

Low-Allergy Plants and Trees

Grape Hyacinth (Muscari)
 Harlequin Flower (Sparaxis)
 Hens and Chicks (Echeveria elegans, Sempervivum tectorum)
 Hollyhock (Alcea rosea)
 Hyacinth (Hyacinthus)
 Hibiscus
 Hydrangea (H. macrophylla)
 Ice plant (Cylindrophyllum,
 Cephalophyllum, Delosperma,
 Drosanthemum, Lampranthus)



Impatiens
 Iris
 Jerusalem Sage (Phlomis fruticosa)
 Johnny Jump Up (Viola)
 Lamb's Ear (Stachys byzantina)
 Lemon Verbena (Aloysia triphylla)
 Lily of the Nile (Agapanthus)
 Lisianthus (Eustoma grandiflorum)
 Live Forever (Dudleya)



Livingston Daisy (Dorotheanthus bellidiformis)
 Lobelia
 Lupine (Lupinus)
 Mexican Primrose (O. speciosa)
 Monkey Flower (Mimulus cardinalis, M. x hybridus)
 Morning Glory (Convolvulus, Ipomoea)
 Mt. Phlox (Linanthus)
 Nasturtium (Propaeolum)
 Nemesia strumosa
 New Zealand Flax (Phormium tenax)
 Night Blooming Cactus (Cereus)
 Orchid (Orcidaceae)

Pansy (Viola)
 Penstemon (P. heterophyllus)
 Periwinkle (Vinca)
 Petunia
 Piggy-Back Plant (Tolmiea menziesii)
 Pink Polka-Cot (Hypoestes phyllostachya)
 Plumbago (Ceratostigma)
 Poppy (Papaver)
 Primrose (Primula, Oenothera)
 Purple Heart (Tradescantia Setcreasea pallida)
 Rose Moss (Portulaca grandiflora)



Salvia
 Scarlet Gilia (Ipomopsis rubra)
 Sea Lavender (Limonium)
 Shrimp Plant (Justicia brandegeana)
 Shooting Star (Dodecatheon)
 Snapdragon (Antirrhinum majus)
 Soapwort (Saponaria)
 Speedwell (Veronica)
 Spider Lily (Crinum asiaticum)
 Spring Star Flower (Ipheion uniflorum)
 Sternbergia lutea



Stonecrop (Sedum)
 Sweet Pea (Lathyrus)
 Tiger Flower (Tigridia pavonia)
 Triplet Lilies (Triteleia)
 True Ginger (Zingiber officinale)
 Tulip (Tulipa)
 Yellow Trumpet Vine (Macfadyena
 unguis-cati)
 Wandering Jew (Tradescantia zebrina)
 Windflower (Anemone)
 Vinca Rosa (Catharanthus roseus, V. minor, V. major, V. rosea)
 Zinnia



Version date: Sept, 2004

The plants listed in this brochure have a rating of less than 4 on the OPALS scale developed by Tom Ogren, author of Allergy-Free Gardening. The OPALS scale takes into account the method of pollination, plant family, size, fragrance, length of pollination time, and other pollen factors.

Thanks to Vincent Lazano at U.C. Cooperative Extension, County of San Diego, Steve Brigham, Buena Creek Gardens, and Kenneth Anderson, Walter Andersen Nursery for their assistance.

For a more extensive list of low-allergy
 plants and trees, see
www.sdrac.org

or contact:

Joni Low (619) 683-7520



 **AMERICAN
 LUNG
 ASSOCIATION[®]**
 of San Diego and
 Imperial Counties

Trees

Bradford Pear (*Pyrus calleryana*)
California Fan Palm, (*Washingtonia filifera*)
Cape Chestnut (*Calodendrum capense*)
Chinese Lantern, Flowering Maple (*abutilon*)
Chinese Maidenhair Tree (*Ginkgo biloba 'Autumn Gold'*)
Crape Myrtle (*Lagerstroemia indica*)
Firewheel Tree (*Stenocarpus sinuatus*)
Flame Tree, Chinese (*Koelreuteria bipinnata*)
Goldenrain (*Koelreuteria paniculata*)
Jacaranda (*Jacaranda mimosifolia*)
Loquat (*Eriobotrya*)
Macadamia Nut Tree (*M. hybrids, M. tetraphyllia*)
Palm (*Chamaedorea, Washingtonia robusta, W. filifera*)
Persimmon, American (*Diospyros virginiana*)
Pine, Italian Stone (*Pinus pinea*)
Ponytail Palm (*Beaucarnea recurvata*)
Purple Leaf Plum (*Prunus cerasifera*)
Purple Orchid tree (*Bauhinia purpurea*)
Raywood Ash (*Fraxinus oxycarpa, F. augustifolia*)
St. John's Bread (*Ceratonja siliqua*)
Strawberry Tree, Madrona, (*Arbutus menziesii*)
Tipu Tree (*Tipuana tipu*)
Torrey Pine (*Pinus torreyana*)
True Myrtle (*Myrtus communis*)
Wisteria, Chinese (*W. sinensis*)



Shrubs and Larger Plants

Bamboo
Banana Shrub (*Michelia figo*)
Barrel Cactus (*Echinocactus*)
Bluebell Creeper, Australian (*Sollya heterophylla*)
Bush Poppy (*Dendromecon rigida*)
California Holly (*Heteromeles arbutifolia*)
Cape Fuchsia (*Phygelius capensis*)
Cape Plumbago (*Plumbago auriculata*)
Chilean Guava (*Ugni molinae*)
Disanthus
Flame Vine (*Pyrostegia venusta*)
Gaura (*Gaura lindheimeri*)
Germander (*Teucrium*)
Heavenly Bamboo (*Nandina domestica*)
Indian Hawthorne (*Rhaphiolepis indica*)
Irish Heath (*Daboecia*)
Manzanita (*Arctostaphylos species*)
Mexican Orange (*Choisya ternate*)
Mirror Plant (*Coprosma repens*)
Mock Orange (*Philadelphus coronaries, P. lewisii, P. mexicanus*)
Natal Plum (*Carissa macrocarpa*)
New Zealand Lacebark (*Hoheria populnea*)
Orange Jessamine (*Murraya paniculata*)



Oregon Grape (*Mahonia aquifolium*)
Passion Vine (*Passiflora*)
Philodendron, Split Leaf (*Monstera deliciosa*)
Potentilla
Sago Palm (*Cycas revoluta*)
Silk Tassel (*Garrya elliptica, female*)
Strawberry Tree (*Arbutus unedo*)
Succulent (*Crassula Cotyledon*)
Sword Fern (*Nephrolepis*)
Woolly Blue Curls (*Trichostema lanatum*)
Yucca



Turf and Low Growing Plants

Angel's Tears (*Soleirolia soleirolii*)
Baby's Tears (*Soleirolia soleirolii*)
Bermuda grass - Princess 77
Blue Star Creeper (*Laurentia Isotoma, fluviatilis*)
Cup Flower (*Nierembergia*)
Dichondra (*D. micrantha*)
Ground Ivy (*Glechoma hederacea*)
Ice Plant (*Lampranthus oscularia, L. osularia*)
Lilyturf (*Liriope*)
Lippia (*Phyla nodiflora*)
Moses-in-the-Cradle (*Rhoeo spathacea - Rhoeo S.*)
Pampas Grass (*Cortaderia Selloana, female*)
Red-Apple Iceplant (*Aptenia cordifolia*)
Rockcress (*Arabis*)
Sea Pink Thrift (*Armeria*)
Sunrose (*Helianthemum nummularium*)
Tall Fescue (*F. elatior*)
Yellow-Eyed Grass (*Xyris*)

Herbs, Fruits and Vegetables

Artichoke (*Cynara scolymus*)
Avocado (*persea*)
Beet (*Beta vulgaris*)
Bell peppers, Chili peppers (*Solanaceae*)
Chervil (*Anthriscus cerefolium*)
Chives (*Allium schoenoprasum*)
Citrus
Dill (*Anethum graveolens*)
Guava (*Psidium*)
Hyssop (*Hyssopus officinalis*)
Peach, Nectarine (*Prunus persica*)
Pomegranate (*Punica granatum*)
Savory (*Satureja*)
Strawberries
Swiss Chard (*Beta vulgaris*)
Thyme (*Thymus*)
Tomato (*Solanaceae*)



Flowers

African Corn Lily (*Ixia*)
African Violet (*Saintpaulia*)
Amaryllis (*Hippeastrum*)
Anemone
Astromeria
Azalea
Balloon Flower (*Platycodon grandiflorus*)
Bear's Breech (*Acanthus mollis*)
Begonia (*Begoniaceae*)
Belladonna Lily (*Amaryllis belladonna*)
Bird of Paradise (*Strelitzia*)
Black eyed Susan (*Rudbeckia, Thunbergia*)
Blazing Star (*Mentzelia*)
Bluebells, Spanish (*Hyacinthoides hispanica*)
Bougainvillea (*Nyctaginaceae*)
Breath-of-Heaven (*Coleonema*)
Blue False Indigo (*Baptisia australis*)
Bugle Lily (*Watsonia*)
Bush Poppy (*Dendromecon rigida*)
Cactus
California Poppy (*Eschscholzia californica*)
Camellia (*Theaceae*)
Canna Lily (*Cannaceae*)
Cape Cowslip (*Lachenalia*)
Cape Fuchsia (*Phygelius capensis*)
Carnations (*Dianthus*)
Christmas Cactus (*Schlumbergera x. buckleyi*)
Clematis (*Ranunculaceae*)
Cliff Rose (*Cowania mexicana stansburiana*)
Coast Rosemary (*Westringia*)
Coleus (*coleus x. hybridus*)
Columbine (*Aquilegia*)
Coral Bells (*Heuchera*)
Creeping Zinnia (*Sanvitalia procumbens*)
Crocus Montbretia (*Crococsmia x. crocosmiflora*)
Cyclamen (*Primulaceae*)
Daffodil (*Narcissus*)
Daylily (*Hemerocallis*)
Delphinium (*Ranunculaceae*)
Elephant's Ears (*Colocasia esculenta*)
Evening Primrose (*Oenothera macrocarpa*)
Flame Freesia (*Tritonia*)
Forget-Me-Not (*Anchusa*)
Foxglove (*Digitalis, Rehmannia elata*)
Freesia (*Iridaceae*)
Fuchsia, California (*Zauschneria*)
Geranium (*Geraniaceae*)
Gladiolus (*Iridaceae*)
Godetia (*Clarkia*)

