



WONDERING WHAT TO BLAME FOR YOUR SNEEZING?

A spring guide to pollen in Southern California

Seasonal allergies leave many of us red-eyed and sniffing. Pollen from grasses, trees and weeds are often the culprits behind allergies.

Trees, grasses and weeds release their pollen from the male part of a flower or cone. Wind, animals and insects carry the powdery grains to fertilize other plants.

Here are the most common sources of pollen in Southern California.

GRASSES

Most types of grass release pollen only when they grow tall. A few types, including Bermuda, notoriously release pollen even when kept short. Perennial rye grass, and tall fescue don't usually flower and release pollen until they're 12 inches or taller. Grass pollen is usually too small to be seen.



Bermuda



Common Timothy



Red Fescue



Ryegrasses



Soft Brome

- Curly Blue
- Meadow Fescue
- Orchard
- Prairie Koeler's

TREES

Tree pollen is very fine and powdery, and can be carried for miles on wind.



Arizona Cypress



Eucalyptus



Elm



Oak Mix



Olive



Walnut



Western Sycamore

WEEDS

They aren't just a source of frustration for gardeners. Many weeds such as Coyotebrush, Silverscale and the varieties illustrated here can produce allergy-triggering pollens.



Amaranth



Black Mustard



Sagebrush



Western Ragweed



Wormwood



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