# MYTHBUSTING Hemp



**BE**—ST

#### Myth 1: Hemp isn't a mainstream product

#### 

Hemp was one of the most widely-grown crops in Britain before falling out of favour to synthetic alternatives.

The material is used in many industries today such as the food, pharmaceutical, automotive and textile industries, and France is leading the way on growing hemp for construction purposes.

The UK is also responsible for bringing many new hempbased products to market across industries and to construction.



#### Myth 2: Hemp is not a construction product

#### 

The Building Research Establishment (BRE) conducted coheating tests of the NNFCC Renewable House that found hemp to be a more sustainable material of construction in comparison to most building methods used today.

Hemp has many uses in construction including:

- hempcrete for construction of non-weight bearing walls
- hemp batts for insulation in lofts or cavity walls
- hemp boards for use in doors, cabinetry, furniture, subflooring and more



## Myth 3: Hemp is an illicit drug

In order to grow industrial hemp in the UK you need to obtain a licence from the Home Office and test the crops THC level.

The THC content must be lower than 0.2% which is a fraction of the levels required to satisfy the desirable effects of medicinal cannabis.

Therefore there is no chance of industrial hemp being used recreationally.



#### Myth 4: It's difficult to use hemp as part of a project

Hemp is actually very versatile with many different uses.

Research has found that hempcrete meets the current standards of most building applications and in many cases outperforms materials currently used, particularly for insulation.

There are many suppliers out there offering various building products which aren't just ideas. Many local UK-based examples have products which are ready and available to use in projects right now.



### Myth 5: People and clients don't want it

mmmmm

Although not many clients will be specifying hemp for their projects, hemp is a part of the growing need for better performing buildings while also reducing their embodied carbon. Knowing this is important when exploring options.

Over an 8-week growing period, 1 acre of hemp can store roughly 10 tons of CO2, which is more than an acre of trees can achieve in a year.

A wall made of hemp continues absorbing and storing CO2 once it has been erected - 30cm thick hempcrete wall can store 36.08kg of CO2 per m2.