

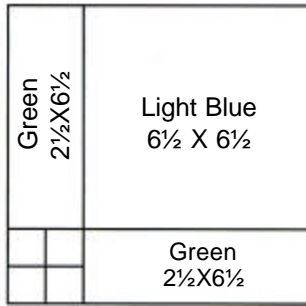
September 2006 - Block of the Month

Simply Delicious . . . 8" x 8" Finished Block

Create the Background Block:

1 pc. light blue 6½" x 6½"

2 pcs. *different* light greens 2½ X 6½"



Corner Four Patch:

1 strip tone on tone white/beige 1½" x 3½"

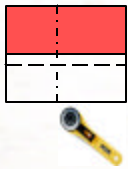
1 strip red 1½" x 3½"

Sew these two strips together on the 3½" side and cut separate 1½" wide two patch units.

Join two units alternately to form four patch.

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Add four patch to one green strip. Complete background block as show in the diagram above



5/8"

Apple - Red Plaid or Red Checked Fabric
 Leaf - green
 Stem - brown

The apple, leaves and stem are the correct size for your appliqué templates.

Choose your own favourite method of appliqué - hand, machine, blanket stitch, etc.

An Apple a Day . . . Trivia

- Canadians eat on average, 86 apples per year.
- Apples may help you loose weight. A Brazilian study showed that 300 overweight women who ate 3 apples per day lost more weight than a similar group who didn't add fruit to their diet.
- Apple juice was one of the earliest prescribed antidepressants.
- A medium sized apple contains 5 grams of fiber, 20 percent of the recommended daily allowance.

Place the bottom of the apple 1" in to the border.

White

Red

Red

White

**Remember to place the four patch block with the red square in corner facing the apple.

Apple Quiz:

1. What is the science of apple growing called?
2. How many varieties of apples are known worldwide?
3. How much did the largest apple weigh?
4. How many seed pockets are in the average apple?

1. Pomology
 2. 7500 varieties of apples are grown throughout the world
 3. 3 lbs.
 4. 5 - The "star" you see when you cut an apple in half is due to the fruit's five seed cavities. Each cavity has the potential for 2 seeds

