

POLLEN CALENDAR*



SYDNEY, NEW SOUTH WALES



	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Arecaceae (Palms)												
Casuarina (Sheoak)		mild	high	high	high	high	high	high	high	high	mild	
Urticaceae (Nettle)							mild	high	high	high	mild	
Acacia (Wattle)							mild	high	high	high	high	mild
Myrtaceae (Gum trees, Bottlebrush)	high	high	high	high	mild				mild	high	high	high
Chenopodiaceae (Salt bush)												
Cyperaceae (Sedge)	high	mild					mild	high	high	high	high	high
Asteraceae (Daisy)	high	mild							mild	high	high	high
Cupressaceae (Cypress pine)						mild	high	high	high	high	high	mild
Pinus (Pine trees)							mild	high	high	high	mild	
Poaceae (Grass)	high	high	mild					mild	high	high	high	high
Plantago (Plantain)	mild							mild	high	high	high	high
Ulmus (Elm)							mild	high	high	mild		
Salix (Willow)								mild	high	mild		
Rumex (Docks, Sorrels)	mild								mild	high	high	high
Quercus (Oak)								mild	high	high	mild	
Oleaceae (Olive, Ash, Privet)	high	high	mild						mild	high	high	high
Alnus (Alder)												
Betula (Birch)												
Coprosma (Mirror bush)												

*source www.researchgate.net