

COWDEN

QUILT SCHOOL



Nouveau Shadow

a patchwork quilt pattern by Kathleen Anderson

suitable for all quilters, including beginners

one size: 50" x 50"

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The Nouveau Shadow Pattern

Nouveau Shadow is a simple, strip-pieced patchwork quilt pattern, designed to showcase a favourite fabric collection.

The Nouveau Shadow Quilt was first published as 'Meadow Sweet' in issue 140 of *Love Patchwork & Quilting* magazine in 2024. This version of the pattern is exclusive to Liberty Fabrics.

Please share your Nouveau Shadow Quilt on social media using the hashtags #NouveauShadowQuilt and #CQSPatterns and tagging [@cowdenquiltschool](https://www.instagram.com/cowdenquiltschool).

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Before you begin

1. Read all the instructions and check www.cowdenquiltschool.com for any corrections.
2. All quilters should be able to follow the instructions in this pattern to create the patchwork design. Complete beginners may need additional help, resources or classes to baste, quilt and bind their first quilt.
3. Abbreviations used in this pattern:
 - RST means right sides together
 - WOF means width of fabric.
4. This pattern assumes that:
 - the WOF is at least 42" for yardage and 21" for fat quarters.
 - fabric is not prewashed but well pressed
 - all seams are a standard ¼".
5. Press the fabrics well before cutting and begin with an initial trim to square up the widest edge of the fabric.
6. Press all seams open, unless the pattern instructions recommend otherwise.

Fabric quantities

All patchwork and background fabrics are from the 'Nouveau Shadow' collection by Liberty Fabrics.

Purpose	Prints	Quantity
Patchwork	Blue Lagoon Chalk Red Fawn Fig Golden Sunshine Nightfall Ocean Green Opal Blue Pistachio Pumpkin Spice Rose Tint Slate Grey Soft Coral Spearmint Spring Grass	(1) fat quarter of each print
Background & Binding	Fawn	(1) yard
Backing	Malvern Field B (wideback)	(1 ½) yards
Wadding	n/a	54" x 54"

Cutting instructions

Start with an initial trim to 'square up' the longest edge (the WOF) of each fabric to create a straight edge to work from. Then use the table below to cut the correct quantity and dimensions of pieces. The number of cuts needed is shown between ().

Set 1	
Prints	Cuts from each print
Blue Lagoon	
Nightfall	(4) 2 ½" x 6 ½"
Opal Blue	(4) 2 ½" x 8 ½"
Pumpkin Spice	(2) 2 ½" x 10 ½"
Rose Tint	
Set 2	
Prints	Cuts from each print
Chalk Red	
Golden Sunshine	(4) 2 ½" x 6 ½"
Ocean Green	(4) 2 ½" x 8 ½"
Pistachio	(2) 2 ½" x 10 ½"
Spearmint	
Set 3	
Prints	Cuts from each print
Fawn	
Fig	(2) 2 ½" x 6 ½"
Slate Grey	(2) 2 ½" x 8 ½"
Soft Coral	(1) 2 ½" x 10 ½"
Spring Grass	
Background & binding	
Print	Cuts
Fawn	(14) 2 ½" x WOF

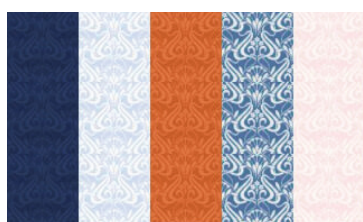
How to make the Nouveau Shadow Quilt blocks

The Nouveau Shadow Quilt is created easily by sewing strips of fabric together in rows.

To make the process even easier, the fabrics are grouped together by colour and size to create 'sets'. The sets repeat, just like traditional patchwork blocks. The position and order of the sets varies between the rows of the quilt design to add extra interest.

To personalise your Nouveau Shadow Quilt, you could create your own preferred arrangements of the fabrics in each set.

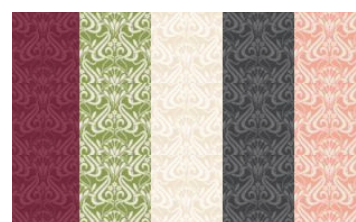
1. Start with all of the 2 ½" x 6 ½" cuts of fabric.
2. Arrange them in (3) sets of (5) fabrics as shown in the diagram below, or in your preferred arrangement.
3. Sew the fabrics of each set together along the 6 ½" edge, taking care to keep the pieces in order. Press the seams open, or to one side if you prefer.
4. Continue to create (4) blocks of Set 1, (4) blocks of Set 2 and (2) blocks of Set 3.



Set 1
Nightfall
Opal Blue
Pumpkin Spice
Blue Lagoon
Rose Tint



Set 2
Golden Sunshine
Ocean Green
Pistachio
Chalk Red
Spearmint



Set 3
Fig
Spring Grass
Fawn
Slate Grey
Soft Coral

5. Next, take all of the 2 ½" x 8 ½" cuts of fabric.
6. Arrange them in (3) sets of (5) fabrics in the same order, or in your preferred arrangement, as before.
7. Sew the fabrics of each set together along the 8 ½" edge, taking care to keep the pieces in order. Press the seams open, or to one side if you prefer.
8. Continue to create (4) blocks of Set 1, (4) blocks of Set 2 and (2) blocks of Set 3.
9. Repeat the same process for the 2 ½" x 10 ½" cuts of fabric and create (2) blocks of Set 1, (2) blocks of Set 2 and (1) block of Set (3).

How to assemble the Nouveau Shadow Quilt rows

1. The Nouveau Shadow Quilt is assembled in (5) rows of (5) blocks. The rows are arranged in size order with long sashing sections of background fabric in between them.
2. Begin with the (5) 10 ½" blocks and arrange them as shown in the diagram below.



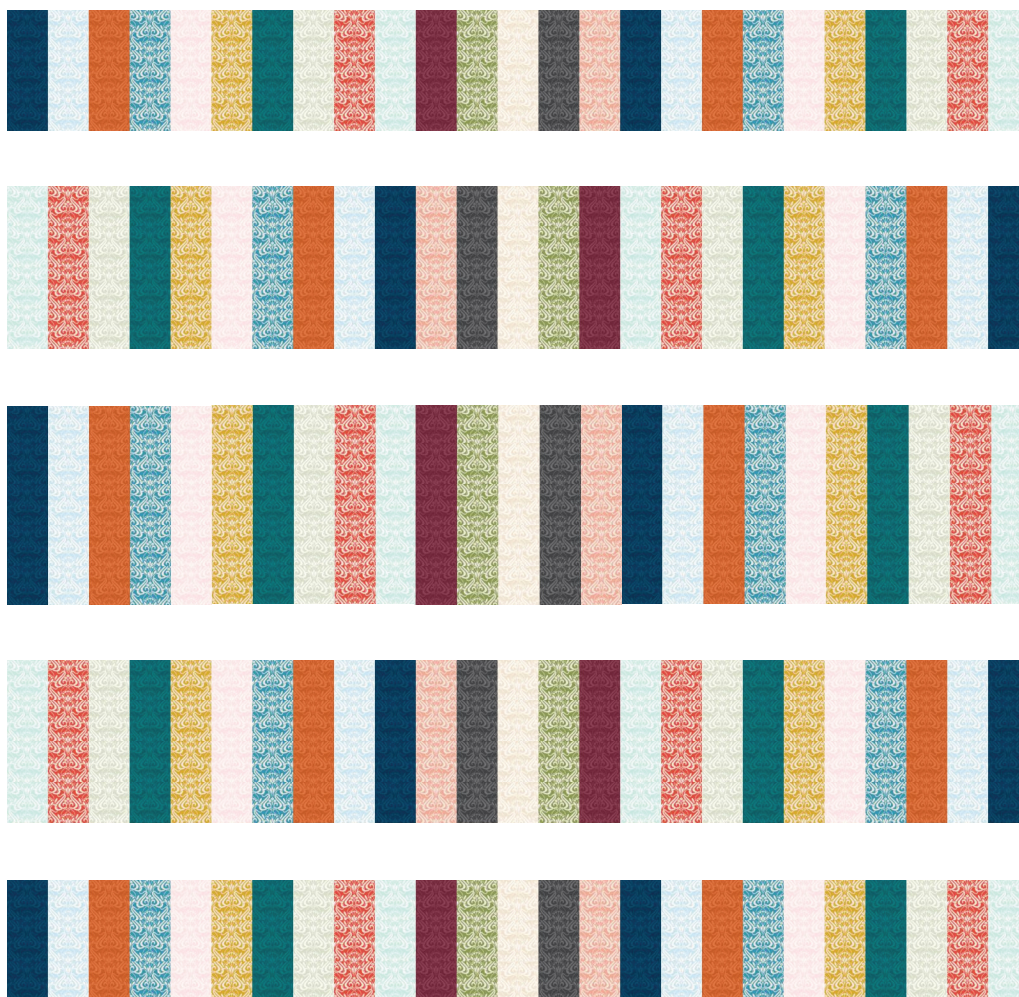
3. Sew the blocks together along the 10 ½" edge to form one long row. Press the seams open or to one side, if you prefer.



4. Repeat the same process with the 6 ½" blocks, to create (2) rows of (5) blocks, arranged in the same order as the diagram above.
5. Repeat the same process again with the 8 ½" blocks, to create (2) more rows, arranged in the same order.
6. Take (6) of the 2 ½" x WOF cuts of background fabric. Square up the short edges and sew them together, end to end, in pairs to make (3) long rows. Press the seams open.
7. Trim the long rows of background fabric to slightly wider than the rows of patchwork blocks (approx. 50.5"). Set aside the off-cuts and sew them to the ends of the remaining (3) 2 ½" x WOF cuts of background fabric to create another (3) long rows. Press the seams open.

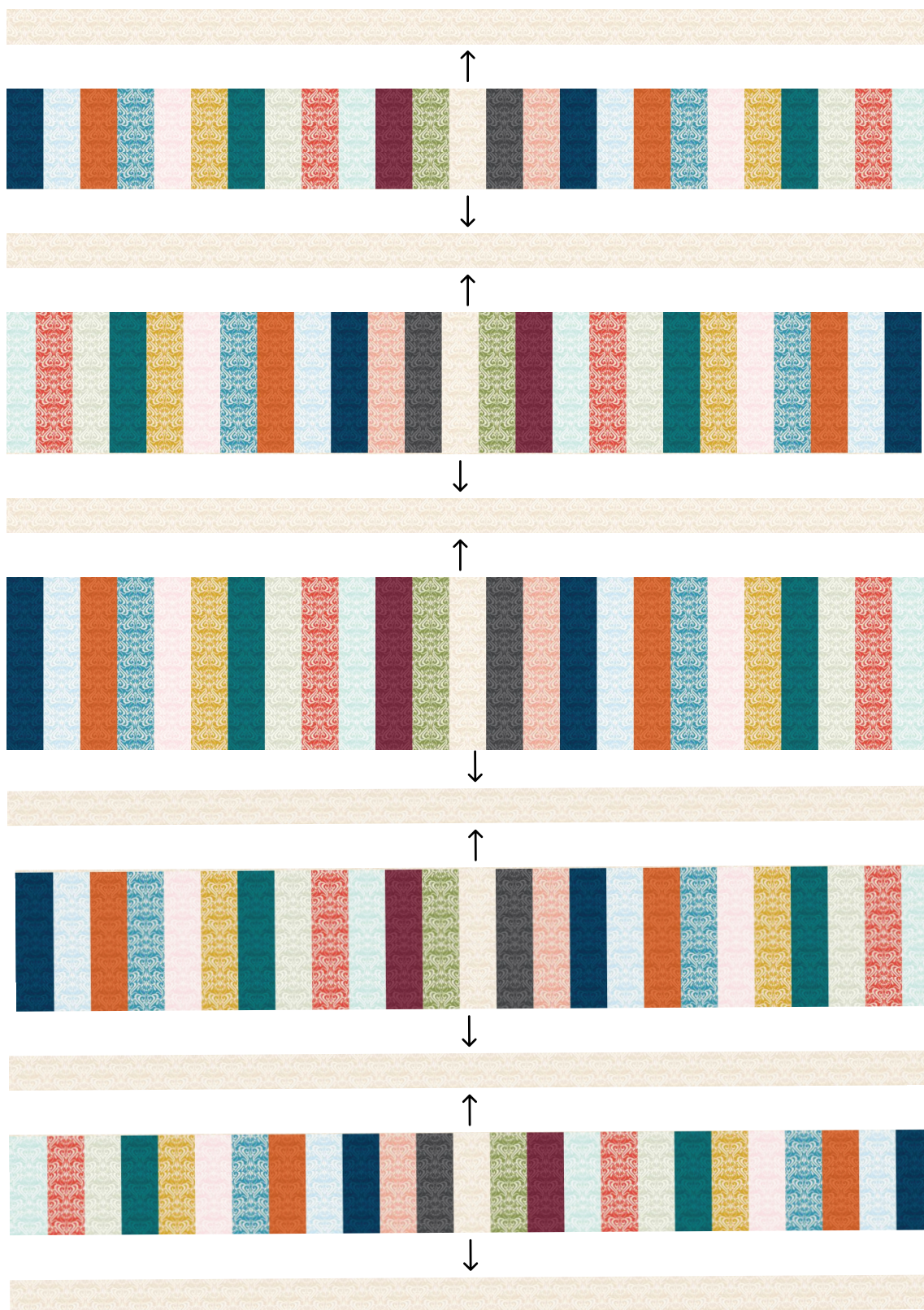
How to assemble the Nouveau Shadow Quilt

1. Arrange the rows of patchwork blocks with the 6 ½" rows at the top and bottom, the 10 ½" row in the centre, and the 8 ½" rows in between.
2. Rotate the 8 ½" rows so that the fabrics run in the opposite direction to the other rows, as shown in the diagram below.



3. Sew the rows of patchwork blocks together with a long row of background fabric in between, as shown in the diagram on page 8. Take care to align the rows so that the patchwork blocks are neatly stacked.
4. Add the remaining two long rows of background fabric to the top and bottom of the quilt.
5. Trim the long rows of background fabric to fit, as necessary, and press all the seams open to finish.

How to assemble the Nouveau Shadow Quilt (continued)



How to finish your Nouveau Shadow Quilt

If you plan to use the services of a professional long-arm quilter, check first to be sure of their basting requirements and the size of wadding/batting and backing fabric needed.

Basting

1. Press the backing fabric well and lay it out, right side facing down.
2. Carefully lay out the wadding/batting on top of the wrong side of the backing fabric. Smooth out any creases so that the layers lay flat.
3. Press the quilt top well and lay it, right side facing up, on top of the wadding/batting layer. The top should be smaller than the wadding/batting around all four sides. You should be able to see each layer around all four sides of the quilt 'sandwich'. Trim the wadding and backing fabrics as necessary.
4. Baste securely using basting pins, basting spray or tacking stitches.

Quilting

1. First, plan your preferred method, design, stitch length and density of quilting.
2. Add quilting stitches by hand or using a sewing machine. For best results, use good quality cotton thread, appropriate needles and a walking foot or free-motion foot if quilting with a domestic sewing machine.

Binding

1. Take the remaining (5) WOF strips of background fabric. Square up the short edges of the strips and sew them together, end to end, using your preferred method.
2. Fold in half, wrong sides together, and press along the full length of the combined strips.
3. Trim the wadding/batting and backing fabric layers either to match the edges of the quilt top or leave a narrow excess, as you prefer.
4. Starting with the top side of the quilt, line up the raw edges of the binding with the raw edges of the quilt top, taking care to create mitred corners. Attach the binding by sewing in place, ¼" in from the raw edges, using a sewing machine and walking foot.
5. Attach the binding to the back side of the quilt using your preferred method.

How to care for and share your Nouveau Shadow Quilt

1. Wash your finished quilt on a cool cycle (or according to any specific instructions included for your choice of wadding/batting) before use. Include some colour-catchers in the machine, just in case, and air dry flat if you can.
2. Use and love your quilt as often as possible!
3. Make a new Nouveau Shadow Quilt if the first one wears out or make more for other people you love - this pattern is yours to keep and use again.
4. I'd love to see your Nouveau Shadow Quilt on social media. Please share it using the hashtags #NouveauShadowQuilt and #CQSPatterns and tagging [@cowdenquiltschool](https://www.instagram.com/cowdenquiltschool).
5. You are welcome to sell small numbers of quilts made using this pattern provided that the pattern is clearly credited to Kathleen Anderson and Cowden Quilt School.
6. Remember this pattern is for individual use. Please do not duplicate, share or sell it.
7. Subscribe at www.cowdenquiltschool.com/subscribe and get a free pattern, plus my regular email round-up of quilted things to learn, make and do.