

ALLERGENS FOR DIFFERENT SEASONS

WHITE ASH- February through May

BERMUDA- April through September (or frostless months of the yr)

CEDAR- December and January

COTTONWOOD- February and March

DOCK/SORRELL- June through August (earlier in warmer areas)

ELM- March and April (Feb. in the south)

ENGLISH PLANTAIN- April, May, June, July and August (Heaviest in May and June)

JOHNSON GRASS- July through September

LAMBS QUARTERS- May through October

MAPLE- April (Entirely wind pollinated)

OAK- April and May

PIGWEEED- June, July, August and early September

RAGWEEED- August through September (starts in May in the south)

SYCAMORE- April and May

TIMOTHY- June and July