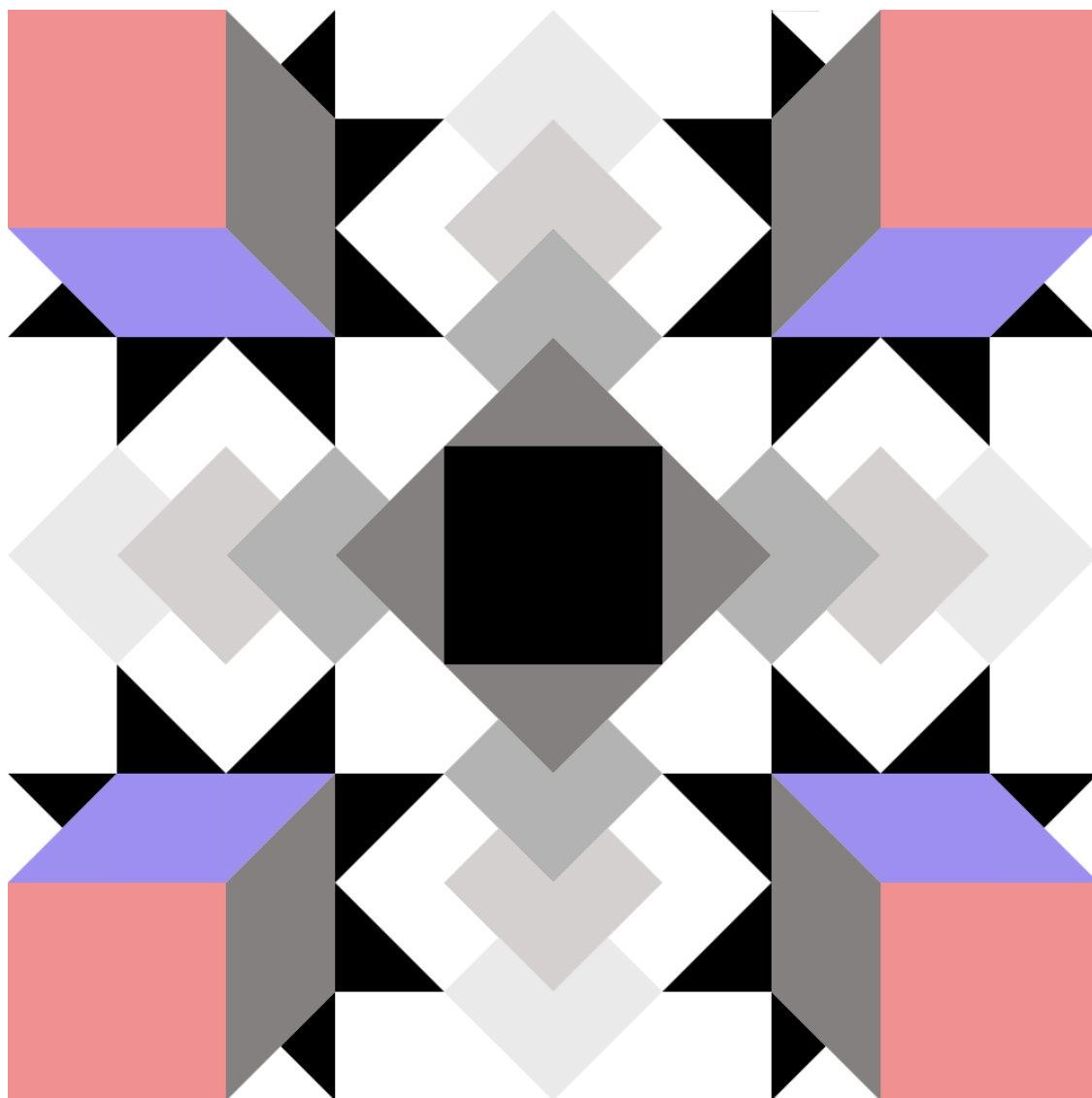




RiSE AND SHiNE

A QUILT PATTERN BY CHRISTINA LEE OF SWEET POTATO QUILTS



BABY: 40" X 40" | THROW: 50" X 50"

[#12MINISIN12MONTHS](#) - [#RISEANDSHINEMINIQUILT](#)

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GETTING STARTED

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Hi THERE!

I'm Christina here at Sweet Potato Quilts. I stumbled upon quilting in 2018 and have been obsessed since. My mission is to explore ways in which I can serve you and this community through our mutual love of quilting. If you are interested in more patterns, check out my membership of interchangeable quilt blocks, and the 2023 Block of the Month Sampler. You can also find me on Instagram: [@sweetpotatoquilts](https://www.instagram.com/sweetpotatoquilts)

PATTERN NOTES

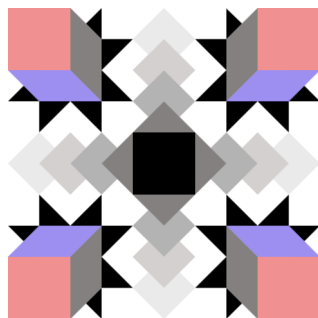
Rise and Shine is a quilt pattern for those who have the desire to make a Baby or Throw version of the Mini pattern.

DEFINITIONS & ASSUMPTIONS

- RST means Right Sides Together.
- Seam allowances are $\frac{1}{4}$ ".
- HST means Half-Square Triangle.
- QST means Quarter-Square Triangle.
- Pattern assumes WOF is 42".



BABY QUILT INSTRUCTIONS

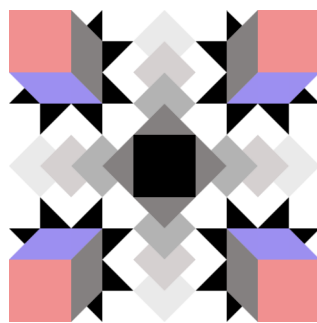


TIP: KEEP ALL PIECES LABELLED 'HST' AND 'QST' HANDY - THEY WILL ALL BE USED FOR PIECING ON THE PAGE 5.

YARDAGE	CUTTING INSTRUCTIONS	PIECE COUNT
FABRIC 1 1/3 YARD OR (1) FQ	Cut (4) 8 1/2" x 8 1/2"	A - (4) 8 1/2" x 8 1/2"
FABRIC 2 1/4 YARD OR (1) FQ	Cut (4) 5" x 5" (4) 4 1/2" x 4 1/2"	B - (4) 4 1/2" x 4 1/2" HST2 - (2) 5" x 5" QST2 - (2) 5" x 5"
FABRIC 3 1/2 YARD	Cut (1) 8 1/2" WOF strip, then Subcut: (1) 8 1/2" x 8 1/2" (2) 5 1/2" x 5 1/2" (2) 5" x 5" Cut (1) 5" WOF strip, then Subcut: (6) 5" x 5"	C - (1) 8 1/2" x 8 1/2" HST3 - (2) 5 1/2" x 5 1/2" FG3 - (8) 5" x 5"
FABRIC 4 5/8 YARD	Cut (1) 9 1/2" WOF strip, then Subcut: (2) 9 1/2" x 9 1/2" (10) 4 1/2" x 4 1/2" Cut (2) 5 1/2" WOF strips, then Subcut: (8) 5 1/2" x 5 1/2" (4) 5" x 5" (2) 4 1/2" x 4 1/2"	FG4 - (2) 9 1/2" x 9 1/2" D - (12) 4 1/2" x 4 1/2" FG4 Small - (4) 5" x 5" HST4 - (8) 5 1/2" x 5 1/2"
FABRIC 5 3/8 YARD	Cut (1) 5" WOF strip, then Subcut: (8) 5" x 5" Cut (1) 4 1/2" WOF strip, then Subcut: (4) 4 1/2" x 4 1/2"	E - (4) 4 1/2" x 4 1/2" HST5 - (2) 5" x 5" QST5 - (6) 5" x 5"
FABRIC 6 1/4 YARD OR (1) FQ	Cut (1) 5 1/2" WOF strip, then Subcut: (2) 5 1/2" x 5 1/2" (4) 5" x 5"	HST6 - (2) 5 1/2" x 5 1/2" QST6 - (4) 5" x 5"
FABRIC 7 1/4 YARD OR (1) FQ	Cut (1) 5 1/2" WOF strip, then Subcut: (2) 5 1/2" x 5 1/2" (4) 5" x 5"	HST7 - (2) 5 1/2" x 5 1/2" QST7 - (4) 5" x 5"
FABRIC 8 1/3 YARD OR (1) FQ	Cut (1) 9 1/2" WOF strip, then Subcut: (1) 9 1/2" x 9 1/2" (2) 5 1/2" x 5 1/2"	FG8 - (1) 9 1/2" x 9 1/2" HST8 - (2) 5 1/2" x 5 1/2"
BACKING: 2 3/4 YARDS		
BINDING: 1/2 YARD	Cut (5) 2 1/2" WOF strips	



THROW QUILT INSTRUCTIONS



Tip: KEEP ALL PIECES LABELLED 'HST' AND 'QST' HANDY - THEY WILL ALL BE USED FOR PIECING ON PAGE 4.
















YARDAGE	CUTTING INSTRUCTIONS	PIECE COUNT
FABRIC 1 3/8 YARD OR (1) FQ	Cut (4) 10 1/2" x 10 1/2"	A - (4) 10 1/2" x 10 1/2"
FABRIC 2 3/8 YARD OR (1) FQ	Cut (4) 6" x 6" (4) 5 1/2" x 5 1/2"	B - (4) 5 1/2" x 5 1/2" HST2 - (2) 6" x 6" QST2 - (2) 6" x 6"
FABRIC 3 5/8 YARD	Cut (1) 10 1/2" WOF strip, then Subcut: (1) 10 1/2" x 10 1/2" (2) 6 1/2" x 6 1/2" (2) 6" x 6" Cut (1) 6" WOF strip, then Subcut: (6) 6" x 6"	C - (1) 10 1/2" x 10 1/2" HST3 - (2) 6 1/2" x 6 1/2" FG3 - (8) 6" x 6"
FABRIC 4 1 YARD	Cut (1) 11 1/2" WOF strip, then Subcut: (2) 11 1/2" x 11 1/2" (6) 5 1/2" x 5 1/2" Cut (2) 6 1/2" x WOF strips, then Subcut: (8) 6 1/2" x 6 1/2" (4) 6" x 6" Cut (1) 5 1/2" WOF strip, then Subcut: (6) 5 1/2" x 5 1/2"	FG4 - (2) 11 1/2" x 11 1/2" D - (12) 5 1/2" x 5 1/2" FG4 Small - (4) 6" x 6" HST4 - (8) 6 1/2" x 6 1/2"
FABRIC 5 3/8 YARD	Cut (2) 6" WOF strips, then Subcut: (8) 6" x 6" (4) 5 1/2" x 5 1/2"	E - (4) 5 1/2" x 5 1/2" HST5 - (2) 6" x 6" QST5 - (6) 6" x 6"
FABRIC 6 1/4 YARD OR (1) FQ	Cut (1) 6 1/2" x WOF strip, then Subcut: (2) 6 1/2" x 6 1/2" (4) 6" x 6"	HST6 - (2) 6 1/2" x 6 1/2" QST6 - (4) 6" x 6"
FABRIC 7 1/4 YARD OR (1) FQ	Cut (1) 6 1/2" WOF strip, then Subcut: (2) 6 1/2" x 6 1/2" (4) 6" x 6"	HST7 - (2) 6 1/2" x 6 1/2" QST7 - (4) 6" x 6"
FABRIC 8 3/8 YARD OR (1) FQ	Cut (1) 11 1/2" WOF strip, then Subcut: (1) 11 1/2" x 11 1/2" (2) 6 1/2" x 6 1/2"	FG8 - (1) 11 1/2" x 11 1/2" HST8 - (2) 6 1/2" x 6 1/2"
BACKING: 3 1/4 YARDS		
BINDING: 1/2 YARD	Cut (6) 2 1/2" WOF strips	



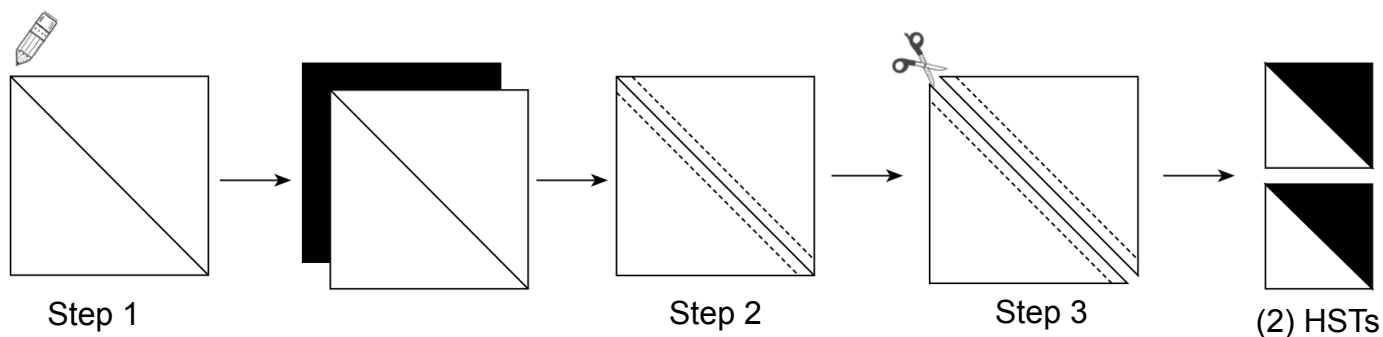
HALF-SQUARE TRIANGLES

Gather all squares labelled 'HST'. Pair each piece with its HST counterpart using the chart below, and use the pairings to make HSTs.

*Pieces marked with * will be used on the next page.

HST Fabric Pairings	# of Units	Baby Trim to Size:	Throw Trim to Size:
 (2) HST3 + (2) HST4 	(4)* 	5" x 5"	6" x 6"
 (2) HST2 + (2) HST5 	(4) 	4 1/2" x 4 1/2"	5 1/2" x 5 1/2"
 (2) HST4 + (2) HST6 	(4)* 	5" x 5"	6" x 6"
 (2) HST4 + (2) HST7 	(4)* 	5" x 5"	6" x 6"
 (2) HST4 + (2) HST8 	(4)* 	5" x 5"	6" x 6"

1. Draw a diagonal line on the wrong side of the lighter fabric square and place it RST with the darker square.
2. Sew a 1/4" seam on each side of the diagonal line.
3. Cut the unit in half along the diagonal line, creating (2) HST units.
4. Open and press towards darker fabric.
5. Refer to the chart above to trim the units to the corresponding unfinished sizes.























QUARTER-SQUARE TRIANGLES

Gather all pieces labelled **QST** (which are currently all solid squares) and all **HSTs** made from previous page except:

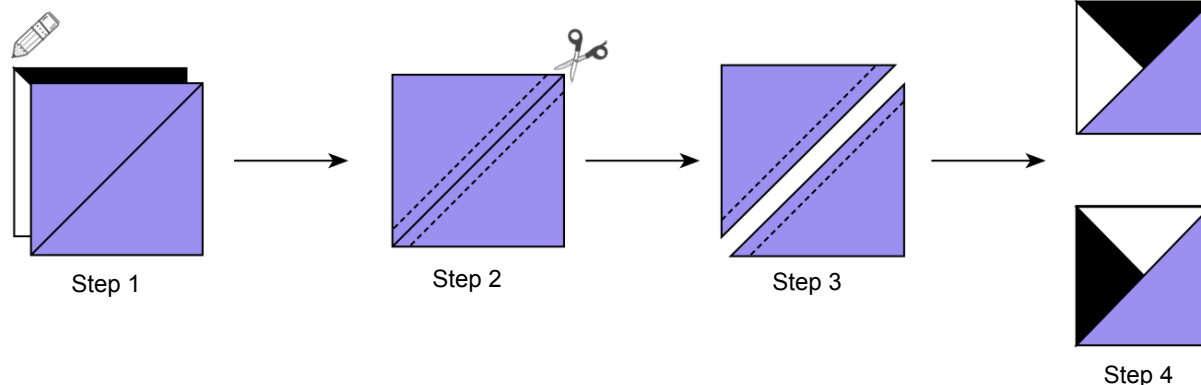
(4) HSTs made from Fabric 2 and Fabric 5.

Use the chart below to pair each solid square with with **QST** piece and use the following directions to make the total number of QSTs indicated in the chart.

QST Fabric Pairings	# of QSTs	Baby Trim to Size:	Throw Trim to Size:
 (2) HSTs (Fabric 3 + Fabric 4) + (2) QST2 	(2)  (2) 	4 1/2" x 4 1/2"	5 1/2" x 5 1/2"
 (2) HSTs (Fabric 3 + Fabric 4) + (2) QST5 	(2)  (2) 	4 1/2" x 4 1/2"	5 1/2" x 5 1/2"
 (4) HSTs (Fabric 4 + Fabric 6) + (4) QST5 	(4)  (4) 	4 1/2" x 4 1/2"	5 1/2" x 5 1/2"
 (4) HSTs (Fabric 4 + Fabric 7) + (4) QST6 	(4)  (4) 	4 1/2" x 4 1/2"	5 1/2" x 5 1/2"
 (4) HSTs (Fabric 4 + Fabric 8) + (4) QST7 	(4)  (4) 	4 1/2" x 4 1/2"	5 1/2" x 5 1/2"

1. Draw a diagonal line on the wrong side all squares and place them RST with their corresponding HSTs so that the diagonal lines run perpendicular to the diagonal seams of the HSTs.
2. Sew a 1/4" seam on each side of the diagonal lines.
3. Cut the units in half along the diagonal lines, creating (2) new units each.
4. Open and press towards the half-square piece of fabric.
5. Trim the QSTs to corresponding sizes in the chart above.

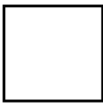




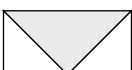
*Note that each new pair or QSTs are mirror images of each other, so extra mindfulness will go a long way when piecing the blocks.



FLYING GEESE (4-AT-A-TIME)

Gather all pieces labelled **FG**.

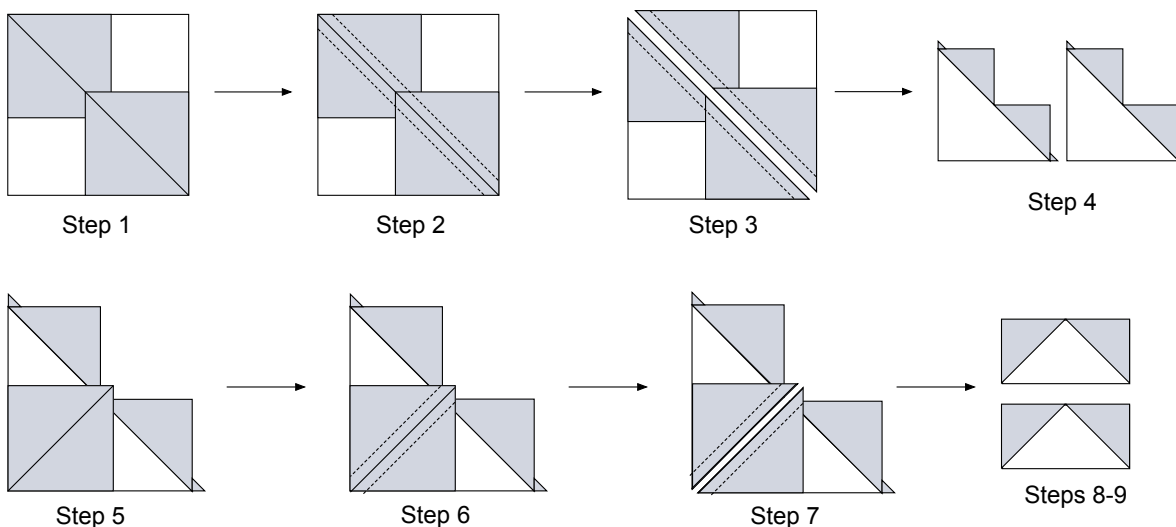
Use the chart below to pair each big square with its corresponding (4) small squares.
Each set of (5) squares will yield (4) Flying Geese.

Flying Geese Pairings		# of FGs	Baby Trim to Size:	Throw Trim to Size:
	(2) FG4 + (8) FG3 	(8) 	8 ½" x 4 ½"	10 ½" x 5 ½"
	(1) FG8 + (4) FG4  Small	(4) 	8 ½" x 4 ½"	10 ½" x 5 ½"

- Place (2) **FG3 Squares** RST with (1) corresponding **FG4 Square**.
Draw a diagonal line across both smaller squares.
- Sew a ¼" seam on both sides of the diagonal line.
- Cut over the drawn line and separate into (2) parts.
- Open and press.
- Lay (1) **FG3 Square** RST with each of the (2) new units and draw a diagonal line (diagram below only shows (1) unit).
- Sew a ¼" seam on both sides of the line.
- Cut over the drawn line and separate into (2) parts.
- Open and press.
- Trim Flying Geese to sizes indicated in the chart above.

Repeat Steps 1-9 using: (1) **FG4 Square** + (4) **FG3 Squares**

(1) **FG8 Square** + (4) **FG4 Small Squares**



BLOCK ASSEMBLY

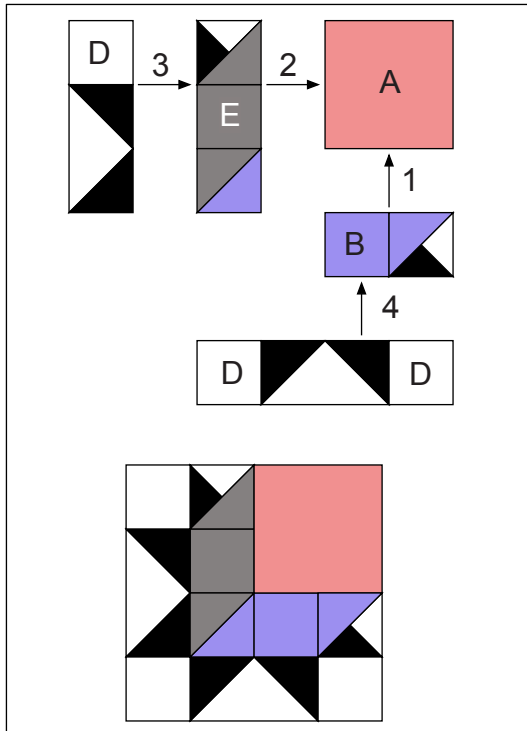
Use the diagrams below to piece each block.

Create rows first by sewing together the pieces that are already attached in the top images.

Then, sew the rows together in order indicated by the arrows.

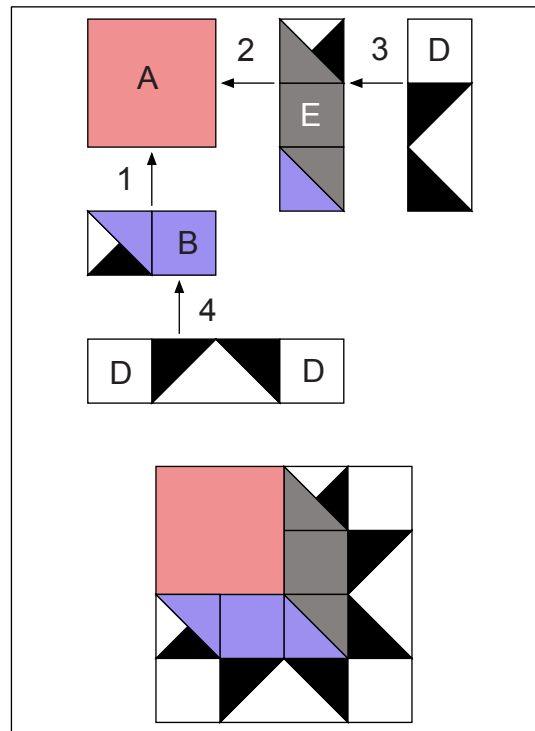
Pay careful attention to the orientation of HSTs and QSTs.

MAKE 2



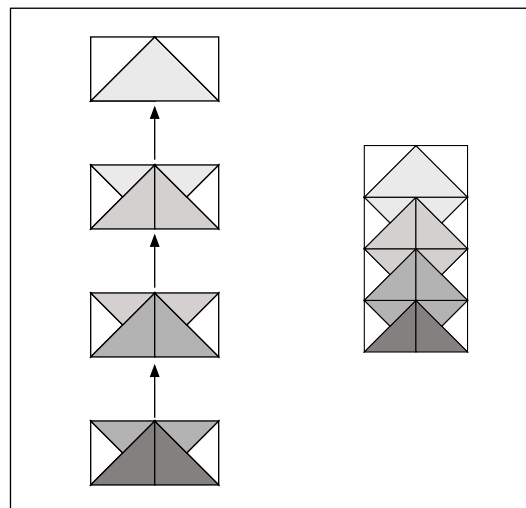
Baby Size: 16 ½" x 16 ½"
Throw Size: 20 ½" x 20 ½"

MAKE 2



Baby Size: 16 ½" x 16 ½"
Throw Size: 20 ½" x 20 ½"

MAKE 4



Baby Size: 8 ½" x 16 ½"
Throw Size: 10 ½" x 20 ½"



Mini-QUILT ASSEMBLY

Use the diagrams below to piece the quilt.
 Follow the arrows create rows first, then sew the rows together.
 Press seams open.
 Baste, quilt, and bind as desired. Enjoy!

