

Autumn 2023

# THE KALEIDOSCOPE



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



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# A Chat with Matt



It's hard to really believe it, but we now begin our fifth year of charitable work in Norfolk schools! So much has been achieved during this time by so many incredible people who make The Papillon Project possible. Just as it was when we founded the charity back in September 2019, our focus remains strong and clear to inspire young people to 'give it a grow' as part of their educational experience; ultimately of course, our charitable work is all about helping young people to feel more confident about themselves.

## meet the team



**Alice**

*The Kaleidoscope  
editor and Schools'  
Project Assistant*



**Amelia**

*The Kaleidoscope  
assistant editor*



### Schools' Project Leads



**Matt**



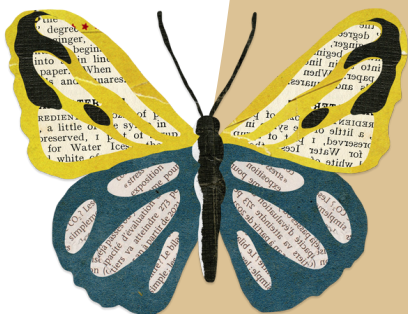
**Poppy**



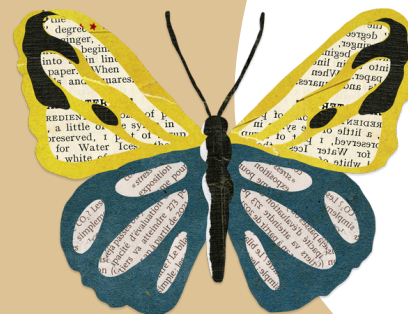
**Graeme**



**Harriet**



# NEWS



We felt incredibly privileged this year to **celebrate four years of charitable work in Norfolk at Houghton Hall.** Lord and Lady Cholmondeley kindly invited the charity, along with schools from West Norfolk, volunteers and supporters to their beautiful walled gardens at Houghton Hall. There we held a very special event to mark four years of hard work and determination from all involved with The Papillon Project.

## Houghton Hall



## 'Pap Leeky' Success!



Volunteers paddled twenty-seven miles along the Norfolk Broads over four days to get from Norwich to Great Yarmouth on an improvised and upcycled raft called 'Pap Leeky'.

This event took well over a year to plan, with the aim of highlighting the arrival of our charitable work in Great Yarmouth this September. We also wanted to draw awareness to sea level rise due to climate change and to how growing our own food, and reducing our food miles, can contribute to a greener and more sustainable future for young people.

Over £5,500 has been raised so far to support schools in Great Yarmouth. If you would like to donate or find out more about this extraordinary journey, please click [here](#) for more details or to donate.



# Frances Tophill's Top Tips for Autumn



**Don't cut everything back. Although some plants do benefit from a chop, make an assessment based on the merits of each one – if it's a brown, mushy mess, offering no food or shelter or aesthetic value, then remove it.**

**Plant spring bulbs. It's magical burying them and waiting for them to spring, up, it's hopeful at this time of year, as we enter the dark months, to put something into the ground that will herald the beginning of spring. Also early flowers are great for punctual pollinators.**

**Forage. This is a real bumper forage season. Some plants produce edible berries like hawthorn, rowan, rose hip, wild plums and damsons, blackthorns and blackberries. It's great to garden, but it's even better to sometimes get away from the garden and clear your head on a nice, foraging walk.**

**Start coppicing as soon as the weather gets really cold. Autumn and Winter is the perfect time to build new structures and projects in the garden. By coppicing plants like willow, hazel and chestnut now, you provide yourself with free timber to do that with.**

**Store the harvest. Crops like pumpkin, apple and many other autumn gluts, can keep really well. Sometimes something as simple as curing squash in the greenhouse for two weeks will toughen their skin, or keeping them in a cool, dry, dark place. For other things though, you could stew them, pickle them, or make juice and jam with them.**



# UPCYCLING!

Upcycling is great for your bank account, the environment, and proving that you don't need fancy equipment to have a smashing allotment. Take a look at some of our upcycling examples for ideas.



For more inspiration Matt has written a cracking article for the Royal Horticultural Society which you can read by clicking [here](#).



# Harriet's Autumn Favourites



Autumn raspberries are a good choice for school allotments, they don't need a support structure so no fruit cage is necessary. It is quite easy to remove weeds, dig over the soil a little if needed and plant a few canes in the dormant season, mulch with manure afterwards. They should continue to fruit to the beginning of October.



2023 has been incredible for squash, with record sizes due to the warm weather in early October. You may have heard the news about a pumpkin grown in the UK which weighs more than a Ford Fiesta!

Squash are great for schools to grow since they are harvested in the Autumn term. They like a lot of space, water and nourishment from the soil to grow well, this is where a nice bit of manure is helpful. They store well and can be used for many savoury and sweet dishes.



I'm not sure if many schools have tried growing cucamelons this year...a tiny cucumber that looks like a water melon!? On my allotment, I planted too many and ended up with a thicket of them, they grow very well outside and you can crop hundreds of them, this is something we could try at more schools next year perhaps!



# Pumpkin Muffins

This spooky season don't let your pumpkin flesh go to waste! A quick internet search will turn up loads of different ideas, but one we'd recommend is these pumpkin muffins:

## Ingredients: (for 12 muffins)

1/2 a medium pumpkin  
250g of self raising flour  
150g sugar  
150g butter  
2 eggs  
1tbsp cinnamon

## Method:

- 1) Preheat your oven to gas 6/200°C.
- 2) Microwave slices of pumpkin for around 7mins until it is easy peel the skin from the flesh.
- 3) Mash or blend the pumpkin flesh into a purée like consistency
- 4) Whisk the eggs and pumpkin purée together in a large bowl.
- 5) Melt the butter in the microwave and then add it to the mixing bowl along with the flour, sugar and cinnamon.
- 6) Whisk mixture until smooth.
- 7) Add mixture to muffin cases.
- 8) Bake for around 15mins – until an inserted fork will come out clean.

## Experimental idea:

Try substituting the pumpkin for whichever winter squash you have available to create different textures and flavours.



# New Roots!



Our school allotment community has grown! Since the start of this academic year, The Papillon Project has been supporting 6 new schools: Cliff Park Ormiston Academy, East Norfolk Sixth Form, Caister Academy, Hobart School, Flegg High Ormiston Academy and Hewett Academy. It's been a privilege to work with so many new young people who have worked tremendously hard to create and transform their allotments spaces.



Transformation at Cliff Park Ormiston Academy!



# The Harvest Glut



By George Bates

**An often-asked question is what to do with surplus produce from your school allotment.**



It's important to be mindful of food waste especially when trying to inspire young people by setting a good example. Sometimes, we can struggle to use any surplus produce for our own personal consumption, regrettably leading to perfectly edible produce going to waste. Here are some suggestions for using up surplus produce...





Have a fruit and veg stall

Create gift bags of produce for family and friends



Have a 'Harvest Festival'

A harvest festival assembly would be a wonderful opportunity for young people to celebrate the harvest and be more mindful of their food and people who may be hungry.



Cook for someone in need of a hearty meal



Preserves and Canning

Turn produce into jams, jellies, chutneys, relishes and pickles!

There are loads of helpful tutorials and recipes online.



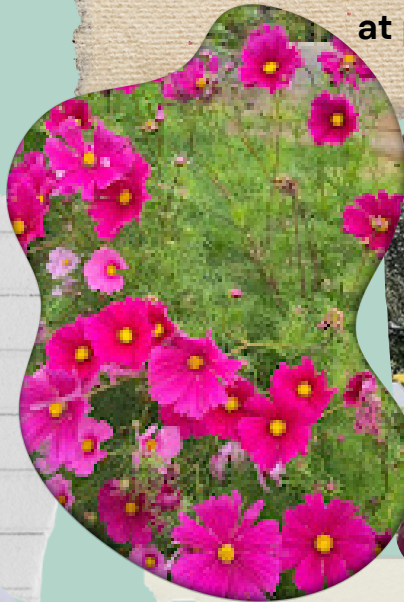
Donate to a Food Bank or Community Fridge

# Noticing nature



The Noticing Nature programme is designed to help young people reconnect with nature in a meaningful way. As an educational charity, we are only too aware of the fundamental importance for the next generation to be far better connected to nature than at present.

The programme hopes to inspire young people to literally 'notice nature' and 'slow down' while they are visiting their school allotment through an inclusive, youth-led and accessible approach.



Activities involve actively engaging with nature by helping young people to see patterns in nature, engaging the senses and exploring what makes plants happy. The Noticing Nature Programme is delivered through impact days and seasonal sessions during the months of May, June and July.

# tree planting



The Autumn-Winter period is perfect for transplanting fruit trees to create your own school orchard.



Trees donated by East of England Apples and Orchards Project being transplanted at Old Buckenham High School and Downham Market Academy.



Are you  
wanting more  
fruit trees?



We are incredibly lucky to be working with a fellow orchard charity in Norfolk who, very kindly, donate free fruit trees to schools. Please get in contact with us if you would like some more for your school. If your request is successful, we will collect and deliver them directly to your school.



**EAST OF ENGLAND**  
Apples & Orchards Project

# Learning about agriculture



This July, in collaboration with the Food and Farming Discovery Trust we held some impact days talking about farming with young people.

Graeme thought that 'Learning about Agriculture' was a fantastic day at Thorpe St Andrews School, where students learnt about the different scales, challenges and opportunities of where their food comes from. Listening to the students' questions and comments, we were impressed with how engaged they were with the topics

## INTERNATIONAL EXCHANGE PROGRAMME

### International Exchange

This year the International Exchange Programme has connected our school allotments with schools across the world. Our Norfolk schools partaking in the programme have put together pictures, videos, drawings and writing about their respective allotment projects, and in return, charity staff have delivered presentations on materials sent over from their partner schools – in Uganda, Antigua and Barbuda, Serbia, and Sri Lanka, and many more yet to come!



# The Butterfly Effect



The Butterfly Effect is our school allotment support network. We want to bring schools and colleges together to spread inspiration and enthusiasm.

The network's name is inspired by the idea that one little change can create a ripple effect and help to create a bigger change. If a school donates some seeds to another school, this seemingly small action will have a significant positive impact on the other school. The Papillon Project feels that it's incredibly important to bring schools and colleges together and to help them to network, for several reasons:

School gardening is hard work and connecting like-minded teachers 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 whereas some schools have little.

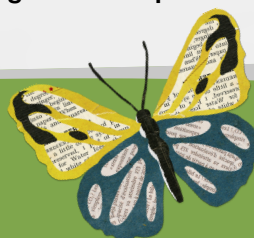
We feel showing teamwork between schools gives young people a good example of co-operation.

## THE BUTTERFLY EFFECT

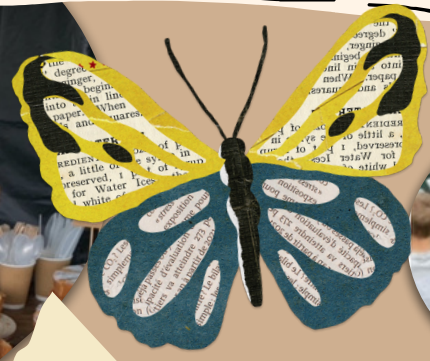
A support network for school & college allotments  
Spreading the inspiration and making connections for a better future!



There are many different ways schools can connect with each other. After all, sharing ideas is possible via email as well as by in person visits!



# Allotment Hero!



My son has been part of the Long Stratton High School allotment since he began school in 2020. Like most of his friends who tend to the allotment Jay struggles with the classroom environment and prefers a more practical approach to learning. The allotment supports both him and his friends to learn in a practical, fun way and this in turn supports the kid's physical and mental health. The allotment recently suffered some vandalism, which was very disheartening for the children who take care of it. As I was hitting a milestone birthday this year and didn't want a traditional celebration, I held an afternoon tea fundraiser instead. It was agreed that instead of family and friends gifting me cards and presents, they'd come along and purchase a slice of homemade cake and some raffle tickets! I couldn't have asked for a better birthday celebration and the added bonus was the event raised £924 for the allotment and now I have the pleasure of taking the kids to purchase new tools and equipment for their allotment.



Enormous thanks to Julie!



# Tool Bank

Restoring and repairing tools is an excellent example of sustainability. It means new tools don't have to be bought and, in our experience, vintage tools often last longer than brand new modern tools. It is much better for the environment too!



Each Autumn-Winter we invite volunteers to join us at workshops, where we come together to repair donated second-hand tools to give to our schools. Do look out for workshop dates via our [website](#) or social media soon. If you have any second-hand tools that you feel you no longer need, we are always looking for donations, so please get in touch!



## SALT Courses

SALT (School Allotment Leadership Training) 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 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 half hours. Over the 2022-23 academic year the charity ran six SALT courses in Norfolk schools and a virtual course for schools outside of Norfolk.



**SALT**  
School Allotment Leadership Training

For those who haven't yet had the chance to attend a SALT course, keep an eye on the Papillon Project [website](#) for details of any new sessions!





Thanks for reading!



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