



The Hempcrete Book

Designing and building with hemp-lime

By William Stanwix, By Alex Sparrow

Description

Hempcrete is a building material with excellent properties. It's made from lime and hemp shivs (a waste product from hemp fiber growing); it can be used for walls, floors, and for roof insulation; it's breathable, absorbing and emitting moisture to regulate internal humidity and avoid trapped moisture and mold growth; it provides excellent acoustic and thermal insulation and thermal mass; it's lightweight and reduces construction costs; and it's environmentally friendly—it locks up CO2 for the life of the building, and the hemp doesn't require agrochemicals or insecticides in its cultivation. This book is a detailed practical manual for professionals and self-builders, detailing how to source and make hempcrete and other hemp-lime composites, and how to use them in new builds and restoration. The Hempcrete Book provides a full explanation of construction techniques, highlighting potential pitfalls and how to avoid them, and includes a comprehensive resources section and examples of completed builds, with design notes.

Table of Contents

Foreword by Professor Tom Woolley

Introduction

Part One: Principles of building with hempcrete

- 1 History and uses of hemp
 - 2 Hemp in construction
 - 3 An introduction to lime
 - 4 Key concepts in sustainable building
 - 5 Getting the basics right
 - 6 Variations on the hemp-lime mix
 - 7 Performance of hempcrete in a building
 - 8 Tools and equipment
 - 9 Health and safety
 - 10 Planning the build
- Focus on self-build 1: Agan Chy

Part Two: Hempcrete construction

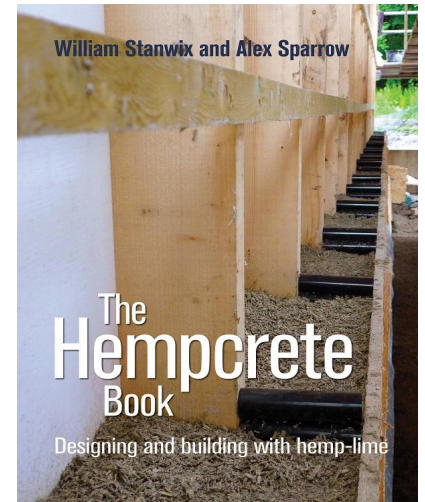
- 11 The hempcrete wall: an overview
 - 12 Foundations and plinth
 - 13 The structural frame
 - 14 Shuttering
 - 15 Mixing hempcrete
 - 16 Placing hempcrete
 - 17 Floors, ceilings and roof insulation
 - 18 Finishes for hempcrete
 - 19 Practicalities on a hempcrete build
 - 20 Restoration and retrofit
- Focus on self-build 2: Hemp Lime House

Part Three: Designing a hempcrete building

- 21 Design fundamentals
 - 22 Indicative detailing
- Focus on self-build 3: Bridge End Cottage
- 23 A look to the future

Resources

The Author



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William Stanwix is a qualified building surveyor and founder of a growing UK company which specialises in new build and restoration with hempcrete and other natural building materials. Along with ongoing construction projects, Will provides consultancy, technical design and training for people interested in building with hempcrete and other natural building materials.

Alex Sparrow works for one of only a handful of companies working with hempcrete in the UK and the only one to work with self-builders. Alex works on the strategic development of the company but still regularly take the opportunity to get his hands dirty on the building sites. Beyond the day-job, he is also a freelance writer on natural building.
