zig zag knit quilt

Finished Size
36” x 46”
cutting instructions

To make the quilt as seen in the cover photo (Finished size of 36” x 46”) you will need to cut the following pieces. Of course, once you start assembling the quilt you'll see that you could easily make it smaller or larger by adjusting the number of pieces you cut.

For the zig-zags...
- Cut (80) 5” x 5” squares of Lime Blossoms from Flora & Fauna knits.
- Cut (8) 10” x 5” rectangles of Zen Garden Berry from Sanctuary knits.
- Cut (8) 10” x 5” rectangles of Aromatherapy Ocean from Sanctuary knits.
- Cut (8) 10” x 5” rectangles of Seaweed Wrap Seafoam from Sanctuary knits.
- Cut (8) 10” x 5” rectangles of Aromatherapy Berry from Sanctuary knits.
- Cut (8) 10” x 5” rectangles of Zen Garden Ocean from Sanctuary knits.

For the batting and backing...
- Cut one 40” x 50” piece of Seaweed Wrap Sherbert from Sanctuary knits (or preferred mixed colors fabric).
- Cut one 40” x 50” piece of quilt batting. We prefer to use FusiBoo (fusible batting) from Fairfield.

NOTE: No binding is necessary for this knit quilt. We will be just topstitching the edges.

sewing instructions

Begin by deciding the order of your zig zag colors. Organize them on your work table starting at the top row of your quilt. Our top row is the Zen Garden Berry (all other rows are in the same order as they appear in our cutting instructions). Set all other pieces aside and work only on one row at a time.

NOTE: All seam allowances are 1/4”. We constructed this quilt using a serger but you can do it with a sewing machine too. For the sample photos we used the BabyLock Imagine and the BabyLock Symphony.

1. Assemble the first four blocks. To give you an idea of how the “zigs” and “zags” are formed we will begin by assembling the first 4 blocks of the quilt. Lay four of your 10” x 5” rectangles on a flat surface right side up and place two of your 5” squares on top of each rectangle, wrong side up, so right sides are facing and the two squares are perfectly covering each rectangle. On the first block, using a water-soluble marker, draw a diagonal line starting at the top left corner and ending at the bottom right corner of the top square. Repeat this with the bottom square. On the second block, draw the lines in the opposite direction, starting at the top right and ending at the bottom left. Switch directions with each block. Your first 4 blocks should look like figure 1. Pin in place.

2. Stitch/serge along the drawn lines. If serging, fig. 2, the blades of your serger will automatically trim the excess fabric at 1/4”. If sewing, fig. 3, trim exactly 1/4” outside of your stitch line. Discard the trimmed triangles or save for another project.
3. Press each block flat. Fig. 4 shows what one of the block looks like right out of the serger. Fig. 5 shows it with the sides pressed flat. Press the seams to one side if serged or flat if stitched.

4. Join the first two blocks. Starting with the first two blocks you constructed, place the blocks right sides together, making sure the previously stitched lines run in opposite directions when flat (same direction when placed right sides together), then serge/stitch along one long side. You will end up with a “V” shape like the ones below. Press the seams to one side if serged, fig. 6, or flat if stitched, fig. 7. Repeat this step with the third and fourth block.

5. Join the first zig-zag row. Place the new “V” shaped blocks on top of each other right sides together and, just like before, stitch/serge along one long edge forming your very first zig-zag. Press as you go. Your first zig-zag row will look like fig. 8.

6. Sew the remaining rows. Repeat steps 1 - 5 for the remaining blocks. There will be 8 blocks per row and 5 different rows that make up this quilt. Build each row separately and then join them together, starting with the top and second row. Stitch/serge rows right sides together using a 1/4” seam allowance, then press all seams as you go. Your finished quilt top should look like fig. 9.
7. **Make your quilt sandwich.** Remember, we are NOT applying binding to this quilt, so unlike traditional quilting, we will layer our quilt in this order:

- **Bottom Layer:** Quilt backing, right side up
- **Middle layer:** Quilt top, wrong side up
- **Top Layer:** Fusible batting (do NOT fuse yet!)

Trim backing and batting to the same size as your quilt top. Pin quilt layers all around the edges, then stitch/serge 1/2” in from the quilt top edges leaving a 6” gap on one side for turning. If serging, the blades of your serger will automatically trim the excess fabric at 1/4”. If sewing, trim exactly 1/4” outside of your stitch line. Also trim the excess fabric in the corners to reduce bulk.

8. **Topstitch it.** Slowly and carefully turn the quilt right side out through the opening and use your fingers or a blunt tool (like a wooden chopstick) to make sure all corners are nice and square. Press well, making sure the batting is fused to the quilt top and back, then topstitch 1/4” from the edge all around, stitching the opening closed, fig. 10.

9. **Quilt it.** To keep the front and back pieces from shifting around, and also to give your blanket that soft, “quilted” look, sew through all layers using a “stitch in the ditch” technique. To stitch in the ditch, you use a “walking foot” on your sewing machine to create long, straight lines of quilting along the seams (or “ditches”) of the quilt top. If you don’t own a walking foot, you can use a standard foot but just stitch slowly and carefully, fig. 11. Your stitches will be barely visible from the front and on the back you’ll see a ghost image of your quilt top pattern.

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