

# THE LOW ALLERGEN GARDEN

If you have allergies or asthma, you need not miss out on a beautiful garden.

Some simple rules to follow:

- Choose bird or insect pollinated plants rather than wind-pollinated. Wind pollinated plants have large volumes of pollen grains and are small enough to be moved about by wind and inhaled. For example, wattle pollen is too heavy to be moved by wind, whereas flowering grasses have wind carried pollen.
- Avoid being in the garden on hot still days and very windy days. Suspended pollen stays in the air if the wind does not blow it away.
- Choose low pollen producing grass that does not need frequent mowing. Australian grasses such as *Themeda australis* (Kangaroo grass) can be mown as little as twice a year.
- Reduce flowering weeds by using inorganic mulch such as pebbles or gravel.
- Avoid compost heaps. Mould spores in compost heaps can aggravate asthma and cause nasal, eye and skin irritations.

## Grasses

### Australian

*Microlaena stipoides*  
*Themeda australis*

### Exotic

Greenlees couch  
Buffalo grass

## Groundcovers

### Australian

*Viola hederacea*  
*Myoporum parvifolium*  
*Dampiera diversifolia*  
Prostrate Banksias  
*Hibberia procumbens*  
*Scleranthus biflorus*

### Exotic

*Cerastium tomentosum*  
*Convulvulus mauritanicus*  
*Rosmarinus Blue Lagoon*  
*Thymus* sp.  
*Juniperus sabina*

## Climbers

### Australian

*Pandorea jasminoides*  
*Hardenberia violacea*  
*Billardiera longifolia*

### Exotic

*Campsis grandiflora*  
*Clematis montana*  
Climbing Rose  
*Solanum jasminoides*  
Banksia rose

## Shrubs and Trees

### Australian

*Banksia ericifolia*  
*Banksia spinulosa*  
*Baeckia virgata*  
*Callistemon* sp.  
*Leptospermum* sp.  
*Melaleuca* sp.  
*Westringia fruticosa*  
*Eucalyptus* sp.  
*Grevillea robusta*  
*Hakea salicifolia*

### Exotic

*Abelia grandiflora*  
*Rhododendron* sp.  
*Camellia* sp.  
*Ceanothus* sp.  
*Viburnum opulus* 'Sterile'  
*Escallonia* sp.  
*Ginkgo biloba*  
*Magnolia grandiflora*  
*Malus floribunda*  
*Prunus* sp.

## AVOID THESE PLANTS

Introduced grasses

Conifers

Daisies

Marigolds

Alder

Maple

Oak

Olive

Plane Tree

Privet

Liquidambar

Walnut

Ash

Birch

Elm

Willow

