



BLOCK OF THE MONTH

January

January is all about choosing a power word. This is a word that will help guide you throughout 2018. The way I find my word every year is to really think about what I want to get out of my year in all areas of my life. I have written down goals, searched online or dictionary for power words, gotten pen and paper for a brain dump of everything on my mind about the year ahead, and, sometimes, it will just come to me as I am working. The main thing is to take some time to think about what you want your year to look like. What you want your life to look like. Really think about what you want to focus on in 2018. This will be the word that will help you center when you get off course. It will be the word that helps you focus on who you want to be. Remember that you aren't perfect and you can change your mind. You can even use more than one word. Heck have a phrase. This is a block that is all yours and speaks to you and your life.



My word for 2018 is **Grit.**

Watch my video on how I made a mistake into something I love with all of my heart.

WORD RESOURCES

- Elise Joy from Elise Gets Crafty Podcast chats with Ali Edwards on choosing your word of the year.
- Ali Edwards has a class on One Little Word



BLOCK OF THE MONTH

January

THE DETAILS

- Read through all instructions first before beginning the project
- All seam allowances are 1/4"
- RST = right sides together
- Completed block will measure 12 1/2" X 19 5/8" (January only)
- Share your progress on social media #modernsewcialitesBOM

Fabric Requirements

- Background fabric :: Fat Quarter
- Word:: Fat Quarter or scraps (you may require more if you choose to do a phrase)

Cutting Instructions

- Background Fabric- 13x20 - cut oversized to allow room to trim to a finished block size of 12 1/2" X 19 5/8"
- Lettering Fabric- custom for your word



BLOCK OF THE MONTH

January

Instructions

1. Cut out your background fabric. I usually cut mine slightly oversized and trim after appliquéing.
2. Cut out your word with your chosen fabric. Use your favorite method to transfer your word. Here's a video with our tips of how we did ours.
3. Appliqué your word onto your background fabric. Below are different techniques for appliquéing your word
 - > raw edge appliqué: attached to the fabric either with fusible web or washable glue. You can straight stitch or zig zag right inside the raw edge to secure the fabric. You will have some fraying after washing but I have never had trouble with raw edge appliqué after washing.
 - > fusible web: transfer your letters onto fusible web and then iron onto your fabric, fuse, using the manufactures instructions, then cut out your letters and iron onto your background fabric
 - > hand or machine embroider your word onto your background fabric
 - > use fabric markers or paint for your word onto your background fabric

Still Need Help?

- Applique a name quilt (fusible web) at [Craftsy](#)
- How to Applique (fusible web) at [Missouri Star Quilt Co.](#)
- All kinds of applique information at [Shiny Happy World](#)
- Applique info at [Pile O Fabric](#)



RECIPE

January

Garden Vegetable Soup



Ingredients

- 1 lb Beef Stew Meat (optional)
- 1 c. Rutabaga cut into large cubes
- 1 large potatoes cut into large cubes
- 2 carrots cut into large cubes
- 2 c frozen peas
- 2 c fresh or frozen green beans
- 1 cup of fresh (off the cob) or frozen corn
- 1 can of crushed tomatoes
- 2 fresh tomatoes, chopped
- 2 c frozen or fresh spinach
- 1 T minced garlic
- 1 small onion, chopped
- 2 T olive oil
- 1/4 c chopped fresh parsley
- 2 bay leaves
- 1 T garlic powder
- 1/2 tsp dried thyme
- Salt and Pepper to taste
- 2 cups of Broth (I use whatever chicken or beef stock I have on hand. You could also use vegetable stock)
- Optional add ins per your taste: celery, sweet potatoes, brussel sprouts, okra



RECIPE

January

Garden Vegetable Soup

This recipe is flexible. Take out what you don't like. Add some things you do like. I just use what I have on hand or in the freezer. But be mindful of your cooking vessel though - don't put too much in the pot or the instant pot because the ingredients need room to cook. So adjust accordingly.

Instructions for Stove top

1. Cut meat into small, bite-size (1/2") pieces.
2. In a large pot or dutch oven, saute meat in 1 T olive oil on medium-high heat until all sides are brown. Set aside on a plate.
3. Add onions, garlic, carrots, (celery if using) and saute in 2 T olive oil for 4 minutes.
4. Add in broth, canned tomatoes, fresh tomatoes, rutabaga, potatoes, parsley, bay leaves, thyme and season with salt and pepper to taste.
5. Bring to a boil, then add green beans.
6. Reduce heat to medium-low, cover and simmer until potatoes are tender, about 20 - 30 minutes, then add corn, spinach, and peas and cook 5 minutes longer. Sometimes I leave it on the stove and let it simmer to really get good flavors. Don't forget to remove the bay leaf before serving.



RECIPE

January

Garden Vegetable Soup

Instructions - Instant Pot

1. Using the saute function. Add meat to the pot with garlic powder, salt and pepper generously, and brown for about 3 to 4 minutes.
 2. Add the onions, garlic and carrots (celery if using) cook another 3 to 4 mins
 3. Turn off the pot, and add broth, canned tomatoes, fresh tomatoes, rutabaga, potatoes, parsley, bay leaves, thyme
 4. Put on the lid, lock it and set to manual high pressure for 20 minutes. (It will take a while to come to pressure with such a full pot).
 5. After the cooking time is complete carefully quick release the pressure.
 6. Add in corn, spinach, and peas and allow to cook for 5 mins on the warm function.
- Remove bay leaf, and serve.

Serve warm.