

## Natural Energy Efficiency and Sustainability (NEES)

Best Practice in Products and Services

### 1. Service Description

Consultancy, Training, Architectural and Building Services for Natural Building Projects (specialising in building with cob (earth), salvaged wood and other salvaged materials)

### 2. 'Natural' and/or 'recycled' content

Mud and Wood promotes the use of earth building and timber-frame/straw-bale construction. Both are 100% natural. We also promote the use of salvaged materials in building projects, from structural timber to slates to internal fixtures and fittings. All of these are 100% reclaimed, but not necessarily 100% natural.

### 3. Percentage of the product processed and / or manufactured in the NPP region

Besides natural insulations and lime, 100% of our materials are sourced locally in Ireland. Mud and Wood would be happy to use NPP natural insulations and lime if we could get access to them in Ireland.

### 4. Recyclability / biodegradability

Cob, timber and straw bales are 100% recyclable and 100% biodegradable.

### 5. Contribution to energy efficiency in buildings

More scientific research is required on cob to prove the abundance of anecdotal evidence that cob buildings are warm and dry. Cob has great thermal storage properties and excellent humidity buffering properties too. Straw bales in timber-frame are a cheap and natural way to super-insulate a building. Both building methods have very low or zero carbon emissions associated with them, when looking at the embodied energy of the materials themselves.

### 6. Lifespan

When detailed correctly, cob buildings will last for centuries. Timber frame homes are classified as permanent construction.

### 7. Costs – Product and maintenance

We teach skills to dramatically reduce the cost of building a house. The materials can be free or a fraction of their original cost, although building this way can be labour intensive and requires an amount of forward planning. Maintenance is very low-tech. External limewashing is usually required every 3-5 years, but can be extended with the application of potassium silicate.

### 8. Examples of work

See photos attached.



## MUD AND WOOD



### Mud and Wood

Natural building training, advice and help for self-builders and community projects. Repair services for earth buildings also available.

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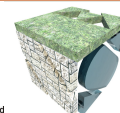


**Northern  
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The above information was supplied by the producers/service provider and has been verified by the NEES Project.