



- Introduction 2
- 1 Earth building around the world 10
- 2 Site & design 24
- 3 Identifying & testing soils 40
- 4 How to make a cob mix 50
- 5 Foundations 66
- 6 Building with cob 80
- 7 Roofs 104
- 8 Insulation 122
- 9 Lime & other natural finishes 134

# Contents

- 10 Earthen floors 164
- 11 Cob fireplaces & earthen ovens 176
- 12 Restoration 198
- 13 Planning permission &  
building regulations 216
- About the authors 238
- Resources & Suppliers 241
- Index 249