

THE KALEIDOSCOPE



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



Autumn 2024



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Meet The Team!

Poppy

Matt

Graeme

Harriet



EDITOR'S *Note*



Hi everyone, and welcome to this edition of The Kaleidoscope! My name is Amelia and I'm so excited to be the new editor of The Kaleidoscope.

This issue is packed full, with lots to enjoy! We really want this magazine to be a useful resource for schools. Hopefully, you'll find lots of helpful materials inside to help with the running of your allotments.

I would also like to thank all those who have contributed material to this issue, from autumn cooking recipes to tips for upcycling. Teamwork is central to The Papillon Project, and this magazine is no different. We couldn't have done it without you all! A big thank you also to my predecessor, Alice, who did an incredible job editing The Kaleidoscope for many issues. Thanks for all your help!

We want The Kaleidoscope to embody the collaborative spirit that makes The Papillon Project so special. We would love to hear your suggestions for the magazine. What would you like to see? What resources are especially helpful?

As I was editing the magazine, I was blown away, seeing all the amazing things that schools, students, and volunteers have been getting up to. The Papillon Project is truly incredible, and I hope this magazine captures that!

Happy reading :)))



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



@thepapillonproject





NEWS



Matt receives his British Empire Medal

Back in May, The Papillon Project's founder, Matt, received his British Empire Medal (officially the Medal of the Order of the British Empire) from HM Lord Lieutenant of Norfolk, Lady Dannatt. Matt was awarded his BEM in the King's 2024 New Year's Honours List for services to young people.

Award-Winning Project!!

At the Anglia in Bloom Awards presentations, we won the Best Project by Young People (12-18 years old) 2024. Huge congratulations Wymondham High Academy Allotments!



The Papillon Project celebrates 5 years.

On June 19th, we celebrated five years of charitable work at Raveningham Hall. We were extremely grateful to Sir Nicholas and Lady Bacon for giving us this incredible opportunity to host this very special event at their home. We are very grateful to all those who attended to celebrate our milestone. We were also exceptionally grateful to BBC Gardeners' World presenter, Adam Frost, who came to give a speech about why gardening with young people is so very important.

Events, Events, Events!!

Alongside our fifth anniversary event which was held at Raveningham in June, we've attended (and will be attending) other events throughout and across Norfolk. From the Royal Norfolk Show, Science Festival at East Norfolk Sixth Form College to the Norfolk Green Care Festival, we've been busy introducing our charitable work. Attending public events is extremely important to us as it's a way of raising our profile and 'growing help,' through finding new volunteers, networking and raising funds. Recently, we attended the Aylsham Show (26th August) and also the 'Celebrating Nature: St Edmund Church, Acle,' (8th September). Huge gratitude goes to our unpaid events committee who so generously give up their time to not only make these events possible but to represent The Papillon Project publicly.



Future News!

Pictures of the new area for development under The Papillon Project at Framingham Earl High School - watch this space!!!



Check out these photos from the new schools that joined us last academic year; Caister Academy, East Norfolk Sixth Form College, Cliff Park Ormiston Academy, Hobart School and Wymondham High School.



top tips with Frances Tophill



We are so grateful to the amazing Frances Tophill for providing us with the following top tips for getting our allotments ready for winter. Frances is a horticulturist and writer who has featured on shows such as Love Your Garden and Gardeners' World!

Plan next spring's projects. You can then spend the winter gathering things to put your plans into action. These 'things' might include wood from pruned trees, bits of junk you've sorted through as well as anything else that strikes your imagination.

Plant some bulbs or wall flowers. There is nothing more exciting, than getting some plants into the ground. These will sit there quietly for the whole winter and then start growing in the spring, bringing you flower and scent when you're beginning to need it.

Keep leaf litter on the ground and stems of old, brown plants nice and long. These kinds of natural habitats, which are out in the open but protected from the worst of the cold, e.g., the inside of a stem or the layers between the leaves, make perfect hibernation spots for a number of species of insect and numerous beneficial fungi.

I know it sounds boring but this is a great time for some tidying.

You can clean your greenhouses or polytunnels to remove the algae that builds up there, sweep and wash the floors, reorganise your old seeds and tools and get rid of anything that is broken or out of date, ready for next spring.



Get ahead with your crops. Sweet peas, broad beans and garden peas can all be started off now and kept somewhere cold but frost free for the winter. If you or your school has an unheated polytunnel, a cold-frame or a greenhouse, then you're in with a great chance of getting some delicious early food and flowers.



putting 'beds to bed' at
Downham Market Academy
and Smithdon High School
Allotments!

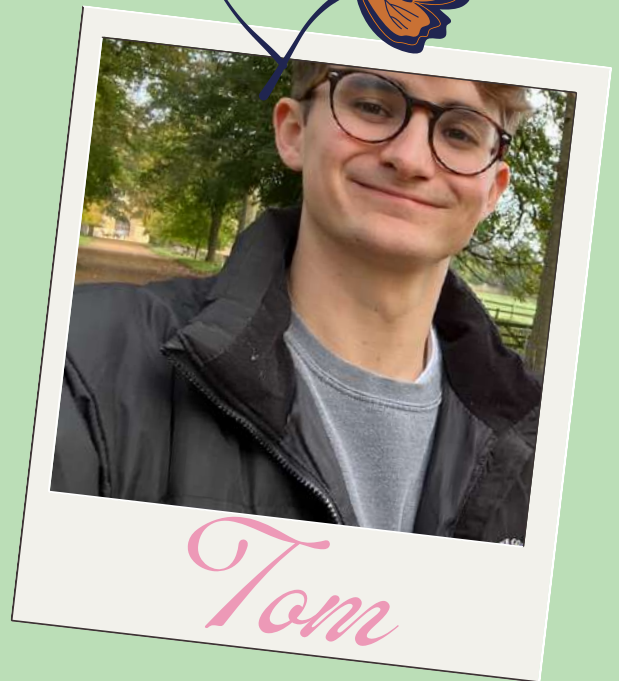


Volunteer Voices!!



Tuesday evenings this summer have seen me retire to bed feeling incredibly excited for the following day. This is because every Wednesday I have had the pleasure of volunteering with The Papillon Project.

My name is Tom, and I'm a biology student at Oxford University, as well as a former pupil and allotment volunteer at Reepham High. After leaving university this year, I felt a strong pull to work with nature to produce food sustainably. So, I applied to volunteer and was welcomed by Matt Willer and Graeme Tolley.



My first summer volunteering has been filled with meaningful tasks such as discussing sustainable growing systems with students, clearing paths, turning compost heaps, and harvesting produce (which I've had the pleasure of sampling). One of the most rewarding experiences has been helping to construct Reepham High's outdoor learning building, guided by the incredibly talented Tom Fox. We have installed the purlins of the roof and, through this process, I've improved my carpentry skills and gained a deeper appreciation for sustainable living. The building should stand for a century.

I hope that in that time, we see a shift in humanity's consumption behaviour, to embrace the values that The Papillon Project embodies. Volunteering here has been an absolute joy and I recommend any other university students, interested in sustainability and education, to give time to this incredible charity.

A HUGE THANK YOU TO ALL OUR AMAZING VOLUNTEERS! THE PAPILLON PROJECT COULD NOT EXIST WITHOUT YOU ALL - WE ARE SO PROUD OF AND GRATEFUL FOR ALL THE TIME AND HARD WORK YOU PUT INTO THE PROJECT. THANK YOU!!!



Upcycling

Thanks to Harriet for these wonderful suggestions!

We love reusing things at The Papillon Project! Reusing lessens our impact on the environment, saves money and resources, and helps bring people together, enhancing community feeling.

Recycling and Upcycling are two different things! **Recycling**; the breaking down of old materials to be used in other products. **Up-cycling**; reusing discarded objects or material to create a new product of higher value. i.e., transformation.

Mostly, we up-cycle at The Papillon Project - particularly **pallets** which can be used for fencing, compost heaps, bed edging, seating etc. You will notice these at all of our projects!

All sorts of containers can be used as **planters**; **toilets**, **sinks**, **baths**, **wooden boxes**, **barrels** and smaller containers too such as **tetra packs**, **egg boxes** and **plastic punnets** for raising seeds as well as **tin cans** and **crockery** as planters for small plants and bulbs. Egg boxes are also very useful for sitting potatoes in for chitting!

A word on **tyres**; these can be used as planters but the general advice is not to use them to grow food since when they begin to break down they can release harmful toxins. For this reason, we don't tend to bring them into projects any more but if you have them already, don't worry, just keep an eye on them in case they start to break down and use them for growing flowers.

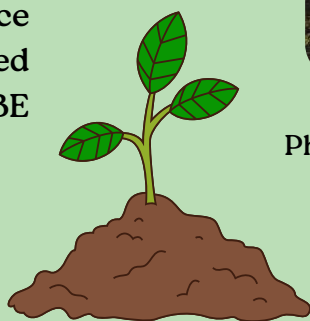
For water collection, any plastic drums, containers, old guttering or bamboo can be used to direct water. Plastic bottles can be used for all sorts of things from an entire greenhouse (by threading them onto canes) to cane toppers to individual cloches for protecting small plants.

Water pipe canes be used to support netting for larger areas. CDs can be used effectively as bird scarers. If you have any old venetian blinds, the plastic lengths can be cut up to use as plant labels. Hessian sacks can be re-used of course but they can also be cut up and made into shopping bags - as seen in our pap up shop.

Cardboard and newspaper are useful additions for compost heaps and as most people will be aware, we use cardboard extensively for creating lazy beds. However, avoid colourful, glossy, or plasticky printed material as these contain heavy metals. Make sure to remove tape, labels and staples of course! Cardboard can also be useful if you have a very weedy area that has got out of hand. Put cardboard down and manure or compost on top and leave the weeds to die off! There are many more items that can be up-cycled of course, this is just a selection!

INTERVIEW WITH *Sir Nicholas Bacon*

The Kaleidoscope Magazine was fortunate enough to get the chance to interview one of our celebrated patrons - Sir Nicholas Bacon OBE DL.



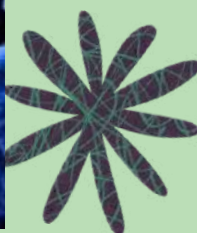
Photography Credit: Angela Sharpe Photography

Throughout your career you have shown a strong interest in growing and the outdoors, working with organisations such as the Royal Agricultural Society, Plant Health Alliance, The Royal Norfolk Agricultural Association and Easton College to name but a few! What motivates this interest in the outdoors, particularly in terms of agriculture and growing?

I was brought up in the Country, the rural life is fundamental to my existence. Anything that I can do to illustrate the joys of nature, especially to the rising generations, I will strive to do. Agriculture not only plays a prime role in feeding the population, it provides livelihoods to many, sustains biodiversity, critical habitats, is pivotal to our economy – and so much more. It is truly fascinating when one starts to delve deeper!

Your estate, Raveningham Hall and Gardens has a strong emphasis on conservation, biodiversity and creating new habitats. Can you explain a little more about this, and why it was important to you that your estate champion such methods?

One can say things, but if you do not deliver, one's words lack substance and credibility. By championing what I believe illustrates to those who wish to see it, a way forward for the countryside which integrates food production with biodiversity.



The beautiful gardens at Raveningham Gardens back in June 2024, when Sir Nicholas and Lady Bacon kindly allowed The Papillon Project to host a celebration marking five years of their charitable work.

What led you to become a Patron for The Papillon Project and why is the project's mission of school gardening and getting young people involved in allotmenting important to you?



The Papillon Project is driven to give you the opportunity to see nature in the raw, and how it is possible to tame it, enabling the production of food. Again, it is the way to truth since I believe in years to come, the advent of AI will make truth an impossible dream, only diluted by what actually happens. Today's world has so many opportunities in the Digital World. Rising generations have to decide whether to sit in front of a computer all day OR be part of the wonders of the botanical, entomological and zoological World, with its multitude of interest and opportunities for lifetime work. The Fundamental is in nature, that is where one finds solace for the social pressures that are so damaging to one's health.



What top tip would you give to any young person wanting to get more involved with the outdoors and growing?

Never be afraid to ask, be it questions or perhaps for work experience – anyone who adores the outdoors and growing will be delighted to take time to share their knowledge with you.

Health and Safety

The Papillon Project takes health and safety extremely seriously. Keeping everyone safe is a key part of our charitable work. Here are some of our top tips for doing so.

Please make sure that you are dressed appropriately for working at a school allotment and for the correct season too (i.e. warm clothes in winter and sunhats in summer). You should always wear gloves to protect your hands and certainly have suitable footwear too (steel capped boots are ideal). Use sunscreen to protect yourself from over exposure to the sun and consume plenty of fluids in hot weather.

At certain times of the year, there will be a profusion of different insects. You can use our pollinating insects spotter guide to help your children identify the difference between these insects and also help them to understand why these insects are helpful in the garden.

Many people garden with chemicals, which are potentially harmful both to people and to wildlife. As a matter of principle, it is the best policy, and the policy of The Papillon Project, to not allow any chemicals into the school garden.



Try not to let children and volunteers have contact with soil if they have a cut and be vigilant that children are not sucking their fingers, and insist on good hand-washing and glove wearing.

Encourage young people to be mindful of other creatures living in the garden.

They aren't always harmful such as hedgehogs, frogs or birds, but it is good practice to garden safely and be careful not to disturb or injure them. Cat, dog and fox faeces can also carry an extremely harmful micro-organism, *Toxocara canis*, which can cause blindness. Do not garden with children on areas likely to be visited by these animals or ensure you have checked the site beforehand.

It is not recommended to work alone for health and safety along with safeguarding reasons too. If there is no alternative to work alone, it is good practice to tell the charity (School Projects Lead or another volunteer) that you are visiting a site. Give them an idea how long you will be and carry a mobile phone too.

We always recommend you bring your own First Aid with you onto a school allotment/garden. Schools always have a qualified First Aider during school hours should you require First Aid.

Tools can be dangerous and are often designed to be used by adults. Do not take anything for granted and remember that most children will need to be instructed on how to carry and handle tools. Please check in with Matt if you are looking to use any power tools at a school allotment.



Some plants can cause allergic reactions for some individuals e.g. grasses can cause hayfever, rue can cause blisters. Other plants have poisonous parts if eaten such as laburnum seeds, potato fruits and fungi, and many common bulbs can be toxic if eaten such as daffodils. Make sure young people are educated. **Keep your eyes out for Poppy's really useful 'Health and Safety online guide to toxin producing plants at school allotments' to find out more! We also have lots more helpful guides online.**

Autumn Cooking



It's very important to make the most of the wonderful produce you grown on your allotments. As such, we are incredibly grateful to Hannah Doncaster for providing us with the following fantastic autumn recipes!

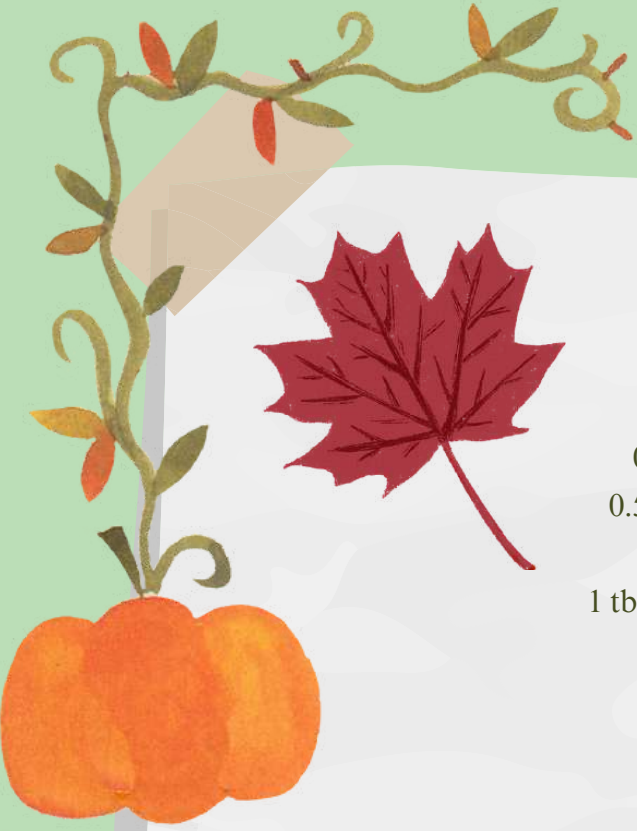
All hail the pumpkin!

Pumpkin Cookies

115g Melted butter, cooled
50g Brown sugar
75g White sugar
1 tsp Vanilla extract
85g Pumpkin puree
190g Plain white flour
1/4 tsp Salt
1/4 Baking powder
1/4 Bicarb of soda
1.5 tsp Ground Cinnamon
0.5 tsp Ground Ginger
0.5 tsp Ground mixed Spice
75g Chocolate chips



- Whisk together the melted butter, both sugars and vanilla in a bowl, then add the pumpkin puree.
- Sieve the flour, salt, spices and baking/bicarb powders into a separate bowl, mix together then make a well in the centre. Pour the wet ingredients into the well and fold everything together. Add the chocolate chips and stir through.
- Chill the dough in the fridge for 30 mins.
- Pre-heat the oven to 180°C or Gas mark 5 and line 2 trays with baking paper.
- Scoop heaped tablespoons of dough onto the baking trays, gently flatten them if they look too mounded. Leave spaces between them. Bake for 12 minutes until the edges are set, the middles will still be soft.
- Cool the cookies for 10 minutes on the tray before moving them to a cooling rack.



Pumpkin Bread

390g Bread Flour

50g Brown Sugar

1.5 tsp Salt

0.5 tsp Ground Ginger

0.5 tsp Ground Cinnamon

0.5 tsp Mixed Spice

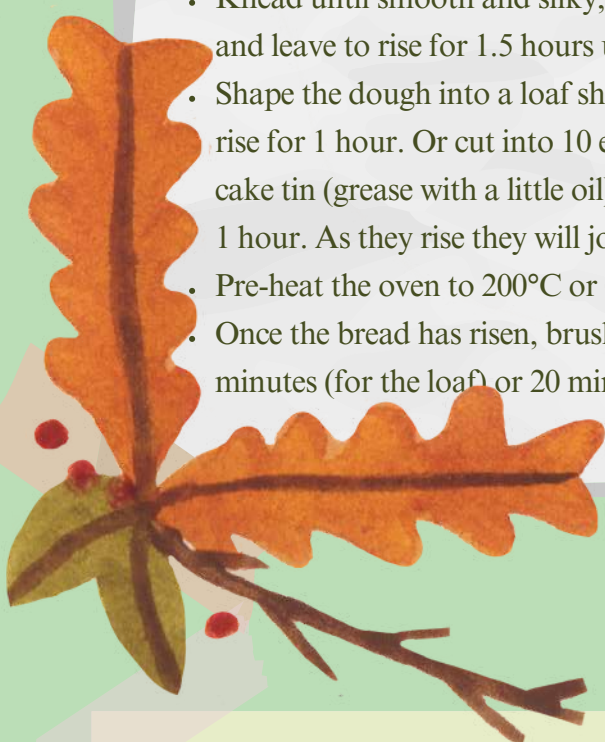
1 tbsp Easy Bake Dried Yeast

1 Egg

170g Pumpkin Puree

55g Milk

1 tbsp Vegetable Oil

- 
- Mix together all the dry ingredients in a large bowl. Make a well in the centre then place the wet ingredients into the well and mix everything together until smooth.
 - Knead until smooth and silky, then place into a clean bowl, cover with a damp tea towel and leave to rise for 1.5 hours until doubled in size.
 - Shape the dough into a loaf shape and place in a loaf tin (grease it with a little oil), leave to rise for 1 hour. Or cut into 10 equal pieces and roll them into balls. Place them into a round cake tin (grease with a little oil) or in a ring shape on a greased baking tray, leave to rise for 1 hour. As they rise they will join together to form a “tear-and-share” bread.
 - Pre-heat the oven to 200°C or Gas mark 6.
 - Once the bread has risen, brush the top with a little milk and bake in the oven for 35 minutes (for the loaf) or 20 minutes (for rolls).

You can make both recipes vegan by:

Substituting the butter for vegan butter or coconut oil.

Substituting the egg for a flax egg - blitz 1 tbsp of golden flaxseed in a spice blender or coffee bean grinder until it forms a smooth powder. Then mix with 3 tbsp cold water and leave for 5 minutes to form a gelatinous mix that resembles an egg.

The flour can be substituted for white spelt if your tummy doesn't do so well with wheat flour.



A LITTLE HISTORY

Allotmentitis



Tom Greenwood

Thomas joined The Papillon Project as a Trustee at the beginning of 2023. Thomas loves spending time at his allotment in Norwich. His wide educational experience aids the strategic planning of the charity's charitable work.



It can sometimes feel that allotments are viewed, if not with hostility, then with an unwarranted degree of scepticism. Culturally, the pursuit of self-sufficiency has been viewed as a vocation on the fringe; allotments a stage for the pottering of the retired, the alternative and the idealistic. The idea that food self-sufficiency should be taken seriously is still peripheral and nowhere is this starker than within our education system. Despite many schools being fortunate to possess land, little is done to grow food on it. Sadly, within many schools the understanding, experience and means of cultivating food has been relegated in importance.

But what of moments of crisis? What of times when there is no getting away from the fact that food, above even shelter and warmth, is the primary requirement for life? Such a time occurred in 1917. WWI put unique strains on British food production: agricultural labour shortages, the increased calorie requirements of a workforce asked to complete more shifts and a huge demand for tinned meat for the troops. All this and more tested the agricultural capacity of the nation to near breaking point. By 1917 worse was to come, as German U-Boats disrupted grain deliveries from North America and starvation loomed.

Drastic action was required and the 1917 Cultivation of Lands Order Act was passed. The Act assessed both the efficiency of agricultural land in use and encouraged more alternative forms of cultivation. Consequently allotments moved from the periphery of national policy to something a little more central. In 1914 there were around 440,000 allotments - but catalysed by the food crisis the allotment movement boomed and by 1918 there were over 1,500,000. The Historic England Blog writer Jenifer White evocatively named this break out of allotment fever, 'allotmentitis'!

Schools were at the forefront of this movement, something attested to by how frequently efforts on the allotments are mentioned in the school magazines of the period. Dr Barry Blades found a great number of examples in his book *Roll of Honour*, an example from St Nicholas Boys' School, Kings Lynn is quoted here:

1917 – 9 March: 30 rods of land, on Curtis Field, have been taken from the Corporation by the LEA for use as a school garden... The timetable is varied on five afternoons so as to set 10 to 20 boys free for instruction in gardening.

For many girls the experience of hands on horticultural work was not just new, it was revolutionary. In 1917 The Norwich High School for Girls' started an allotment at Gipsy Lane, off Earlham Road. Such was the success of the project that the Editor of the school magazine wrote, *'There will be thousands of them (girls) who will find the questions of food production and cultivation very absorbing....who before the war would have thought such work impossible for them'*.

As the 2024 growing season comes to a close all those involved in The Papillon Project can take pride, not just in the fact that they are doing something fun and productive, but that they are helping address a crisis as real (if not as immediately obvious) as that of 1917. Perhaps, given the rising costs of food, both monetary and environmental, the ecological crisis we find ourselves in and the growing impact of 'Eco-Anxiety', we need a new outbreak of Allotmentitis – if so The Papillon Project will be there, helping to spread this especially beneficial infection!



Children at work on an allotment in the grounds of their school. Image from the collections of the Imperial War Museums.

Registered under the War Charities Act, 1916.

On behalf of the British Red Cross Society

Allotment Holders', Cottage Gardeners' & School Gardens

SHOW

WILL BE HELD IN
CHAPEL FIELD GARDENS
(By kind permission of the Lord Mayor and Corporation of Norwich), on
THURSDAY, AUGUST 29th, 1918

Nearly £75 in Cash Prizes

Will be offered in the various Sections.
COMPETITION open to all Residents in the City and County. No Entrance Fee

The Right Hon. the Lord Mayor of Norwich
has kindly given a **SILVER CUP** to be awarded to the Allotment Holder or Cottage Gardener who wins the greatest number of 1st prizes in Sections.

Allotment Holders—Division I.

SECTION A.—Open to Holders of not more than 10 Rods.
" **B.**—Open to Holders of more than 10 Rods but not exceeding 20 Rods.
" **C.**—Open to Holders of more than 20 Rods but not exceeding 40 Rods.
" **D.**—Open to Holders of more than 40 Rods but not exceeding half an Acre.

Cottage Gardeners—Division II.
Open to Cottage Gardeners only.
Rents in City and County of Norwich not exceeding £15. Rents in County of Norfolk not exceeding £8. In both cases Rents to be inclusive of Rates.

Professional Gardeners—Division III.
Open to Professional Gardeners only.

School Gardens—Division IV.
Open to School Gardens only.
Each School to count as one Exhibitor

Open Classes—Division V.

Chairmen:
Mr. John Clayton, 15, Royal Arcade.
John E. T. Folland, Esq., Representing the Norfolk and Norwich Horticultural Society—Honorary Secretary and Treasurer.

Committee:
Representing the East Anglian Horticultural Club—Mr. H. Perry, "Pines Co.", 40, Cornhill Street, E.C. 4, N. 1, St. Paul's.
"The Gardens," Oakwood House, Croydon.
Representing the Norfolk Horticultural Society—Mr. J. Denington, 101, Nelson Street; Mr. W. Hudson, "The Volunteer," Earlham Road.
Representing the Norwich Root Production League, Ltd.—Mr. T. Hastings, 1, Salisbury Road; Mr. E. Drake, 114, Chiswell Road.
Representing Norwich Cooperative Allotments Association, Ltd.—Mr. A. J. Hewitt (President), 20, Lincoln Street; Mr. A. V. Buxhall, 15, Kingsway.

Representing Market, Bunting & Paul's, Ltd., Allotments Society—Mr. W. C. Johnson, 139, Lincoln Street.
Representing Market, Lawson & Scott's Allotments Holders—Mr. J. W. Buxley, 5, Buxley Road.
Representing the Third Division—Mr. Thomas Motley, Calton Hall Gardens.
Representing the British Red Cross Society—Mr. H. S. Austin, 129, Colfax Road.
Mr. W. Folland, 4, Lower Clements Road (Park Superintendence).

Honorary Assistant Secretaries:
(To receive and acknowledge all communications and enquiries.)
Mr. Henry E. Humphris, President East Anglian Horticultural Society and Honorary Secretary Norwich Cooperative Allotments Association, Ltd., 17, St. Giles' Street.
Mr. George R. Todd, Secretary East Anglian Horticultural Club, 15, Royal Arcade.

Schedules of Prizes, Competition Rules, etc., obtainable from the above Members, 1d. each.

MUSICAL AND OTHER ATTRACTIONS.

Admission to Show—12 noon to 4 p.m., 1/-; 4 p.m. to dusk, 6d.

A. S. BROWN & CO., 20, St. Andrew's Street, Norwich.

Advertisement for a vegetable show at Chapel Field Gardens, Norwich 1918 – to put the cash prizes on offer into some sort of perspective, the average weekly wage of a Railway Engine Driver in 1914 was £4! –
Image courtesy of Picture Norfolk

A 'modern day'
allotment! Litcham
School 2024





Allotments in the curriculum



At The Papillon Project, we passionately champion the benefits of young people spending time outside. Allotments provide such a chance to get outside - not only through their making and upkeep but also in an educational context!

We've assembled some ideas below on how teachers can incorporate allotments into their educational practice. We are really committed to this project and want to develop over the coming months! If you have any ideas on how allotments might be used for educational practice - we would love to hear from you! Please get in touch :)

English - Run a creative writing session.

Students can write a description of the allotment, using different creative techniques. Get students to think about the different approaches they can take in their writing, e.g., narrative or descriptive.

Art - Design and make signs/slogans/logos for your allotments

This can be tied in with learning about Pop Art and protest slogans. Another idea is for a still life session. Students can choose to paint a piece of produce from the allotment.

Design and Technology - Designing allotment beds.

Students can use their Maths skills to work out the dimensions or the pallets. There's also the opportunity to bring in ideas of upcycling, when thinking about potential materials to use.

Maths - Data Collection

Students can be given data collection tasks, such as measuring plant heights. They can then decide on a way to present this data e.g., bar chart.

Library - Reading Outside

If running designated library lessons, consider taking classes outside to read.

Science - Investigating outdoor temperatures

This exercise gets students to measure surface and air temperatures in the school grounds, and to explore why different surfaces and locations display different temperatures.



Tool Bank

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!

We are always in need of more second-hand tools to aid our charitable work. If you would like to make a tool donation or 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](#).

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.



The Butterfly Effect

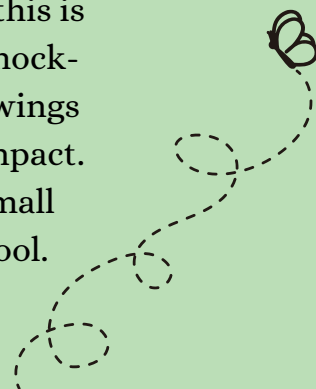


The Butterfly Effect is the name of our school allotment network/support group here in Norfolk. We want to bring schools and colleges together to spread inspiration and enthusiasm.



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.



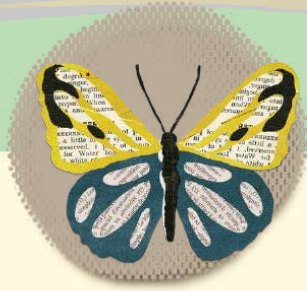
- We want to encourage schools to connect with each other in multiple ways (via email, visiting each others' projects and sharing ideas and good practice). School gardening is hard work and connecting like-minded teachers together helps to generate positive energy, which makes projects seem more doable 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.



SALT courses



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 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.

This year, we had 20 participants for our SALT courses - our biggest number of attendees ever! Thank you so much to all those who attended and to the schools who hosted us. We are currently looking for venues for our sessions next May - do feel free to get in touch if your school is interested in attending and/or hosting!



Photos from recent SALT courses at City Academy Norwich, Reepham High School and College and Old Buckenham School



Noticing Nature



The Noticing Nature Programme is a programme that 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 programme also advocates designated 'rewilding zones' at school allotments for all schools that we are privileged to work with. It's incredibly important for young people to see what happens when we just leave nature to it, explore how this can be balanced with sustainable food growing and see how successful nature is without interference!

The Noticing Nature Programme is delivered through impact days and seasonal sessions during the months of May, June and July. Check out these photos below from recent sessions!



TREE PLANTING



Every year The Papillon Project works with fellow charity the East of England Apples and Orchards Project who very kindly donate a very generous number of fruit trees to schools, via us, to help build school orchards of any size. If you and your school are interested in obtaining some fruit trees for your school allotment, please email your relevant member of the charity staff to find out more. We usually collect fruit trees (apples and pears) in January and help schools plant them out before the end of March.





Huge thanks to Poppy, our Assistant Schools Project Lead for contributing this fantastic article on mulching!

Mulching



Why do we mulch?

Mulch is a **loose covering** of materials on top of the soil, and acts as a **protective layer**. It can suppress weeds, deter pests, reduce rot, increase moisture, moderate temperature, provide nutrients and improve soil fertility.

When should you mulch?

We recommend you mulch the soil **at least once a year**, in the **autumn** after the growing season, to put your **allotment to bed**. Mulching before the winter will **prepare** the soil for the **following growing season** by improving its fertility as the mulch breaks down, and also suppressing most perennial weeds.



Manure

Some **garden centres** do sell manure in bags, similar to compost, or you can ask **local farmers** if they would be willing to **donate** or sell you some. When sourcing manure check how well rotted it is, as **well rotted** will work faster, have a weaker smell and might be easier to work with.

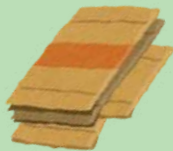
Compost

You can **buy** compost **bags** from garden centres, large volumes online, or make your own on your allotment. When **making your own** try and use at least **three bays** in rotation, so that the compost has time to rot down before it is added to beds, and also a mix of organic materials.



Cardboard

You can buy this from suppliers but can be quickly collected from **deliveries**. You could even ask parents, other teachers for **donations** or see if a **local shop** has lots of cardboard they need to dispose of.



Straw

You can **buy** this from suppliers and garden centers or potentially if you email farmers or your local council there may be some **donated** to you from **farmers/meadows**.



Wood Chips

This can be **bought** from certain suppliers but is generally used if already available. Check if school/staff/parents has had or are going to have any **trees cut down** and ask if they want the wood chips. Often the chippings can be left by companies for little to no extra cost, so it's worth asking your **site team** if there are any **plans** to remove trees, or if there are wood chips available on site.



Leaves

You can **purchase well rotted** leaf mould or collect leaves from around your school. You could again ask around for donations from staff or parents. Leaves are best used if left to **break down for a year first**, so you would use last year's leaf mould now and collect this year's leaves for the following year, but there is nothing stopping you using **this year's** leaves and letting them mulch down **on the beds**. You can mix in grass clippings and pine needles, but check the species of any evergreen trees as this may make the soil more **acidic**.

For more information on mulching please read page 7 of the low maintenance allotment article, and our compost guide, both available [on our website](#).

Coffee Grounds

Coffee grounds shouldn't be used alone as mulch, but is an excellent **addition** to another material and can be added to compost, or **mixed in** with other materials such as **leaf mulch** and wood chips. You could collect it yourself and ask other staff for help, collect from school coffee machines if possible or even ask a **local cafe** if they could **donate** some.



Green Manure

You can purchase 'green manure' **seed packets** which work by growing **nitrogen rich plants**, which you can **cut down** and leave on top of the soil, or **dig into** the soil to **mulch down** later in the season. To avoid buying the same seed next year, some will self seed and you can also collect seed from the seed heads.





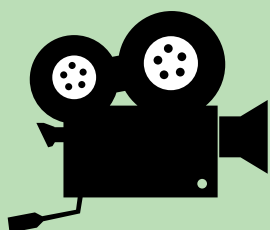
Papillon *RECOMMENDS*



**Louis
recommends**



Louis Johnson
Lead Film Biographer for The
Papillon Project



Film - Perfect Days (2023) PG - A wonderful Japanese film about mindfulness, finding the magic in the small things all around you in the world.

TV Series - Planet Earth III (2023) - Some of the best wildlife videography out there! (BBC iPlayer).

TV Series & Book - Human Universe (Brian Cox, 2014) - Sometimes, we can focus so much on 'saving the planet', that we forget we're also saving ourselves! Human Universe is one of the best expressions of why the human animal is so special and how important it is we look after each other. (BBC iPlayer/Amazon)

Book - Cosmos (Carl Sagan, 1983) - Often referred to as 'the definitive science book', Cosmos tells the story of life on earth and our special place within the backyard of the universe.

Book - The Precipice (Toby Ord, 2020) - A more existential read, Oxford Philosopher Toby Ord breaks down the world's most pressing risks facing the future of life on Earth and how important it is that we each play a part in engaging with, understanding and championing proactive responses to them.

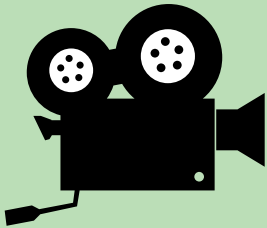
Film - Princess Mononoke (1997) PG - 'On a journey to find the cure for a Tatarigami's curse, Ashitaka finds himself in the middle of a war between the forest gods and Tatara, a mining colony.' (from IMDB).



Papillon *RECOMMENDS*



George
recommends



George Bates
Community Engagement
Lead

Book: Braiding Sweetgrass by Robin Wall Kimmerer (published 2013) - An informative and beautifully written account of our relationship with the natural world that draws on both science and indigenous knowledge. Emphasises the importance of acknowledging all forms in nature in order to learn and address our modern crises.

Film: The Biggest Little Farm (added to Netflix in 2018) - A light-hearted documentary following an American couple who buy a 200-acre farm outside LA with the aim of establishing a sustainable and biodiverse agricultural system.

Art: The Harvest by Vincent van Gogh (1888) - One of his finest landscape paintings which resides in the Van Gogh Museum. Depicts rural peasant life in the fields on the plain of La Crau outside Arles. On a technical note, it illustrates his use of colour patches to create depth.

Music: Fantasia on a Theme by Thomas Tallis composed by Vaughan Williams and first performed in 1910. Based on a tune composed by Thomas Tallis in the 16th Century. An incredibly moving composition which for me personally reflects on the glorious end of summer with uplifting strings, along with minor key tones that symbolise the winter months creeping in.

Poetry: To Autumn by John Keats (1820) - One of my favourite poems rich in language, tone and nature.

TV: Rotten (added to Netflix in 2019) - An informative and provocative docuseries spanning 2 seasons about our modern food supply chain and the unsettling truths behind it.



THE PAPILLON PROJECT

**Creating & developing
school allotments for
a better future**

