Here is my quilt top made from the blocks I received in a low-volume plus block swap! These quilt blocks are easy and relaxing to sew, especially if you pre-cut your fabrics. Beginners can sew this block, and you can sew as many blocks as you’d like.
Instructions:

The block is 11-3/4” unfinished, and it uses charm squares for the corners. The background is made of scrappy low volume fabrics … mostly prints and a few white, cream or gray solids are fine. Make sure that the background and the plus fabrics read very differently when you lay them out. The plus features a bright, single-color print, such as this pink herringbone! Any color of the rainbow, including dark neutrals like blacks, dark grays, and browns are ok for the center.

Here’s how to make the block:

Low Volume Fabric:
- 4 squares 5” x 5”
- 4 squares 2-3/4”

Plus Fabric (Dark, Monochromatic Prints):
- 2 squares 2-3/4”
- 1 rectangle 7-1/4” x 2-3/4”

2. Join the strip you’ve just sewn to the 5” backgrounds. Press the seams open.
3. Sew the remaining 2-3/4” backgrounds to the long colored strip. Press the seams open.
4. Join the three rows to make a 11-3/4” unfinished block. Press the seams open.

If you have to repeat a low volume fabric in the same block, that’s fine! Just make sure all big squares are different and all the small squares are different, and that no matching prints touch.