

Vitamin Sea

Quilt Designed by eQuilter



60" x 76"

Skill Level: Intermediate

Finished Quilt Size: 60" x 76"

*Please read all instructions before beginning.**Pre-washing NOT recommended.*

Yardages and Cutting

WOF is width of fabric from selvage edge to selvage edge. LOF is length of fabric, parallel to the selvage edges. Remove as little fabric as possible when trimming selvages and squaring strip ends.

1 Vitamin Sea panel

- Trim to 26 1/2" x 42 1/2".

2 1/4 yards water stripe

- Remove the selvage edges, then cut a 2" wide x LOF strip from each long edge.
- Cut a 12 1/2" x LOF strip from each trimmed edge; cut each into (1) 46 1/2" side strip and (1) 30 1/2" top/bottom strip (to total 2 of each length).

1 1/4 yards light green/blue marble

- 2 strips 3 1/2" x WOF; cut into (16) 3 1/2" squares.
- 2 strips 2 3/8" x WOF; cut into (32) 2 3/8" squares and (1) 2" square.
- 8 strips 2 1/4" x WOF for binding.
- 3 strips 2" x WOF; cut into (63) 2" squares.

1/3 yard dark green/blue marble

- 1 strip 6 1/2" x WOF; cut into (4) 6 1/2" squares.

1 1/2 yards navy marble

- 2 strips 3 1/2" x WOF; cut into (32) 2" x 3 1/2" rectangles and (1) 3 1/2" x 20" border strip.
- 6 strips 3 1/2" x WOF for border.
- 4 strips 2 1/2" x WOF; trim to 2 each 42 1/2" and 30 1/2" strips for panel framing.
- 2 strips 2 3/8" x WOF; cut into (32) 2 3/8" squares.

5 1/4 yards of 44/45" backing fabric

- 2 pieces 92" x WOF

OR

2 1/4 yards wide backing fabric

- 1 piece 76" x 92"

Batting

- 1 piece 76" x 92"

Piecing the Blocks

Use a 1/4" seam allowance for all stitching. Press all seams as directed.

1. Draw a diagonal line from corner to corner on the wrong side of the light green/blue 2 3/8" and 2" squares.
2. Place a marked 2 3/8" square right sides together with a 2 3/8" navy square. Sew 1/4" out on each side of the marked line. Cut apart on the line. Press open with seam allowance toward the navy to make (2) 2" x 2" triangle units. Repeat to make 64 units.



Triangle Units — Make 64

3. Place a marked 2" square right sides together on 1 end of a navy 2" x 3 1/2" rectangle. Sew on the line. Trim seam allowance 1/4" out from the stitching. Press the triangle open with seam allowance toward the triangle. Repeat on the remaining end of the rectangle to complete (1) 2" x 3 1/2" flying geese unit. Repeat to make 32 units.



Flying Geese Unit — Make 32

4. Referring to the diagrams on the next page, sew triangle units to the ends of each flying geese unit to make (32) 2" x 6 1/2" pieced strips. Press seams open. Join 2 pieced strips to make a 3 1/2" x 6 1/2" point unit. Press seam toward the top strip. Repeat to make 16 point units.



Pieced Strip — Make 32



Point Unit — Make 16

5. Sew point units to opposite sides of each dark green/blue 6 1/2" square to make (4) 6 1/2" x 12 1/2" center rows. Press seams toward the square.

6. Stitch 3 1/2" light green/blue squares to the ends of the remaining point units to make (8) 3 1/2" x 12 1/2" top/bottom rows. Press seams toward the squares.

7. Sew a top/bottom row to opposite long sides of each center row to complete (4) 12 1/2" x 12 1/2" Corner blocks. Press seams toward the center rows.



Corner Block — Make 4

Completing the Quilt

1. Sew the 2 1/2" x 42 1/2" navy strips to the sides of the panel. Press seams toward the strips. Repeat with the 2 1/2" x 30 1/2" strips on the top and bottom to complete the 30 1/2" x 46 1/2" panel center.

2. Stitch the 12 1/2" x 46 1/2" water stripe strips to the sides of the panel center. Press seams toward the strips.

3. Sew the Corner blocks to the ends of the remaining water stripe strips to make 12 1/2" x 54 1/2" top/bottom strips. Press seams toward the strips. Stitch to the top and bottom of the panel section to complete the 54 1/2" x 70 1/2" quilt center. Press seams toward the panel section.

4. Stitch the 3 1/2" x WOF and 3 1/2" x 20" navy strips short ends together to make a long strip. Press seams to one side. Cut into 2 strips each 70 1/2" and 60 1/2". Sew the longer strips to the sides of the quilt center and the shorter strips to the top and bottom to complete the top. Press seams toward the strips.

5. If using 44/45" backing fabric, remove the selvage edges from the backing pieces. Join the pieces on the long edges with a 1/2" seam allowance. Press seam open. Trim to make the 76" x 92" backing piece.

6. Layer the top with the backing and batting pieces. Quilt as desired. Trim batting and backing even with the top.



7. Join the light green/blue binding strips on the short ends with diagonal seams to make a long strip. Press seams in one direction. Press the strip in half along the length with wrong sides together. Bind the quilt edges using your favorite method to complete the quilt.