such as dots, stripes, geometrics, tone-on-tones, small prints, medium prints, batiks and many others can be used. A mix of both batiks and cottons together to create dimension and depth and varying textures within the piece. All batiks or all cottons will work very nicely too. Stay away from fabrics with white designs such as dots as well as checkered fabric as they will stand out in the design distracting your eye.

The centre of the flower needs to have a fair bit of texture to it. You want the centre to stand out but also blend in - a bit of a fine line. A gradated fabric works really well to create the woven centre. More info and discussion will be provided in the first session on centre options.

The background fabric can be a plain fabric or a textured fabric. You may wish to have several different pieces and audition them once the flower is made.

## General Supply List

### **Sewing machine in good working order which includes:**

Quarter inch foot  
Darning foot (free motion foot)  
Walking foot  
Extension table - highly recommended

### **Rotary Cutter, Mat & Rulers**

Mat no smaller than 12 x 18 inches, 18 x 24 or is preferred  
Long ruler - 6.5 x 24 or 8.5 x 24  
Rotary cutter with a sharp blade

### **Thread & Needles**

Needles - Microtex 80/12 for piecing, topstitch or Microtex 90/14 for quilting  
Neutral coloured cotton thread for piecing such as grey or beige - 50 weight  
Thread for quilting the background - solid colour or variegated - can be rayon, cotton, polyester  
Thread for stitching the petals - I tend to use a variegated and heavier thread such as a 30 weight for more depth - the thread can either contrast or blend in with the petals - can be rayon, cotton, polyester – further discussion on thread in class

### **Other**

Gloves for free motion quilting - highly recommended  
Supreme slider for free motion quilting - optional  
Seam ripper  
Flat head pins or other straight pins  
Fabric scissors - large and small - sharp with a good point for cutting out the petals  
Paper scissors  
Pen & paper, pencil & eraser, Sharpie  
Teflon applique sheet or parchment paper  
Design wall - optional  
Masking tape or small stickers to label pieces  
Iron & ironing board

**If you have any questions leading up to the workshop, please email me at:  
[jennifer@quiltsbyjen.ca](mailto:jennifer@quiltsbyjen.ca)**