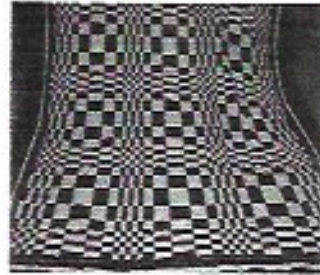


Fibonacci /Op Art Block

Fabric: 14" square of bright white solid fabric
14" square of solid black fabric
Makes two blocks



1. Layer blocks on top of each other
2. Starting from left cut strips in this order: 2(1"), 1.5", 2", 3.5" and 4.5" sizes, discard extra.



3. Separate into two sets with alternating black and white. Keep in same order.



4. Sew strips together into two striped blocks. Try for accurate $\frac{1}{4}$ seam allowance. Press seams open. Be gentle when handling to reduce stretching.
5. Stack these two striped blocks with narrow stripes running horizontally across top of both blocks. Square up left edge.
6. Cut from left to right strips same sizes as previous cuts: 2(1), 1.5", 2.0", 3.5" and 4.5"



7. Again, separate into two blocks with alternating black and white
8. Sew blocks together. Press seams in one direction or open. Trim width to 10.5 inches

Easy and Fun!

These instructions are a condensation of a tutorial at Kat & Cat Quilts

<http://katandcatquilts.blogspot.com/2014/06/fibonacci-block-do-good-stitches-july.html>

There she gives a description of the Fibonacci rule and provides a detailed tutorial. There is also a link to a completed quilt with blocks in various colors.