



Sew for Nature Journey Workshops as of 8/22/2026

Each workshop includes Video tutorials and patterns to make learning fun and easy 😊

Workshop 1

Nature - Native plants and Butterflies,

Inktense basics - how to use the activator and tools and make the colorchart

Pattern -Color Chart

Art -blending colors

Workshop 2

Pattern – Gaillardia

Art – Analogous colors

Pictures of gaillardia flower, jacket back and gaillardia with binding

Nature -Feeding birds and butterflies – video on nectar plants for butterflies

Workshop 3

Monarch lifecycle pattern

Art – Value of colors

Inktense skill – making a wash

Nature – Milkweeds for monarchs

Workshop 4

Monarch lifecycle pattern continued

Art – Blending colors

Inktense skill – making a wash



Nature – Milkweeds for monarchs and their lifecycle

Bonus: What to do with Inktense sheets- making a mini-quilt quickly– show fold over binding for a quick mini-quilt.

Workshop 5

Pattern- Blue Flag Iris

Art -Colors – primary, secondary, tertiary

Nature - biodiversity

Inktense skills – using a pallet to blend colors

Workshop 6

Pattern – iris continued

Art -shading and negative space

Inktense skills – more on blending

Nature – creating a puddle pan for butterflies

Workshop 7

Pattern – Zebra Longwing and Monarch

Art -applique (bag and apron examples)

Inktense skills – painting details

Nature – why to limit fertilizer use

Workshop 8

Pattern – Zebra Longwing and Monarch cont.

Art -applique

Inktense skills – painting details



Nature – stem cuttings

Workshop 9

Pattern – Blue Morpho

Art -sewing on shiny sheer fabric, free motion quilting

Inktense skills – use shiny fabric on top of color

Nature – Maria Merian- the first ecologist, artist and scientist

Workshop 10

Pattern – Blue Morpho

Art -sewing on shiny sheer fabric, free motion quilting

Inktense idea – Use Inktense painted sheets as pockets on bags

Nature – Blue Morpho – interesting facts



Workshop 11

Pattern – Sante fe Sunset

Inktense idea – using the outliner pencil and fantastix instead of brushes

Nature – Native ground cover instead of lawns

Workshop 12

Pattern – Sante fe Sunset

Art – Landscape painting

Inktense idea – thread sketching

Nature – Native ground cover instead of lawns

Workshop 13

Pattern – Atala butterfly

Art – Printing on Fabric Applique

Inktense idea - Watercolor

Nature – The Atala comeback story

Workshop 14

Pattern – Scarlet Hibiscus

Art – Value, using a black and white photo

Inktense idea – Using a light box

Nature – Springs and submersed vegetation



Course 2

Wood Duck

Painting your wood duck with Inktense pencils, cutting out fabric for applique, and machine embroidery applique

Nature – Interesting facts about wood ducks

Pattern – wood duck for Inktense, cutting applique pieces with scissors or cutting machine and embroidery applique design

Hummingbirds and others coming soon!

Any questions? I would love to hear from you, Laura@sewnature.com

website <https://www.sewnature.org/>