

THE KALEIDOSCOPE



The official magazine of The Papillon Project
For schools and their allotments



Spring/Summer 2026



CONTENTS

1: Editor's Note

2: News

3: Updates from Projects

4-5: Growing Norfolk

6: A Chat with Adam Frost

7: Sandringham Flower Show

8-9: Grow at Home

10: The Butterfly Effect

11-12: Summer Cooking

13: SALT Courses

14: Cocoon Boxes

15: Tool Bank

16-17: Case Study

18: Thank You



**Our fantastic
Leadership Team**

Harriet

Emily

Matt



EDITOR'S

Note



Hello readers:



I am so excited to introduce the Spring/Summer edition of The Kaleidoscope.

The Summer months are a really exciting time for the charity. It's a time when all involved in the projects – young people, charity staff, volunteers and link teachers – are working exceptionally hard to make our allotments the very best they can be. This magazine features lots of amazing photos showing the growing season well underway. I can't wait to see all this amazing produce come to fruition.

This edition is packed with lots of exciting content. Highlights include a very exciting announcement regarding an event that The Papillon Project is taking part in this summer. Definitely a date for the diary! We are also so excited to feature a contribution from the amazing Adam Frost. Adam is such an inspirational figure who has really championed getting young people involved in gardening and growing. It is, therefore, brilliant to include his voice in this edition.

It is great to see the charity receiving greater exposure and public recognition. However, it also remains utterly committed to its goal of changing the lives of young people across Norfolk. Make sure to check our featured case study to learn more about one particular project that is making great advances. As Editor, I must confess my hardest job is selecting a case study. Every project is amazing and deserves its own celebration.

In a few months, schools will be shutting for the Summer holidays. It's important to recognise that the desire of our young people to be green-fingered does not disappear with the shutting of the school gates. To that end, this edition contains an article featuring easy growing projects to have a go at home. These projects are relatively inexpensive and can be achieved with very little space. You don't need a garden to grow. Please share this resource with any young people who are interested – we hope it's helpful!

Lastly, I was really struck when putting together this edition by the organisation's varied nature. The charity functions through the collaborative, hard work of so many individuals and organisations. I hope this edition goes some way to showcasing this from the feature on the launch of the charity's very exciting 'Growing Norfolk' Campaign to the reveal of this year's cocoon boxes.

Happy reading (and growing)!

Amelia – Editor of The Kaleidoscope



info@thepapillonproject.com



<https://www.thepapillonproject.com/>



@thepapillonproject





NEWS



The new plots at Fakenham Academy!

Book a Plot @ Fakenham Academy

Fakenham Academy's school allotment recently launched a brilliant new initiative. Pupils at the school created twenty-four upcycled growing beds. Each bed is made from reclaimed wood and is available for booking by other young people at the school. Young people in Year 7 and Year 8 were able to 'book a plot' as an individual or as a pair.

This project launched a couple of weeks ago, with every plot being booked up in a single lunchtime! Huge congratulations to all involved!



Swimming Success!

Huge congratulations to our amazing volunteers Anna, Cynthia and Jason for completing a mammoth 'swim marathon!' Back in February, the trio swam an amazing total of 138 laps in 55 minutes (or 3.45km) between them.

The trio were raising money for The Papillon Project, as well as other great causes. We are so grateful to them for their exceptional efforts.



Super swimmers!!

Seasonal Workshops are a Success!

February half-term saw many of our fantastic volunteers come together to take part in a week of workshops - all doing essential work for the charity.

Volunteers repaired second-hand tools for schools, created upcycled bags from coffee sacks for our 'Pap Up Shop,' painted second-hand t-shirts for our volunteers as well as reclaiming wood from pallets to support our work in schools.

We are so proud of all our volunteers' amazing work. Particular thanks go to the individuals from JLL who volunteered their time and City Academy Norwich who let us use their school workshop classroom. Keep an eye out for all our volunteers' amazing creations.

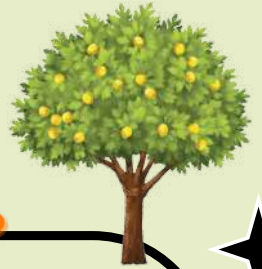


Our amazing workshop volunteers!



Our fantastic school allotment projects across Norfolk have been working exceptionally hard over the last couple of months. All of our young people and volunteers' hard work will soon be coming to fruition with the growing season and we are so excited to see all the fantastic produce yielded.





Another exciting charity update has come in the form of the launch of 'Growing Norfolk' - the charity's campaign to help inspire young people to get gardening and 'give it a grow.' The campaign aims to rally all kinds of support, big and small, in order to make our charitable aims possible and inspire more young people in Norfolk!

The campaign celebrates the incredible work of our volunteers through a pledging tree. This tree currently features the names of individuals and businesses who are Silver or Gold supporters of the charity's work, this academic year (2025-26). We are incredibly grateful for their support, be it through a generous donation or generosity with time volunteering. You can learn more about the campaign [here](#).

To find out more about the campaign, we caught up with Matt Willer - the charity's founder and asked him the following questions.



1. Can you briefly introduce the campaign?

'Growing Norfolk' is our charity's campaign to help inspire young people to get gardening and to 'give it a grow'. Our Growing Norfolk campaign is a rallying point to muster all kinds of support, big or small, to make our charitable work possible so we can inspire more young people in Norfolk.

2. What were the motivations behind setting up the campaign?

Although it is well known, especially within schools, that The Papillon Project helps schools to create and develop school allotments for young people, the charity felt that we needed a clear focal point to centralise all levels of support, big or small, that make our charitable work possible every year. It's very important to communicate clearly as a charity and so 'Growing Norfolk' was created.



BRONZE Supporter: For a £50 donation or one year of volunteering.

SILVER Supporter: For a £500 donation or three years of volunteering.

GOLD Supporter: For a £1000+ donation or five years of volunteering.

Some beautiful butterfly badges ready to be sent off to our hardworking volunteers.



Our interview with Matt on the launch of 'Growing Norfolk' continues here:



Our pledging tree!



3. The campaign recognises generosity in both monetary donations and donations of time, recognising individuals who have volunteered for 1 year or more. Why was it important to recognise both forms of contribution?

It was felt that support and human kindness comes in a multitude of forms. We are always extremely grateful for any financial donation, big or small, but volunteers are of equal value to our charity work; simply put, we cannot work with as many schools (and young people) as we currently do if it were not for our 'small army' of volunteers.

4. Can you provide an insight into just how important donations and volunteering to the work the charity does?

Any financial donation that is given to support Growing Norfolk directly supports our charitable work in secondary schools throughout the county. Depending on the size of the donation, of course, depends on how it is used, from purchasing bags of compost to support the salary of a key member of charity staff, any donation, big or small, is of enormous help to us.

The same can be said with our super kind and generous volunteers who support their local school allotment each week and therefore greatly aid the 'future proofing' of these incredibly important educational resources that we help to provide for schools. Yes, there is myself, Harriet and Emily who collectively lead the charity, operationally, but with 21 schools, spread far and wide across Norfolk, we can't be in every school each week, but local volunteers, who are willing to help us, certainly can and this makes the impossible possible.

5. Can you tell us a little bit more about the pledging tree? What does it involve and what is its significance?

The pledging tree, in keeping with our charity's logo of the butterfly tree, is simply a way to clearly communicate, as long as individuals and organisations are happy, all those who have contributed to Growing Norfolk.

6. What are the campaign's planned next steps? What does the charity hope to achieve through the campaign?

It is our hope to muster more and more support for Growing Norfolk each year so our charitable work with inspiring young people to 'give it a grow' can continue for many years to come!

7. For businesses, organisations and individuals interested in contributing to The Papillon Project; how can they find out more information?

Our charity's website is the best place to start. Everything about Growing Norfolk, and how a business, organisation and indeed an individual can make a donation of any kind (e.g. financial donation, donation of materials or donation of time through volunteering) is shared on this [specific webpage](#).

A CHAT WITH ADAM FROST



Adam Frost is a British garden designer and horticulturalist. He has won seven gold medals at the Chelsea Flower Show, and is also a presenter on the BBC's Gardeners' World.

Across his career Adam Frost has been deeply committed to getting young people engaged in the environment and gardening. We are therefore so excited and grateful to be able to include a contribution from Adam in this edition of *The Kaleidoscope*.



Adam Frost at a Papillon Project Event back in 2024.

“Gardening can play a powerful role in supporting young people’s wellbeing, especially in a world where many feel stressed, overwhelmed, or anxious. Spending time pottering around outside, has a naturally positive effect on the mind and helps take you to a place of calm. It offers a break from screens and the pressure of life; it’s a peaceful space that can become your safe haven.

Growing your own fruits and vegetables also encourages a healthier lifestyle, making it more exciting to eat fresh food you’ve grown yourself.

Beyond that, gardening gives young people a sense of achievement, seeing something grow you planted is pretty cool. The freedom to experiment in your garden is exciting, it’s like having a creative outdoor playground where curiosity and care come together.”

To hear more from Adam Frost, listen to him in conversation with our very own Matt Willer on the BBC Gardeners' World Magazine podcast. In the episode, they discuss gardening with young people and why it is so important! [Please click here to listen.](#)



SANDRINGHAM Flower Show



The Summer months are often full of event appearances for the charity. These are a great way to connect with new people and garner more support for the charity. This summer sees the charity's presence at a really exciting event!



The Papillon Project is delighted to announce that the charity has been invited by the Royal Horticultural Society to feature as part of the Sandringham Flower Show. This is a new RHS show, which makes our participation all the more fantastic.



To learn more about our amazing garden designer [please click here](#)

Excitingly the charity have been given some funding and a garden designer, Mike Long, who chose our charity, out of other organisations, to support.

Everyone at the charity is incredibly excited about the event which will be the most significant event the charity has ever taken part in.



Charity members and volunteers will be representing the charity at the event and we would love as many of you as possible to come and support us, as well as viewing our amazing garden.



GROW AT HOME!



Just because school is out does not mean gardening is! Our volunteers will be working hard over the summer to keep an eye on our allotments. Yet, there are also lots of ways for our young people to keep engaged with nature over the break. The following examples all offer easy growing projects to get involved with. Please share this resource with any young people who may be interested.

Edible Flowers

Credit: Royal Horticultural Society.



- Edible flowers are very pretty, brightening up your home, as well as being very tasty!
- Chives are a great example of an edible flower. You can chop the stems into a salad, but you can also add the flowers to dishes for an onion-like flavour.
- Sprinkle the seeds thinly over soil, and keep them well-watered.
- Once they've grown to around 10cm you can start harvesting. Use scissors to snip the chives near the base of the plants to encourage new growth.
- If you have a balcony or garden, try growing chives outside to attract bees. Species such as bumblebees and honeybees love collecting nectar from the purple flowers.
- Calendula is another edible flower that will brighten up your windowsill with yellow blooms, The flowers also add a peppery kick to the salads.
- Sow calendula around 5cm apart onto 10cm of soil, and cover over with 2cm of compost.
- It's best to pick edible flowers just before you intend to eat them so they're still firm and full of flavour, or you can store them in the fridge in a plastic bag.
- For the majority of edible flowers, it's predominantly just the petals that are edible.
- You can learn more here.



Pea shoots

These work well in stir fries and salads.

Credit: Kew Gardens



- You can grow pea shoots using whole dried peas you find in your supermarket or local shop.
- To activate the dried peas and get the best results, you'll need to soak them overnight in water.
- The next day, drain the peas and sprinkle them into a container lined with a layer of compost (around 3cm thick) and cover with a 1cm layer of compost.
- Place the container on a sunny windowsill, and within a few days they will start to sprout.
- After about six days, the shoots will be big enough to cut and enjoy. Be careful not to let them grow too big, otherwise they start to taste bitter.
- They will grow back for a second time after you have cut so make sure to keep them on your windowsill for ongoing greens.

Baby Beetroot

Credit: Kew Gardens

Beetroot can be grown in pots making it an excellent growing project if you are short on space.

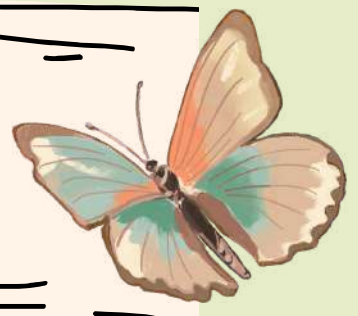


- Sow the seeds around 5cm around from each other onto compost around 15cm deep. Cover the seeds over with 3cm of compost.
- They are cluster seeds which means they're likely to produce several plants from one seed, but thinning the plants out will produce bigger beetroot.
- Once the plants have grown to 3cm, remove all but one of the plants (so that one plant per seed is left).
- Let the plants grow to 5cm and begin harvesting





The Butterfly Effect



The Butterfly Effect is the name of our school allotment network/support group here in Norfolk. We want to bring schools and colleges together to spread inspiration and enthusiasm.



The name of the network is inspired by the idea that one little change can create a ripple effect and help to create a bigger change. In practice, this is the idea that a butterfly flapping its wings to take off, can create a knock-on effect, and end up creating a typhoon. One butterfly flapping its wings could not cause a typhoon, but lots of little changes can have a big impact.



If a school donates some seeds to another school, this seemingly small action will have a significant and positive impact on the other school.



- We want to encourage schools to connect with each other in multiple ways (via email, visiting each others' projects and sharing ideas and good practice). School gardening is hard work and connecting like-minded teachers together helps to generate positive energy, which makes projects seem more doable and possible. The charity wants to act as a 'telephone exchange', helping to facilitate connections.
- Sharing resources and equipment: some schools sometimes have surplus tools and garden materials (e.g. compost, manure, seeds and plants) whereas some schools have little. We feel showing cooperation between schools gives young people a good example of cooperation.





SUMMER COOKING!



Summer at the allotment means not only some welcome sunshine, but some delicious produce which is ready to harvest. Some top picks include courgettes, tomatoes, cucumbers, aubergines, runner beans, peas and new potatoes. Such vegetables are ideal for salads, grilling and light, fresh meals.

Courgettes are one of my absolute favourite vegetables. They are easy to grow and absolutely delicious. Here are two recipes (savoury and sweet) to highlight the fantastic versatility of courgettes.



Savoury Courgette Bake (Serves 4).

Ingredients

- 1 large onion, peeled and sliced
- 56g butter
- 225g courgettes, thinly sliced
- 225g tomatoes, peeled and sliced
- 1 teaspoon dried mixed herbs
- Salt and pepper
- 40g plain flour
- 430 ml full or semi-skimmed milk
- 112g mature cheddar cheese, grated
- 56g fresh breadcrumbs



Credit: Val Harrison,
Allotment Garden
Recipes.



Method

1. Cook the onion in 14g of the butter until just soft.
2. Place half of the courgettes into a 1.75 litre oven-proof dish, cover with half the onion and the tomatoes.
3. Sprinkle with the mixed herbs and seasoning, then top with the remaining onion and courgettes.
4. Make a sauce by melting the remaining butter in a pan, stir in the flour and gradually add the milk, stirring continuously until the sauce thickens and boils.
5. Season with salt and pepper and add 84g of the grated cheese. Pour the sauce over the vegetables.
6. Mix together the remaining cheese and the breadcrumbs, sprinkle over the sauce.
7. Cook uncovered in a pre-heated oven at Gas Mark 4/180°C/350°F for 35 to 40 minutes until golden brown.
8. Garnish with tomato wedges and parsley sprigs.





SUMMER COOKING!



Courgette Chocolate Cake

Ingredients:

- 350g self-raising flour
- 50g cocoa powder
- 1 tsp mixed spice
- 175ml extra-virgin olive oil
- 375g golden caster sugar
- 3 eggs
- 2 tsp vanilla extract
- 500ml grated courgette. Measure by volume in a measuring jug, but it's about 2 medium courgettes; if using 1 overgrown one, peel first and take out seeds.
- 140g toasted hazelnut (roughly chopped)



Credit: Celia Brooks Brown.
Recipe taken from Good Food magazine, July 2010



For the icing

- 200g dark chocolate (chopped)
- 100ml double cream



Method:

1. Heat the oven to 180C/160C fan/gas 4.
2. In a large bowl, combine the flour, cocoa powder, mixed spice and 1 tsp salt. In another bowl, combine the olive oil, sugar, eggs, vanilla essence and grated courgette. Mix the dry and wet mixture until just combined, then fold in the toasted hazelnuts.
3. Line a 24cm cake tin with greaseproof paper, then pour in your mixture. Bake for about 40-50 mins, or until a knife inserted into the middle comes out clean. Cool in the tin for 10 mins, then turn out onto a wire rack and leave to cool.
4. To make the icing, place the chocolate in a bowl and bring cream to the boil in a saucepan. Pour the hot cream over the chocolate and stir until completely smooth and melted.
5. Leave the icing to cool slightly and thicken, then spread it over the cake so it's covered and the icing starts to drip down the sides.



Top Tip: Baking with Courgettes

Courgettes can hold quite a lot of water, which can affect the finished texture of your cake. If your grated courgettes seem watery, place them into a clean cloth and wring out some of the liquid into a bowl. Then add the courgettes to the cake mixture as normal. The timing for cakes containing courgette can depend on the water content of your courgettes, so return the cake to the oven for another 10 mins if it needs it. Simply test with a skewer and make sure it comes out clean



SALT courses



SALT
School Allotment Leadership Training

A big part of The Papillon Project is ensuring that we pass on the knowledge and expertise of our amazing staff to our amazing schools! One way we do this is through SALT courses. SALT stands for School Allotment Leadership Training. These courses are free and are designed to provide teachers, teaching assistants and youth workers with the skills and knowledge to lead a school allotment/garden at a secondary school. These courses are great opportunities for individuals and the charity to share ideas, recommendations and experience, with lots of positive energy too!! Each course takes place after school and usually lasts for about two and a half hours.



We held two online SALT courses back in February. These were a great success. Please keep your eye open for upcoming SALT courses. SALT courses are free of charge for Membership Programme schools, but a small fee will be asked of participants from non-member Norfolk schools and other attendees outside of Norfolk. All funds go towards supporting future SALT courses. Any adult who is engaged with school gardening is welcome to attend. Please find more information and how to show an interest in our SALT courses via our website (please [click here](#)).



Cocoon Boxes

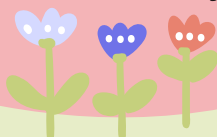
Our amazing Deputy Project Lead Harriet has been working incredibly hard to produce some beautiful cocoon boxes. These boxes contain seeds and a small handful of plants, and are a free resource for the schools we work with.

These boxes are distributed to schools in early Spring with the aim of inspiring schools to get ready for the growing season.

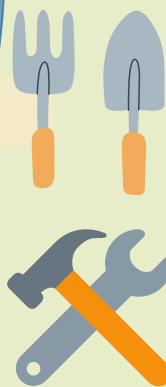
Thank you for your hard work Harriet!

Later in the year, and as a follow on from the Cocoon Boxes, we send out our 'Butterfly Boost' (more donated plants) to support schools with the latter part of the growing season.

Huge thanks for their support and generous donations go to North Walsham Garden Centre and The Sainsbury Lab, who along with other public donations made this year's Cocoon Boxes possible. Thank you!



Tool Bank



**The
tool
BaNK**
Second-hand tools
for schools

We believe using second-hand tools sets a good example for young people. This is because restoring and repairing tools is an important life skill, an excellent example of sustainability and better for the environment too!

Using second-hand tools also means new tools don't have to be bought and, in our experience, vintage tools often last longer than brand-new modern tools!

Our volunteers meet, when they can, to restore and repair tools donated to us.

Some of these restored tools are then donated to our charity's shop to help us raise funds, but the more suitable and sought-after tools are donated directly to secondary schools. We ask schools to look after these tools and to let us know if they need to come back to the charity for repair.

All our tools that are successfully repaired/restored are given a tag and are catalogued so we know which tool(s) go to which school. Schools can then return them to our 'Tool Bank' if they are in need of further repair.

We are always in need of volunteers to help us repair donated second-hand tools. If you are interested in volunteering to help us repair tools, please email us at info@thepapillonproject.com.

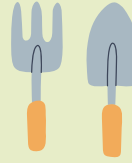
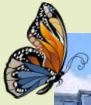
Schools can make requests from our Toolbank via our [online form](#). We are particularly keen for these tools to be used so please do consider making a request!

Our very full Tool Bank just waiting to be used!



Case Study:

FLEGG HIGH ORMISTON ACADEMY



We are really grateful to our amazing link staff, Sallyanne and Cathy for providing us with this insight into the fantastic project at Flegg High.

The Flegg Oasis allotment and wellbeing garden has become a popular space for students to connect with nature, grow food, socialise, learn and have fun.

From challenging beginnings, and with the help of The Papillon Project, this originally neglected and overgrown space has enabled students to grow produce and come together to learn life skills.

The very large and unstable original beds were created many years ago and consisted of very heavy concrete blocks. After the decision had been made to redesign the area, Matt from the Papillon Project using a mini digger, reused the concrete blocks to create much smaller manageable individual plots for students.

Work on clearing the rest of the site included chopping back brambles to reveal the stunning views over the fields and towards the river, which are a fantastic feature of the garden and the tricky task of trying to level the very uneven ground.



Photos from the Flegg project.



The project's incredible transformation.





Case Study: FLEGG HIGH ORMISTON ACADEMY



We love featuring our amazing link schools' allotment creations. Please do get in touch if you would like your school to be featured.

Interest from students grew and very soon we had a regular group joining us at lunchtimes to plant produce and flowers for the wellbeing space. Students enjoyed putting their own ideas forward and having ownership and responsibility for their own plot. We have particularly enjoyed watching the young people enjoy the creation of the garden, and their excitement when it was time to harvest the produce such as potatoes, onions, runner beans, peppers, tomatoes and beetroot, to name a few.



A particular success was the large crop of pumpkins which students creatively carved in October. They have also created an attractive feature for the wellbeing area from an old plough which had sat rusting in a corner for many years.

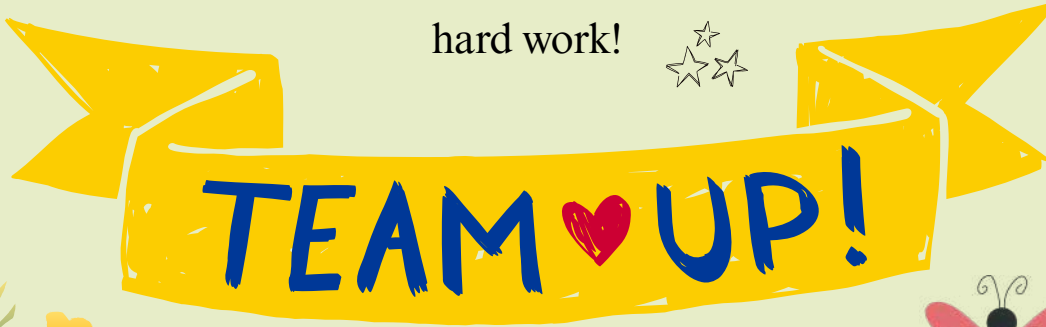


Lunchtime and after school clubs there is always a fantastic atmosphere with students working well together and making their own suggestions regarding jobs needing to be done. Wildflower areas have been planted; to encourage pollinators and many materials upcycled to create raised beds and other features. Young people have shown incredible teamwork and leadership skills enabling them to create this amazing space. We are incredibly proud of the hard work that they have put in and are excited to look forward to extending the project, with the valuable help and support from The Papillon Project in the future.





Thank you to our incredible staff, volunteers and link teachers across Norfolk! Our school allotments simply could not exist without your hard work! ☆☆☆



Thank you for reading!!



We want your feedback on
The Kaleidoscope. [Click here](#) to
share your thoughts and opinions.

