



PODCASTS

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# August

## August BOM Podcast

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Block of the Month

# August

August is like the start of my new year. The kids are back to school and the daily routine is back in order in our house. I always enjoy the summer but I love getting back into routine as well.

So this month we are talking all about routines and I don't think there is a better block for this than the flying geese block. It is a repetitive block that is easy to make but has a huge impact for quilts. You can really do awesome things with this block for borders, changing up your star blocks to include less half square triangles, and so much more.

I also think about the migration of the many birds that fly south during the winter and how routine that is for them. That is how the start of the school year is for our family in August. So settle in with your sewing machine and enjoy stitching up these fun and versatile blocks. Think about your creative routines and reflect on what is working and what could use a little change up.

**WANNA KNOW MY TAKE ON THIS?  
WATCH HERE!**

**Share on social media #ModernSewcialitesBOM**

## THE DETAILS

- Read through all instructions first before beginning the project
- All seam allowances are  $\frac{1}{4}$ "
- RST = right sides together
- Completed block measures  $12\frac{1}{2}$ " square (for a single block) or  $20\frac{1}{2}$ " square (for the quilt)



# Let's Make a Block

## Fabric Requirements

- Geese :: Fat Quarters of 4 different fabrics
- Background :: Fat Quarter

## Cutting Instructions

### Geese

- From each of (4) fabrics, cut
- (1)  $7\frac{1}{4}$ " square, cut diagonally both ways
  - (3)  $3\frac{7}{8}$ " squares, cut diagonally

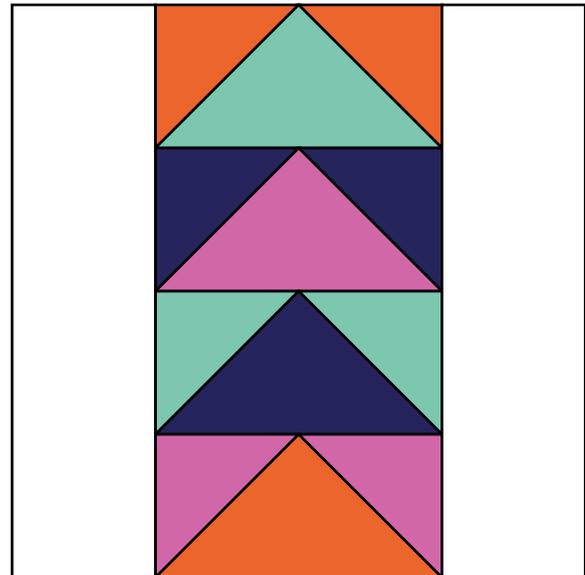
### Block Background

- (4)  $3\frac{1}{2}$ " x  $12\frac{1}{2}$ "
- (4)  $3\frac{1}{2}$ " x  $6\frac{1}{2}$ "

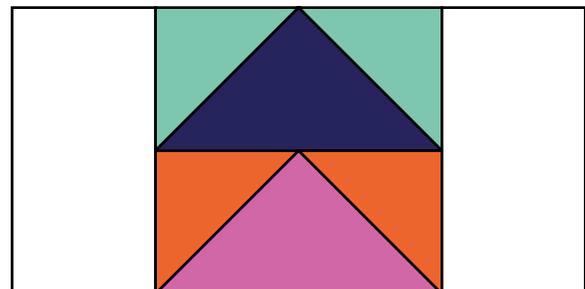
## Instructions

You will make 4 blocks this month, 2 units of 4 flying geese and 2 units of 2 geese.

1. Sew smaller triangles to side of larger triangles, lining up from bottom corner. Make 12 geese.
2. Sew together (2) sets of 4 geese and add  $3\frac{1}{2}$ " x  $12\frac{1}{2}$ " background strips to each side.
3. Sew together (2) sets of 2 geese and add the  $3\frac{1}{2}$ " x  $6\frac{1}{2}$ " strips to each side.



Make 2



Make 2

## Watch me make the block

I made a video for YOU  
showing my tips and tricks!



## Block of the Month

# Let's Make a Quilt

### Fabric Requirements (for 4 blocks)

- Geese :: Fat Quarters of 4 different fabrics
- Background ::  $\frac{2}{3}$  yard

### Cutting Instructions (per block)

#### Geese

- (1) 11 $\frac{1}{4}$ " square, cut diagonally both ways
- (4) 5 $\frac{7}{8}$ " squares, cut diagonally

#### Block Background

- (2) 5 $\frac{1}{2}$ " x 20 $\frac{1}{2}$ "

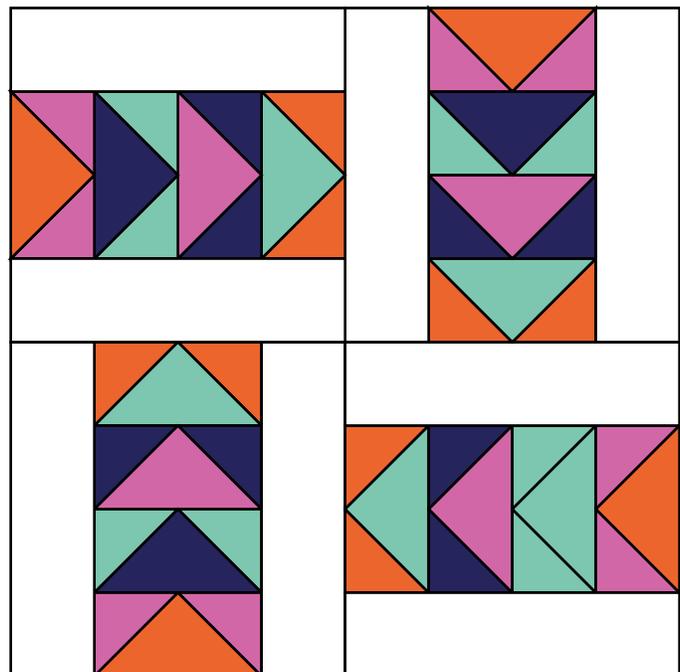
### Instructions

I upsize the block to 20" for an easy let's make a quilt!

Using the pieces described above, follow the same process to make your blocks.

You can make any size quilt easily with big blocks!

40" x 40"





RECIPE

# August



## Pea Pickin' Cake

There are two cakes I love for my mom to make, Pea Pickin' Cake and Strawberry Cake. Both cakes are super moist and iced with a cool whip based frosting. I don't know where the name for the Pea Pickin' Cake came from but let me just tell you it is delicious. The cake has mandarin oranges while the cool whip frosting has crushed pineapples. It is simply my favorite cake to eat.

### Ingredients

#### CAKE:

- 1 box yellow cake mix
- 1/2 cup oil
- 4 eggs
- 1 (15-ounce) can mandarin oranges

#### FROSTING:

- 1 (3-ounce) package instant vanilla pudding
- 1 (15-ounce) can crushed pineapple
- 1 (9-ounce) container whipped topping

### Instructions

Mix together cake mix, oil, eggs and oranges with juice. Pour into 3 greased and floured 9-inch cake pans. Bake at 350 degrees for 25 to 30 minutes. Cool cake layers in pans for 10 minutes. Remove from pans and cool completely before frosting.

Frosting: Mix all ingredients together and use to frost cake. Keep refrigerated