



# “Eat Your Veggies” Table Runner

Monday, September 17, 2018

10 am – 4 pm

This is a fun way to use a variety of colors in a great table runner. The Creative Grids Pineapple Trim Tool makes this seemingly complicated block easy!

18” X 58”

Sharleen Rainville

951-505-5779

**A microwave and refrigerator are available for your use.  
We encourage you to bring your lunch.**

## Basic Sewing Supplies

- Sewing machine with power cord and pedal
- ¼” foot or “J” foot
- Thread snips, fabric scissors

## Fabrics

- 1 Fat Quarter each in five light values: pale yellow, mint green, lime green, lettuce green, light orange
- 1 Fat Quarter each in five dark values: olive green, purple, tomato red, wine red, dark green
- 2/3 yard border fabric (more if you are using directional fabric)
- 1/3 yard olive green fabric for binding
- 1 1/4 yard backing fabric
- 1 ¾ yard batting or Insul-Bright batting

## Notions

- Pattern: Cut Loose Press “Eat Your Veggies” (included in class fee)
- Creative Grids “Pineapple Trim Tool” (CGRJAW3) (included in class fee)
- Rotary cutter (45 mm) and ruler (such as Creative Grids 6 ½” X 12 ½”)
- Sewing thread in medium tone to blend with your fabrics

## Optional notions

- A rotating cutting mat or a small cutting mat that you can rotate

**(see page 2 for preparation prior to class)**

## Preparation & Cutting Prior to Class

- Press your fabrics prior to cutting. Best Press does a great job at helping get out the folds and creases.
- Cut five (5) 2 ½" squares of border fabric for block centers
- Cut remaining border fabric into four (4) 4 ½" X WOF strips
- Cut one (1) 2 ½" strip from each of the five dark values. Subcut into 4" pieces for "rabbit ear" corners
- Cut remaining fat quarter fabric (both light and dark) into 1 ¾" WOF strips for blocks



18335 Tualatin Valley Highway  
Aloha, OR 97003  
503-649-6050