



FIELDSTONE
— DESIGNS —



FIELD NOTES

Summer Edition

A collection of ideas for living thoughtfully—inside and out.

2026



HOME • GARDEN • RECIPES • ENTERTAINING



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Summer Edition

A collection of ideas for living beautifully—inside and out.



Welcome

Summer is a season of simple pleasures, fresh spaces, and time well spent with the people we love. We hope these ideas inspire you to create a home and garden you love—and a life you love.

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Live beautifully. Enjoy the season.





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A Summer Field Note from Deb

Some of my favorite summer memories begin at my grandparents' farmhouse in Maine.

I remember picking what felt like thousands of blueberries, then watching my grandmother turn them into the most wonderful blueberry pie. The air carried the scent of wildflowers and tall grasses, while birds called from the trees and cicada killers buzzed above the dirt driveway in front of the carriage house.

Every afternoon brought a swim in the local pond, often followed by a visit to the candy store.

Back at home, summer was shaped by my mother's gardens. She grew beautiful flowers alongside tomatoes, zucchini, lettuce, and yellow squash that appeared fresh on our dinner plates each night. Afternoons were spent at the ocean, only ten minutes away, or swimming in my best friend's grandparents' pool in the next town.

There were also quieter days—reading books and magazines on our screened porch, sharing dinner there in the evening, and playing games with my mom as the daylight slowly faded.

Looking back, none of these moments were elaborate. They were simple, seasonal, and deeply connected to home: food grown and gathered, flowers in bloom, water nearby, and time spent with the people I loved.

Those memories continue to shape the way I think about design today. A beautiful home is not only about how it looks. It is about how it supports everyday life—the meals, gardens, traditions, conversations, and ordinary summer moments that eventually become the ones we remember most.

I hope this summer edition of Field Notes inspires you to slow down, enjoy what is growing around you, gather with the people you love, and create a few meaningful memories of your own.

— Deb

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FIELD NOTES

TIPS FOR A BEAUTIFUL HOME & LIFE

Summer HOME CLEANING TIPS

A FRESH SEASON. A FRESH START.

Summer is the perfect time to reset your home. Longer days make it easier to tackle those seasonal tasks that keep your home clean, healthy, and ready for memory-making.



*A little effort now
makes everyday
living so much
more enjoyable.* ♥



1. LET THE LIGHT IN

Wash windows inside and out to let more sunshine in. Don't forget to wipe down the window tracks and screens.



2. REFRESH & CLEAN FANS

Dust ceiling fans and light fixtures. Use a pillowcase over each blade to catch the dust, then wipe with a soft cloth.



3. DEEP CLEAN COMFY SPACES

Vacuum under cushions, rotate your cushions, and freshen up rugs and upholstery.



4. DECLUTTER & DONATE

Summer is a great time to lighten the load. Go through closets, cabinets, and garages—donate what you no longer use.



5. CLEAN OUTDOOR SPACES

Wipe down patio furniture, clean the grill, sweep decks and patios, and add fresh plants to welcome the season.



6. CHECK THE DETAILS

Replace HVAC filters, clean door mats, and check lint traps in the dryer.

Quick Summer Cleaning Checklist

- ☐ Wash windows & screens
- ☐ Dust fans & light fixtures
- ☐ Vacuum & refresh upholstery
- ☐ Declutter & donate
- ☐ Clean outdoor furniture & grill
- ☐ Sweep patios & decks
- ☐ Replace HVAC filters
- ☐ Clean lint trap & door mats



A clean home creates space for what matters most. ♥



SMALL SUMMER REFRESHES

Simple ideas for a lighter, brighter home.



BRIGHTEN UP

- Open the windows and let fresh air in.
- Swap heavy throws for lightweight linens.
- Add fresh flowers or greenery.



DECLUTTER & RESET

- Clear one small space.
- Donate what you no longer need.
- Breathe easier, instantly.



SIMPLE SWITCHES

- Change up pillow covers.
- Use natural textures.
- Bring in soft blues, greens, and whites.



SAVOR THE SEASON

- Enjoy meals outdoors.
- Pick fresh herbs.
- Take time for slow moments.



Before Iced Coffee

Before iced coffee, drink a full glass of water. It hydrates, boosts energy, and helps your body start the day refreshed.



*Small habits.
Big impact.*



Simple touches. Beautiful days.

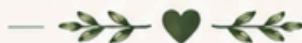




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A Kitchen That Works for Summer

SMART IDEAS FOR AN ORGANIZED, EFFORTLESS KITCHEN.

A few thoughtful changes can make your kitchen work harder and feel lighter during the busiest days of summer. Create simple systems that make meals, snacks, gathering, and garden harvests easier to enjoy.



1. CREATE A GRILL-PREP ZONE

Keep marinades, grilling tools, platters, and seasonings together so meals can move easily from kitchen to patio.



2. KEEP WATER BOTTLES WITHIN REACH

Store reusable bottles where kids and guests can grab them quickly on hot days.



3. STORE OUTDOOR DISHES TOGETHER

Group melamine plates, acrylic glasses, napkins, and serving trays in one easy-to-reach cabinet.



4. SET UP A SNACK DRAWER

Stock a simple drawer or basket with grab-and-go snacks for busy summer days.



5. MAKE ROOM FOR GARDEN PRODUCE

Clear a refrigerator shelf or countertop basket for tomatoes, cucumbers, herbs, and other seasonal harvests.



6. ORGANIZE CONTAINERS FOR LEFTOVERS & PICNICS

Keep matching food-storage containers together so packing up meals and picnic foods is quick and easy.



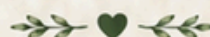
Quick Kitchen Checklist



- ☐ Create a grill-prep zone
- ☐ Corral water bottles
- ☐ Group outdoor dishes
- ☐ Set up a snack drawer
- ☐ Clear space for garden produce
- ☐ Match food-storage containers



FIELD NOTE



The best summer kitchens are not fussy—they are ready for whatever the day brings.



Simplify the space. Savor the season. ♥

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RECIPE CARD

Blueberry MUFFINS

• SWEET, SIMPLE & HOMEMADE •



INGREDIENTS

- 1/2 cup butter
- 1 cup sugar
- 2 eggs
- 2 cups flour
- 2 tsp baking powder
- 1 tsp vanilla
- 1/2 cup milk
- 2 cups blueberries
- Sprinkle sugar on top

DIRECTIONS

1. Cream the butter and sugar.
2. Add the eggs one at a time.
3. Combine the flour and baking powder.
4. Add the dry ingredients alternately with the milk.
5. Stir in the vanilla and gently fold in the blueberries.
6. Use paper baking cups in muffin pans.
7. Sprinkle sugar on top.
8. Bake at 400°F for 20 minutes.

MAKES 24 MUFFINS.

FIELD NOTE

A simple blueberry muffin is one of summer's sweetest pleasures—especially with fresh berries and coffee on the porch.



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RECIPE CARD



FRESH • VIBRANT • MEDITERRANEAN

Greek Orzo Salad

SERVES 6-8 • PREP: 20 MIN • CHILL: 30 MIN

INGREDIENTS

- 1 1/2 cups cooked orzo, cooled
- 1 cup cucumber, diced
- 1 cup cherry tomatoes, halved
- 1/4 cup red onion, finely diced
- 1/2 cup kalamata olives, pitted and halved
- 1/2 cup crumbled feta cheese
- 1/2 cup chickpeas, rinsed and drained (optional)
- 1/4 cup fresh parsley, chopped

For the Dressing

- 3 Tbsp olive oil
- 2 Tbsp lemon juice
- 1 Tbsp red wine vinegar
- 1 tsp dried oregano
- 1/2 tsp salt
- 1/4 tsp black pepper

DIRECTIONS

1. In a small bowl or jar, whisk together olive oil, lemon juice, red wine vinegar, oregano, salt, and pepper until well combined.
2. In a large bowl, combine orzo, cucumber, cherry tomatoes, red onion, olives, feta, chickpeas (if using), and parsley.
3. Pour dressing over the salad and toss gently to coat.
4. Chill for at least 30 minutes before serving to let the flavors meld. Taste and adjust seasoning as needed.

NOTES



Watermelon Salad

SERVES 4-6 • PREP: 15 MIN • CHILL: 20 MIN

INGREDIENTS

- 4 cups cubed watermelon
- 1/2 cup crumbled feta cheese
- 1/4 cup fresh mint, chopped or torn
- 1/2 cup cucumber, diced (optional)
- 2 Tbsp lime juice
- Balsamic glaze, for drizzling (optional)

DIRECTIONS

1. In a large bowl, combine watermelon, feta, mint, and cucumber (if using).
2. Drizzle with lime juice and gently toss to combine.
3. Drizzle with balsamic glaze if desired.
4. Chill for 20 minutes before serving. Serve cold and enjoy!

NOTES



FIELD NOTE



This pairing is perfect for hot summer evenings, picnics, or easy outdoor dinners.



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GARDEN to TABLE



A SIMPLE GUIDE

MAKE THE MOST OF FRESH, SEASONAL GOODNESS

FROM THE GARDEN	BEST WAYS TO ENJOY	TRY IT IN...
 <i>Tomatoes</i> To ripen green tomatoes: Store in a brown paper bag at room temperature. 	• Pick when fully colored and slightly soft to the touch. • Store at room temp, out of the fridge for best flavor. • To ripen: place in a brown paper bag at room temperature.	 Caprese Salad, Fresh Salsa, Tomato Galette, BLT with garden greens, Gazpacho
 <i>Cucumbers</i>	• Harvest often for best flavor and to keep plants producing. • Store in fridge, unwashed, up to 1 week.	 Cucumber Salad, Tzatziki, Infused Water, Cool Summer Gazpacho
 <i>Zucchini</i>	• Pick small to medium for tenderness. • Store in fridge in a breathable bag, up to 5 days.	 Zucchini Noodles with Pesto, Grilled Zucchini, Zucchini Bread
 <i>Basil</i>	• Pinch often to encourage bushy growth. • Store stems in a glass of water on the counter.	 Pesto, Caprese Salad, Tomato Basil Soup, Homemade Pizza
 <i>Green Beans</i>	• Pick young and tender. • Store in fridge in a perforated bag, up to 4 days.	 Garlic Green Beans, Bean Salad, Stir-Fry with Almonds
 <i>Summer Squash</i>	• Harvest often for best texture. • Store in fridge, unwashed, up to 4-5 days.	 Squash & Feta Frittata, Roasted Veggie Bowl, Summer Squash Gratin
 <i>Blueberries</i>	• Pick when deep blue and plump. • Store in fridge, unwashed, up to 7-10 days.	 Blueberry Crisp, Smoothies, Fruit Salad, Pancakes, Yogurt Parfait
 <i>Leafy Greens</i>	• Harvest in the morning when crisp. • Store in fridge wrapped in a damp towel or in a container.	 Garden Salads, Green Smoothies, Wraps, Sautéed Greens



FRESH TIP

The simpler the preparation, the more the fresh flavors shine. Let your garden do the talking!



"Good food doesn't have to be complicated—just fresh, seasonal, and made with love."



SHARE THE BOUNTY

Extra from the garden? Share with a neighbor, freeze for later, or donate to a local food pantry.





FIELD NOTES

TIPS FOR A BEAUTIFUL HOME & LIFE

Midsummer GARDEN CLEAN UP

— ♻️ CHECKLIST —

A little midsummer attention goes a long way! Use this checklist for a quick garden refresh that keeps everything healthy, blooming, and looking its best all season long.



Consistent care now means more blooms, better harvests and a garden you love all summer.



1. CLEAN & MAINTAIN

- ☐ Weed garden beds and walkways
- ☐ Edge beds and refresh mulch
- ☐ Remove fallen leaves and debris
- ☐ Water deeply if rain has been scarce



2. DEADHEAD & REFRESH

- ☐ Deadhead spent blooms on perennials and annuals
- ☐ Pinch back leggy growth for a fuller shape
- ☐ Cut back catmint, salvia and other early bloomers for a second flush
- ☐ Divide overcrowded perennials if needed



3. TEND TO PERENNIALS

- ☐ Feed with compost or organic fertilizer
- ☐ Monitor soil moisture during dry spells
- ☐ Check for pests and disease
- ☐ Support tall growers before storms



— ♻️ PLANT NOW FOR FALL BLOOMS —

Perennials to add for late-season color.



1. ASTER

Pollinator favorite for late color



2. SEDUM 'AUTUMN JOY'

Sturdy blooms and great texture



3. JAPANESE ANEMONE

Graceful late-summer flowers



4. TURTLEHEAD

Thrives in moist spots



5. HELENIUM

Warm, daisy-like blooms



6. BOLTONIA

Airy, starry flowers



7. GOLDENROD

Bright yellow blooms, excellent for pollinators



8. MONTAUK DAISY

Crisp white flowers for fall



9. JOE PYE WEED

Tall native with mauve blooms



10. ORNAMENTAL GRASS

Adds texture and movement for late-season interest

Healthy plants. Happy garden. Beautiful season.





FIELD NOTES

— TIPS FOR A BEAUTIFUL HOME & LIFE —

Hydrangea Pruning Guide

PRUNE SMART, BLOOM BEAUTIFULLY

➡ KNOW YOUR HYDRANGEA. PRUNE AT THE RIGHT TIME. ENJOY BETTER BLOOMS.

Different types of hydrangeas bloom on old or new wood.

Pruning at the right time helps ensure full, healthy blooms year after year.



HYDRANGEA TYPE		WHEN TO PRUNE	HOW TO PRUNE	WHAT TO EXPECT
	BIGLEAF / (MOPHEAD) <i>(Hydrangea macrophylla)</i>	 After Blooming Summer (July–August) Most traditional varieties bloom on old wood. Reblooming varieties, including Endless Summer®, bloom on old AND new wood.	Remove spent blooms by cutting just above the first set of healthy leaves. Avoid heavy pruning in spring—this can remove flower buds on old wood and delay blooms.	 Full, beautiful blooms next summer—and in reblooming varieties, another flush later in the season. TIP: In late winter or early spring, remove only dead, damaged, or weak stems until new growth appears.
	PANICLE <i>(Hydrangea paniculata)</i>	 Late Winter to Early Spring (Feb–March) Blossoms on new wood (current season's growth).	Cut back by 1/3 to 1/2 of the plant. Remove any weak or crossing stems.	 Strong new growth and abundant blooms in summer. TIP: The harder you prune (within reason), the bigger the blooms!
	SMOOTH / (ANNABELLE) <i>(Hydrangea arborescens)</i>	 Late Winter to Early Spring (Feb–March) Blossoms on new wood (current season's growth).	Cut back to 6–12" above the ground. You can be aggressive—these are tough plants!	 Big, bold blooms all summer long. TIP: If stems flop, you can cut back earlier in the season by up to half.
	OAKLEAF <i>(Hydrangea quercifolia)</i>	 After Blooming Summer (July–August) Blossoms on old wood (last year's growth).	Remove spent blooms if desired. Do any shaping or removal of old stems right after flowering.	 Attractive foliage and blooms next early summer. TIP: Best left mostly natural—prune only to maintain shape.

➡ GENERAL PRUNING TIPS ➡



Use clean, sharp pruners for clean cuts.



Cut just above a leaf node or bud.



Water well after pruning in dry spells.



Add mulch to retain moisture and support roots.



Wait to prune in spring until severe cold has passed.



Healthy plants bloom best! Feed in spring for optimal growth.

Healthy plants. Beautiful blooms. Endless joy. ♥

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Summer Flowers for Cutting



BRING THE BEAUTY OF YOUR GARDEN INDOORS.

A few simple blooms from the garden can make everyday spaces feel special all season long.



1 HYDRANGEAS

Lush and full with long-lasting blooms in beautiful summer shades.



2 ZINNIAS

Bright, cheerful, and easy to grow. They bring color that lasts.



3 COSMOS

Light and airy with delicate blooms that dance in the breeze.



4 DAHLIAS

Striking and dramatic—perfect for stunning focal blooms.



5 BLACK-EYED SUSANS

Golden and sunny with a casual, farmhouse feel.



6 CONEFLOWERS

Resilient and beautiful with bold color and lasting vase life.



7 HERBS & GREENERY

Add texture, fragrance, and movement with garden herbs and leafy greens.

TIPS FOR BEAUTIFUL ARRANGEMENTS



Cut flowers early in the morning



Place stems in cool water right away



Use clean, sharp snips



Change water regularly



Remove leaves below the water line



Arrange loosely for a natural look

LOCAL FLOWER FINDS



Pick your own flowers at
Ferjudan's Farm in Hudson, MA



Pick up a pre-cut bouquet at
Gore Farm in Leominster, MA

FIELD NOTE



A few flowers by the sink, on the island, or beside the bed can make home feel instantly more alive.



Cut generously. Arrange simply. Enjoy the season. ♥

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Midsummer Garden Cleanup

A few simple tasks in midsummer can keep your garden looking beautiful, producing well, and carrying you gracefully into late summer.

Focus on small weekly check-ins rather than one big overhaul.



1 Weed Walkways & Beds

Pull weeds before they set seed and keep paths clear.



2 Edge Garden Beds

Redefine borders for a tidier look.



3 Deadhead Perennials

Remove spent blooms from zinnias, cosmos, coneflowers, salvia, and similar summer flowers to encourage more blooms.



4 Trim Tired Foliage

Cut back yellowing or ragged leaves and remove damaged stems.



5 Check Containers Daily

Water pots as needed and pinch off faded flowers.



6 Tend the Vegetable Garden

Harvest zucchini, cucumbers, beans, and tomatoes often; support heavy stems and tie up tomatoes as needed.



7 Watch for Pests & Disease

Inspect leaves for mildew, chewing damage, and insect issues.



8 Refresh Mulch & Water Deeply

Top up thin mulch and water at the root zone during dry spells.



THIS WEEK IN THE GARDEN

- ☐ Weed the paths
- ☐ Deadhead flowers
- ☐ Harvest produce
- ☐ Tie up tomatoes
- ☐ Water deeply

FIELD NOTE

"A garden feels most peaceful when it is gently tended a little at a time."





— FIELD NOTES —
summer edition
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A Little Summer Quiz

Garden, history, baseball & Olympic fun for a summer evening

1 Which flower commonly turns blue in more acidic soil?

- A. Peony
- B. Hydrangea
- C. Zinnia

2 What percentage of a watermelon is water?

- A. About 75%
- B. About 82%
- C. About 92%

3 Which herb is most commonly used to make pesto?

- A. Dill
- B. Basil
- C. Thyme



4 In which ancient country did the Olympic Games begin?

- A. Italy
- B. Greece
- C. Egypt

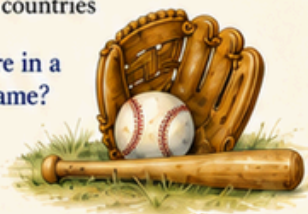


5 What do the five Olympic rings represent?

- A. The five original sports
- B. The five inhabited continents
- C. The five founding countries

6 How many innings are in a regular baseball game?

- A. 7
- B. 9
- C. 11



7 What state boasts the Ben & Jerry's factory?

- A. Vermont
- B. New Hampshire
- C. Maine



8 The word "solstice" comes from Latin meaning what?

- A. Bright season
- B. Sun stands still
- C. Endless daylight



9 What is Maine known as?

- A. The Pine Tree State
- B. The Green Mountain State
- C. The Granite State



10 Which U.S. president is most associated with major summer park projects through the Civilian Conservation Corps?

- A. Theodore Roosevelt
- B. Franklin D. Roosevelt
- C. Woodrow Wilson



11 Which New England state is especially famous for wild blueberries?

- A. Vermont
- B. Maine
- C. Connecticut



12 In what year did Cape Cod become separated from the mainland?

- A. 1898
- B. 1914
- C. 1927



ANSWER KEY

- | | | | | | |
|------|------|------|-------|-------|-------|
| 1. B | 2. C | 3. B | 4. B | 5. B | 6. B |
| 7. A | 8. B | 9. A | 10. B | 11. B | 12. B |

FIELD NOTE

*Summer is sweeter with a little laughter,
a little learning, and a little
friendly competition.*





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OUTDOOR ENTERTAINING IDEAS

Simple touches for unforgettable gatherings



Thoughtful details and a relaxed atmosphere are all you need
to create beautiful moments outdoors.



LIGHT IT UP

String lights, lanterns, and candles create a warm, welcoming glow.



KEEP IT SIMPLE

Use neutral dishes, fresh flowers, and natural textures for an effortless look.



BRING IN NATURE

Incorporate greenery, herbs, and pops of seasonal color.



EASY & REFRESHING

Offer simple, fresh food and drinks that can be enjoyed with ease.



FOCUS ON TOGETHER

Comfortable seating, good conversation, and unhurried time make the best memories.

FIELD NOTE ♥

*The best gatherings aren't about
perfection, they're about presence,
laughter, and the people you
share them with.*



Live beautifully.
ENJOY THE SEASON.



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Thoughtful spaces. Timeless living.





FIELD NOTES

TIPS FOR A BEAUTIFUL HOME & LIFE

Summer HOME MAINTENANCE

SIMPLE SEASONAL CHECKS TO PROTECT YOUR HOME AND KEEP EVERYTHING RUNNING SMOOTHLY.



1. CHECK CAULKING & WEATHERSTRIPPING

Inspect around windows and doors and touch up worn areas to keep cool air in.



2. CLEAN GUTTERS & DOWNSPOUTS

Remove debris so summer storms can drain properly away from the house.



3. INSPECT DECKS, STEPS & RAILINGS

Tighten loose hardware and look for rot, splinters, or peeling finishes.



4. WASH OUTDOOR WINDOWS & SCREENS

Let in more light and fresh air by cleaning glass, screens, and tracks.



5. REPLACE HVAC FILTERS

A fresh filter helps your system run more efficiently during the hottest weeks.



6. CHECK HOSES, IRRIGATION & OUTDOOR FAUCETS

Look for leaks, cracked hoses, and uneven watering.



7. CLEAN DRYER VENT & BATH EXHAUST FANS

Reduce buildup and help appliances run safely and efficiently.



8. TEST SMOKE & CO DETECTORS

Replace batteries if needed and make sure every level of the home is covered.



This Month at Home

- ☐ Clean gutters
- ☐ Replace filters
- ☐ Wash windows
- ☐ Check deck
- ☐ Inspect irrigation
- ☐ Test detectors



FIELD NOTE

A well-kept home doesn't require perfection—just a little attention, season by season.



Care for the home. Enjoy the season. ♥



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A Closing Field Note

Summer evenings are quieter now.

With most of my children out of the house, the rhythm of home has changed. The days are not as busy, and the porch is not always filled with the same noise and activity it once was. But some traditions remain.

We still play games while music drifts through the open windows. We sit on the front porch with something cold to drink and talk about the day. And one of my favorite rituals is simply watching evening arrive—seeing the light soften, the sky change, and the sun settle behind the gardens.

There is something comforting about watching day turn to night among flowers that have been tended all season. It is a reminder that homes and families are always evolving. Children grow, routines shift, and the rooms become quieter—but the beauty of gathering, slowing down, and enjoying the place you have created remains.

These days, I appreciate those small moments more than ever: music playing, a game on the table, a drink in hand, and the gardens glowing in the last light of the day.

Perhaps that is what a well-loved home gives us. A place that holds the memories of busy seasons while making room for the quieter ones still to come.

May you find time this summer to sit a little longer, notice the evening light, and enjoy the home and garden growing alongside you.

— *Deb*

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