



**SEEDS FOR ECO COMMUNITIES PRESENTS**

# 5

## EASY STEPS TO MAKE A HEMPCRETE BUILDING

1. Design Phase: Decide how your building will be structurally sound and appropriate for your climate and needs! Add your own creativity!
2. Structural Build: Put together the skeleton of your building. Try sustainable timber and materials as much as possible.
3. The Recipe: 4 parts hemp + 1 part lime binding + 1 part water creates hempcrete to be used inside the skeleton of the building to create insulation in the wall, around windows, in the floor and/or in the roof.
4. Insulation Phase: Once mixed, hempcrete is easy to apply by packing it in between your frame and temporary wood slates that can be easily moved along as you fill it in. The hempcrete requires a few weeks to dry, then final finishes can be added.
5. Personal Creativity: Don't forget that hempcrete is a fantastic natural product to make interior decor such as wine bottle walls!

