



Contents

Acknowledgments.....	xi
Foreword by John Abrams	xv
CHAPTER 1:	
So You Want to Build a Green Home.....	1
What is Green Building?.....	1
A Short History of Green Building	3
How to Use this Book	7
CHAPTER 2:	
Finding the Help You Need	9
Hiring a Designer	10
Hiring a Builder.....	12
Serving as Your Own General Contractor	14
Building Your Own House.....	15
CHAPTER 3:	
Where to Build.....	17
Building a New House vs. Fixing Up an Old One.....	17
Your Home as Part of the Community	18
Building on Previously Disturbed Land and Urban Infill Lots.....	20
Evaluating the Greenfield Sites.....	21

Regulatory Constraints.....	25
Siting Your Home.....	26
CHAPTER 4:	
General Issues in House Design.....	29
Is a Stand-Alone, Single-Family House What You Really Want?.....	29
How Big a House do You Need?.....	31
Design for Durability.....	32
Design for Accessibility and Adaptability.....	33
House Configuration.....	34
What About an Attached Garage?.....	36
Other Design Issues.....	37
CHAPTER 5:	
The Structural Building System.....	39
Conventional Wood Framing (2x4, 2x6).....	39
Conventional Wood Framing with Rigid Foam Insulation.....	41
High-Tech Wood Framing Systems.....	42
Timber Framing.....	43
Structural Insulated Panel (SIP) Construction.....	45
Steel Framing.....	47
Concrete Masonry Unit (CMU) Construction.....	49
Insulated Concrete Forms (ICFs).....	49
Other Masonry Block Building Systems.....	49
Strawbale Construction.....	51
Deciding Among the Building System Alternatives.....	53
CHAPTER 6:	
Energy Efficient Design.....	57
Why Reduce Use of Fossil Fuels?.....	57
Integration is Key.....	59
A Superinsulated, Airtight Envelope.....	60
Selecting Windows.....	69
Selecting Heating Equipment.....	72
Cooling Your House.....	79
Water Heating.....	82
Home Appliances.....	85
Lighting.....	87
Energy Improvements on the Horizon.....	88

CHAPTER 7:	
Making Use of Renewable Energy	91
Passive Solar Heating	91
Natural Daylighting	95
Solar Water Heating	98
Photovoltaics	100
Wind Power and Green Electricity	103
Wood Energy	103
Zero-Energy and Carbon-Neutral Homes	106
Final Thoughts on Energy	106
CHAPTER 8:	
Materials and Products for Green Building	107
Why Choose Green Building Products?	108
Use Less Material	109
Consider the Entire Life Cycle	109
Selecting Building Products	111
Getting the Information You Need for Material Selection	122
CHAPTER 9:	
Creating a Safe Indoor Environment	125
Eliminate, Isolate, and Ventilate	125
House Design for a Healthy Indoor Environment	127
Choosing Products and Materials for the House	133
Ventilation Strategies	138
Keeping a Healthy House Healthy	144
CHAPTER 10:	
Respecting and Conserving Water	147
Water Conservation in the Home	148
Water Conservation Outdoors	153
Dealing with Wastewater	155
Graywater Separation and Treatment	159
Rainwater Harvesting	161
Managing Stormwater	163
CHAPTER 11:	
Dealing with Construction Waste	165
Reducing Job-Site Waste	165
Reusing Job-Site Waste	167
Recycling Job-Site Waste	169
Proper Disposal of Wastes that Cannot Be Recycled	171

CHAPTER 12:

Landscaping and Plantings 173

- Protection of Soils and Vegetation During Site Work 173
- Landscaping for Energy Conservation 174
- Landscaping for Biodiversity 177
- Water-Conserving Landscaping 181
- Edible Landscaping 182

CHAPTER 13:

Costs of Building Green 185

- Controlling Construction Costs 185
- Construction Costs vs. Operating Costs 187
- The Cost of Good Design 190
- Paying for a Green Home 190
- Benefitting When You Sell a Green Home 193

CHAPTER 14:

Living in Your Green Home 195

- Understanding How Your House Works —
 - The Homeowner’s Manual 195
 - Energy Efficiency 196
 - Water Efficiency 199
 - Maintenance 200
 - Selection of Furnishings 201
 - Cleaning Products 203
 - Dealing With Waste 203
 - Composting Organic Waste 205
 - Involve the Whole Family in Waste Management 207
 - Transportation 207
 - Enjoy the Outdoors 208

Afterword 209

Glossary 211

Index 227

About the Author 237