

El Paso Pollen Calendar

Trees

Most trees in the southwest pollinate during the spring. The following timetables for tree pollination vary from year to year depending on temperature and rainfall. Excessive rainfall prior to the tree pollen season can significantly increase the amount of pollen released. On the other hand lots of rainfall after the pollen is released will shorten the season due to decomposing of the pollen.

- The pollen season begins with **Mountain Cedar** in late December and January. The amount of Mountain Cedar pollen found in El Paso is minimal compared to the Albuquerque or Texas Hill Country areas. Ornamental cedars are present in the El Paso area. However, the majority of the pollen arrives from New Mexico via winds from weather fronts passing through the area.
- **Arizona cypress** pollen is produced during February. Fortunately, few patients are allergic to this tree.
- **Chinese Elm** is common in El Paso and pollinates in late February and early March.
- By far the worst allergic and asthma producing season in El Paso occurs in Mid-March to early April as a result of the **Mulberry** tree. It is illegal to plant Mulberry trees in El Paso County which will gradually reduce the severity of the pollen season over the next half-century.
- **Ash** – Pollinates from March - April. Most popular tree used in new home landscaping.
- **Oak** – Pollinates from March - April.
- **Salt Cedar** - Pollinates from March - April. Large desert bush
- **Cottonwood** trees are native to El Paso and the Rio Grande valley. Few cottonwoods are now planted and the amount of allergy caused by this April pollinator is declining.
- **Mesquite** trees are found in West Texas and pollinate from late April into May.
- **Pecan** trees are grown in Southern New Mexico and the Upper and Lower Valleys of El Paso. Pecan allergy causes the second most severe allergy season after Mulberry, occurring in May.
- **Weeping Willow** pollen is noted from late May to July. Severe allergy is found in only a few individuals.

Grasses

Grasses pollinate from March through November with peaks in May and late summer. The most common allergy inducing grass is **Bermuda**. Bermuda is planted in most lawns and grows wild in many areas. Other grasses found in smaller amounts in the El Paso include **Fescue** and **Johnson**.

Weeds

Pollinate during August through early November. The weeds of major concern in this area include:

Carelessweed

Kochia or Firebush

Pigweed – Closely related to carelessnessweed

Tumbleweed

Sagebrush

Ragweed – The only species of ragweed in El Paso is Western.

Various other weeds are seen in the area including: **Cocklebur**, **Dock**, **Lamb's Quarters**, **Marshelder**, **Mexican Tea**, **Plantain**, **Alfalfa**, **Greasewood**, and **Waterhemp**.