



Zen

Quilt Finishes 39" x 57"

(Finished Block Size: 6 1/2" x 9 1/2" – 36 blocks total)

Pattern adapted from American Patchwork and Quilting, Feb. 2009

Fabrics and Cutting Requirements:

Cut 18 setting rectangles 7" x 10"

FQ: from (5 FQ) cut 4 rectangles 7" x 10" each, for a total of 18 (2 rectangles are extra).

For each of the remaining (18) blocks, cut the following (as "Fabric A"):

- (2) – 3" x 10" rectangles
- (2) – 2" x 2 1/2" rectangles
- (2) – 2" x 1 1/4" rectangles

Contrast (as "Fabric B"): Cut (54) – 2" squares (3 for each pieced block). This can be the same fabric as the setting rectangles, or it can be a contrast to the Fabric A.

Piecing Instructions:

1. Referring to the diagram at the right, piece the center strip of the block. This pieced row should be 2" x 10" (including seam allowances).

2. Sew the 3" x 10" rectangles on each side of the pieced center strip, to complete the block. The block should be 7" x 10" (including seam allowances). Trim if necessary.

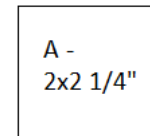
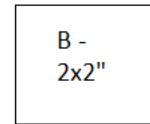
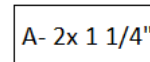
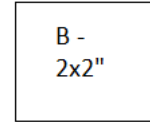
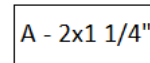
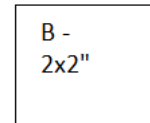
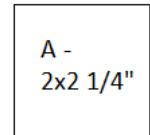
3. Repeat for a total of 18 blocks.

Quilt Assembly Instructions:

Sew (3) Pieced Blocks, and (3) Setting rectangles, in rows of 6, alternating the blocks and the rectangles. Make a total of 3 rows in this fashion, pressing the seams toward the rectangles.

Using the remaining blocks and rectangles, sew them in 3 rows, reversing the position of the blocks and rectangles.

Sew the rows together, alternating the rows in a checkerboard fashion. Press seams in one direction.



Center Strip
Assembly Diagram