

**Southwest Allergy and Asthma Associates, P.A.**  
**Joe Venzor, M.D. Felix Barron, PA-C Tonia Heck, PA-C**  
11410 Vista Del Sol, Suite A, El Paso Texas 79936, (915) 592-6269  
Find this handout and other educational information at [www.elpasoallergy.com](http://www.elpasoallergy.com)

## EL PASO POLLEN CALENDAR

### TREES

Trees in the southwest pollinate during the spring. The following timetables for tree pollination vary from year to year depending on temperature and rainfall. 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 washing away of the pollen.

**January: Mountain Cedar** – First tree to pollinate. The amount of Mountain Cedar pollen found in El Paso is small and found mainly in the surrounding desert. Most of the pollen arrives from New Mexico via winds from weather fronts passing through the area.

**February: Chinese Elm** is common in El Paso and pollinates in late February and early March.  
**Arizona cypress** - Few patients are allergic to this tree.

**March/April: Mulberry** tree. By far the worst allergy and asthma producing plant in El Paso is 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** - Most popular tree used in new home landscaping.

**Oak** - Scrub oak is the most common in this area

**Salt Cedar** - Large desert bush

**April: 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 tree is declining.

**Mesquite** trees are found in West Texas and pollinate from late April into May.

**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.

**June: Weeping Willow** allergy is rare.

### GRASSES

Grasses pollinate from April through October with peaks in May and late summer.

**Bermuda** grass, which is the main allergen, is planted in most lawns and grows wild in many areas. Other grasses found in smaller amounts in the El Paso include **Fescue, Alfalfa** and **Johnson**.

### WEEDS

Pollinate from August until the end of October. Unlike trees all the weeds release pollen at the same time.

**Carelessweed**

**Kochia** or Firebush

**Pigweed**

**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, Greasewood, and Waterhemp.**