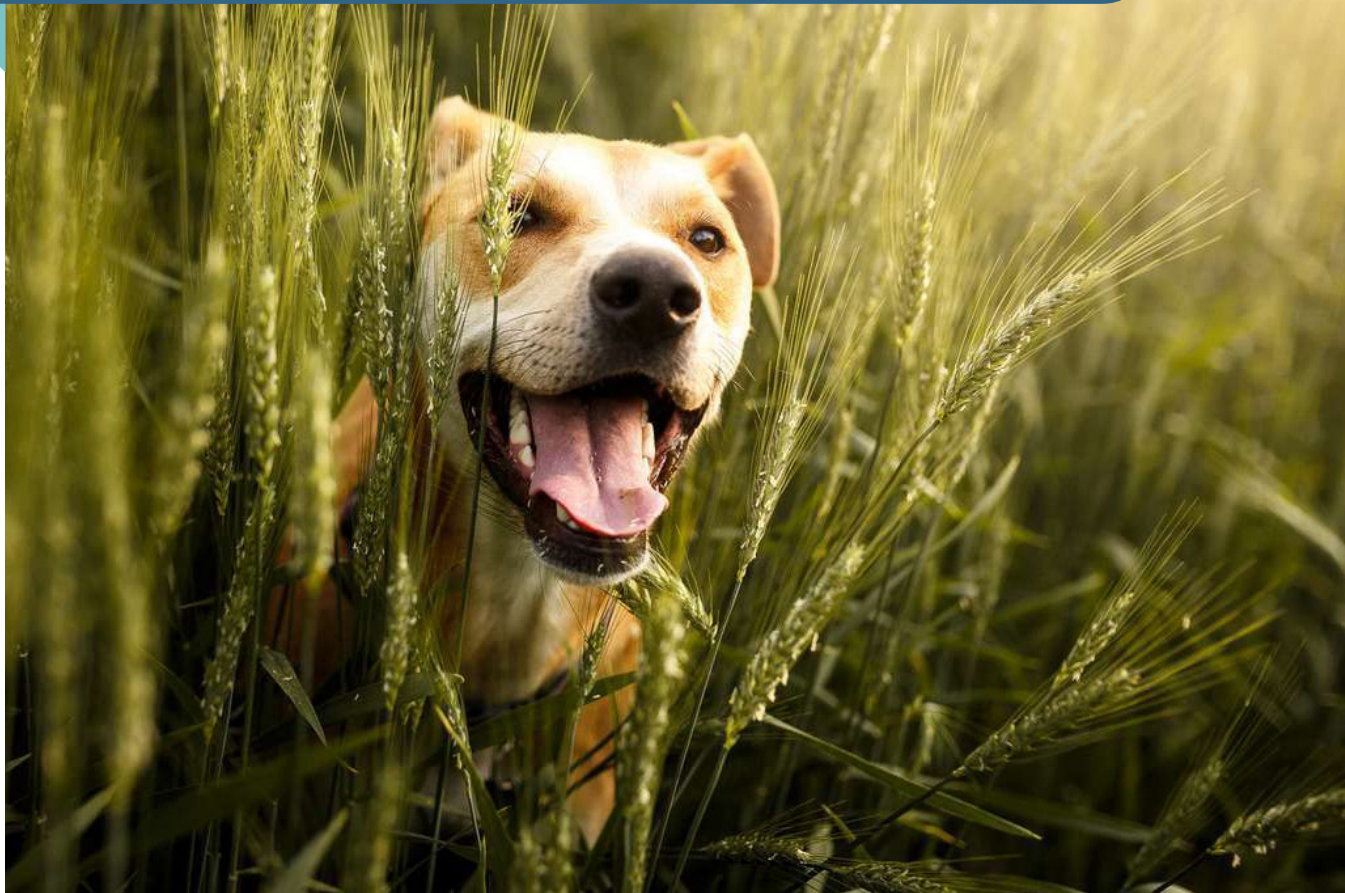


Pollen Encyclopedia



UK Plant Distribution
& Plant Profiles and
information on pollens
tested in PAX.



Tree Pollen

Alder - *Alnus Glutinosa*

Alnus glutinosa, also known as the common alder or black alder, is a deciduous tree that is native to Europe and Asia. It belongs to the birch family and is known for its fast growth rate, attractive bark, and conical shape. *Alnus glutinosa* can reach heights of up to 100 feet (30 meters) and is often used as a shade tree or in naturalized areas.



Plant profile

Flowering month.



Details

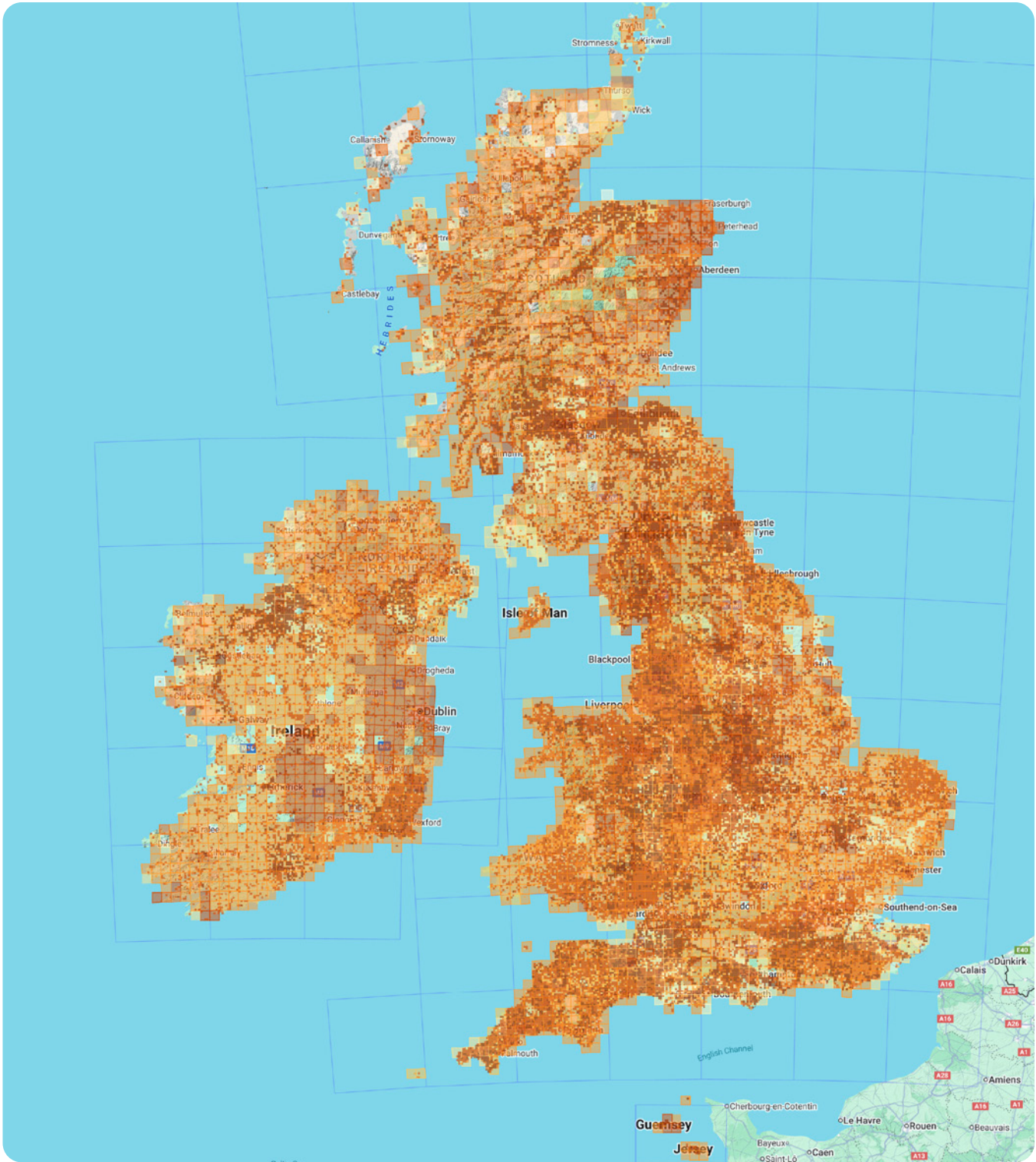
Family:	Betulaceae (Birch). Also in this family:Downy Birch, Dwarf Birch, Grey Alder, Italian Alder, Paper-bark Birch, Silver Birch
Type:	Deciduous tree
Life Cycle:	Perennial
Maximum Size:	20 metres tall
Habitats:	Fens, fields, marshes, riverbanks, riversides, swamps, waterside, wetland, woodland.
Flower:	Yellow, no petals. Yellow and pendulous (male catkins). Green and oval (female catkins). Male and female catkins present on same tree, and grouped in clusters of 3-8 on each stalk.
Fruit:	In winter the catkins turn into hard, dark, cone-like fruit which eventually release the seeds.
Leaves:	Deciduous. Round, dark green, leathery, smooth, serrated edges.
Aroma:	No parts of this plant are scented.
Frequency (UK):	Abundant.

Distribution map shown right.

Darkest areas are most abundant.



Plant profiles used with the kind permission of Wild Flower Web.
Discover more at www.wildflowerweb.co.uk



Cross-reactivity

Cross-reacts with:	Birch, Hazel, (strong); Hornbeam (less dominant); Oak (variable)
Clinical relevance:	Usually clinically relevant (early spring)
Immunotherapy note:	If clinically relevant, include selected tree pollens in ASIT. Avoid over-loading multiple redundant birch-group trees; prioritise key markers with best seasonality fit.
Interpretation tips:	Early spring flares support relevance; often co-positive with hazel/birch.



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Darker areas are more prominent. Discover more detail at www.bsbi.org

Tree Pollen

Ash - *Fraxinus Excelsior*

Fraxinus excelsior, also known as ash or European ash, is a deciduous tree that is native to Europe and Asia. It belongs to the olive family and is known for its tall, straight trunk and feathery, compound leaves. *Fraxinus excelsior* is a fast-growing tree that can reach heights of up to 100 feet (30 meters) and is often used as a street tree or in landscaping.



Plant profile

Flowering month.



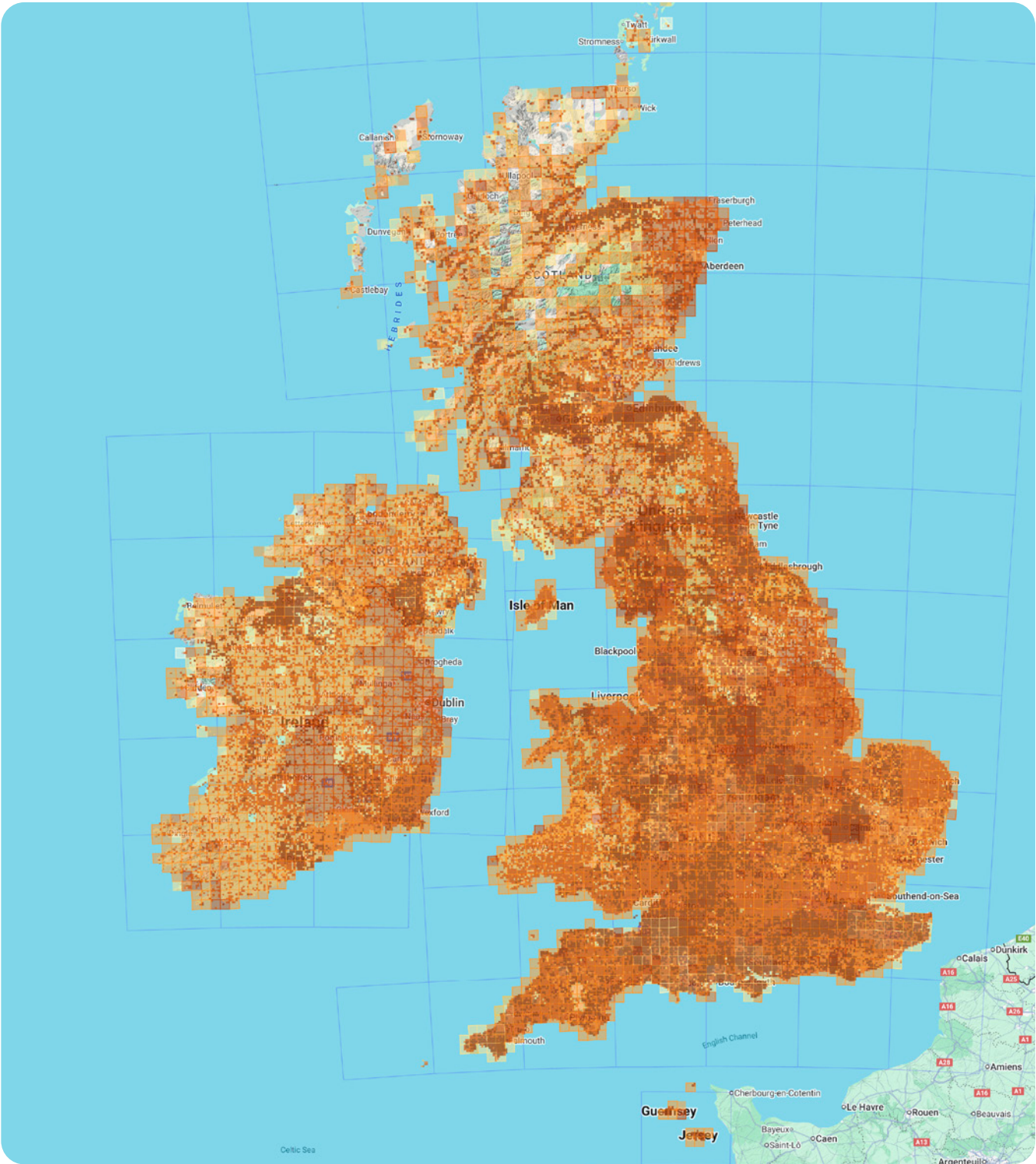
Details

Order:	Lamiales
Family:	Oleaceae (Olive). Also in this family: Border Forsythia, Common Jasmine, Common Lilac, Garden Privet, Wild Privet, Winter Jasmine
Type:	Deciduous tree
Life Cycle:	Perennial
Maximum	Size: 37 metres tall
Habitats:	Gardens, hedgerows, mountains, parks, towns, woodland.
Flower:	Black, no petals. Common Ash trees produce small, purplish-black flowers in early spring, usually between March and May, before the leaves emerge. These flowers grow in dense clusters and are wind-pollinated.
Fruit:	The fruit of the Common Ash is a winged seed known as a "key" or "samara." These slender, one-winged seeds develop in hanging clusters through late spring and summer, ripening by autumn.
Leaves:	Ash leaves are pinnately compound, usually consisting of 7–13 toothed leaflets arranged in opposite pairs along a central stalk. The leaves are a bright to mid-green and can grow quite large, contributing to the tree's light, airy canopy. In autumn, they turn a clear yellow before falling.
Other Names:	European Ash.
Frequency (UK):	Abundant

Distribution map shown right.

Darkest areas are most abundant.

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Cross-reactivity

Cross-reacts with:	Cross-reacts with: Oleaceae: Olive tree, Privet, Lilac (strong)
Clinical relevance:	Usually clinically relevant
Immunotherapy note:	Include selectively when seasonality fits; does not reliably cross-react with birch group
Interpretation tips:	Important separate spring tree allergen in some areas



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Tree Pollen

Beech - *Fagus Sylvatica*

Fagus sylvatica, also known as European beech or common beech, is a deciduous tree in the family Fagaceae. It is native to Europe and is widely cultivated as an ornamental tree. The tree has a tall, slender trunk and a narrow, oval-shaped canopy. Its leaves are dark green, oval-shaped, and have a smooth, glossy texture. In the fall, the leaves turn yellow or bronze before dropping off. Beech trees produce small, triangular nuts that are encased in a spiky husk.



Plant profile

Flowering month.



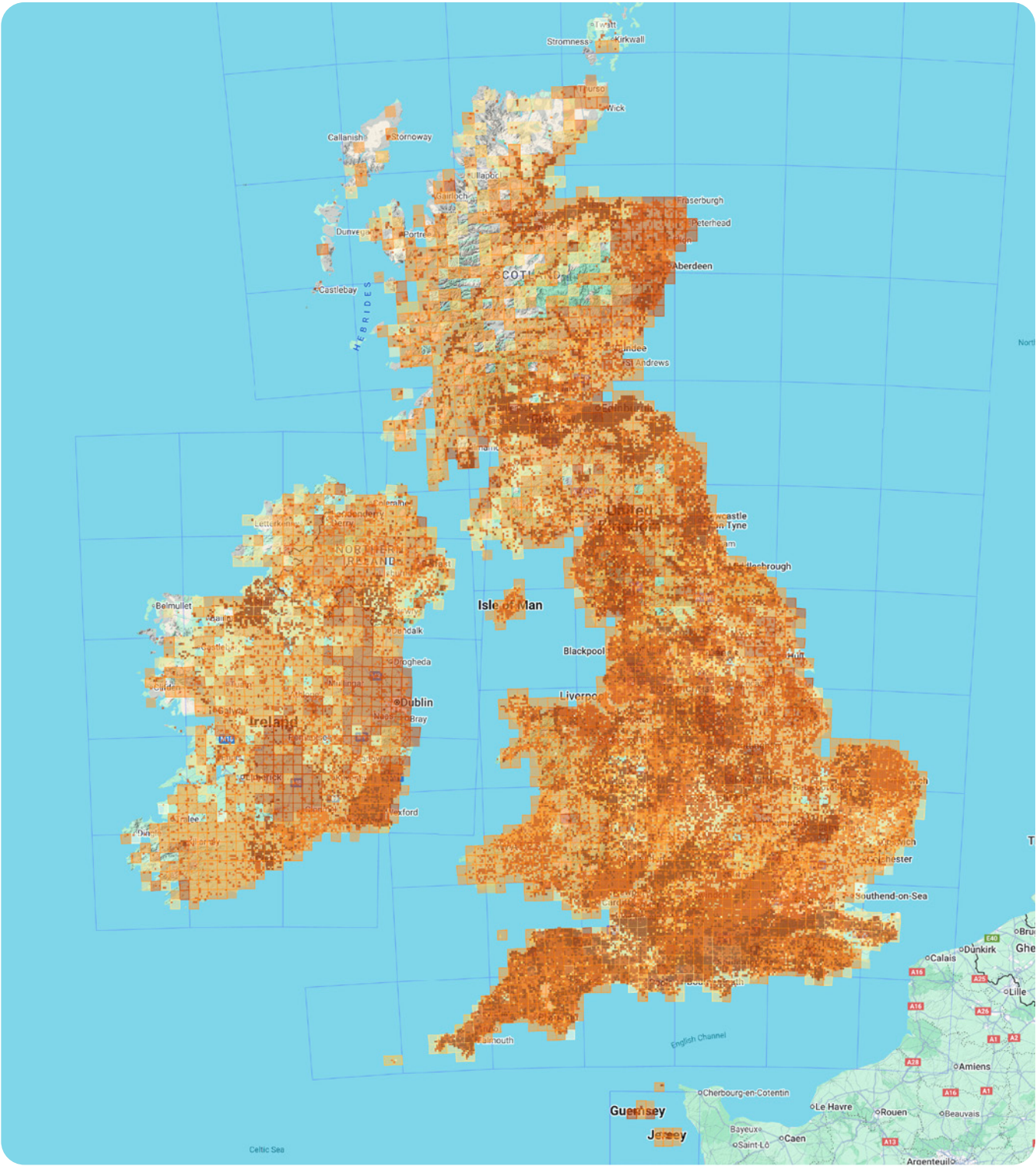
Details

Order:	Fagales
Family:	Fagaceae (Beech) Also in this family: Copper Beech, English Oak, Evergreen Oak, Fern-leaf Beech, Red Oak, Sessile Oak, Sweet Chestnut, Turkey Oak
Type:	Deciduous tree
Life Cycle:	Perennial
Maximum Size:	40 metres tall
Habitats:	Gardens, parks, towns, woodland.
Flower:	Green, no petals. The male flowers hang in clusters on long stalks and resemble small tassels of pollen-covered stamens. The female flowers are more discreet, found in pairs within a small cup-like structure at the tips of short shoots. Flowering occurs in spring (typically April to May) just as the leaves emerge, and wind is the main pollination agent.
Fruit:	The fruit of the Common Beech is known as the beech mast. These are small, sharply-angled nuts enclosed in a spiky, four-lobed husk called a cupule.
Leaves:	Beech leaves are oval, with wavy, slightly toothed margins and a glossy green surface. They are typically 4–9 cm long, arranged alternately along the twig.
Fragrance:	The Common Beech does not produce fragrant flowers or leaves noticeable to humans.
Other Names:	European Beech.
Frequency (UK):	Abundant

Distribution map shown right.

Darkest areas are most abundant.

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Cross-reactivity

Cross-reacts with:	Birch, Hazel, (strong); Hornbeam (less dominant)
Clinical relevance:	Usually clinically relevant
Immunotherapy note:	Often redundant if birch is strongly positive, unless exposure is clear
Interpretation tips:	Woodland/park exposure; often reflects birch-group sensitisation rather than stand-alone disease



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Tree Pollen

Birch - *Betula pendula*

Betula pendula, also known as silver birch or European white birch, is a medium-sized tree native to Europe and Asia. It is a member of the Betulaceae family and is closely related to other birch species such as *Betula papyrifera* (paper birch) and *Betula pubescens* (downy birch). Silver birch is characterized by its white bark, small, round leaves, and small, drooping branches.



Plant profile

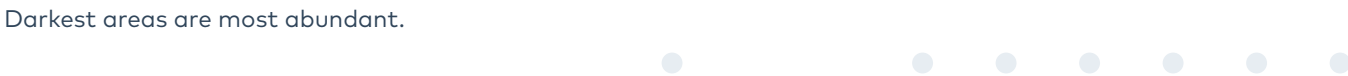
Flowering month.



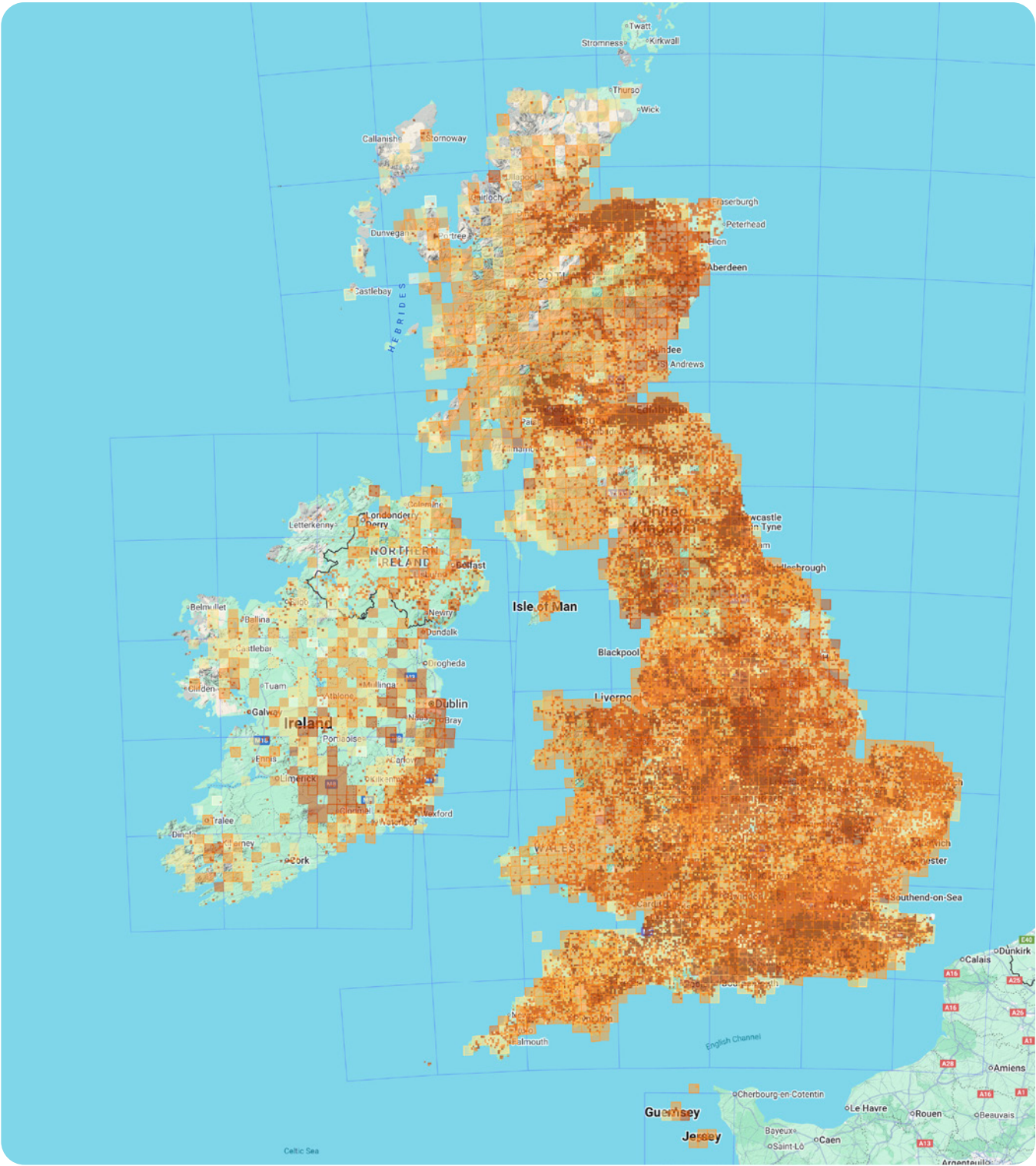
Details

Order:	Fagales
Family:	Betulaceae (Birch). Also in this family: Common Alder, Downy Birch, Dwarf Birch, Grey Alder, Italian Alder, Paper-bark Birch
Type:	Deciduous tree
Life Cycle:	Perennial
Maximum Size:	30 metres tall
Habitats:	Fens, gardens, heathland, marshes, parks, towns, woodland.
Flower:	Yellow, no petals. Silver Birch produces catkins that appear in early spring before the leaves. The male catkins are long and pendulous, releasing clouds of yellow pollen, while the female catkins are smaller and upright, developing into seed-bearing structures after pollination.
Fruit:	The fruit of Silver Birch consists of tiny winged seeds contained within small, cone-like clusters formed by the mature female catkins.
Leaves:	Silver Birch leaves are triangular to diamond-shaped with serrated edges and a pointed tip.
Fragrance:	Silver Birch emits a subtle, fresh, and slightly resinous scent, especially noticeable when the bark or leaves are bruised. This mild fragrance contributes to the tree's calming presence in woodlands and parks.
Other Names:	Common Birch, East Asian White Birch, European White Birch, Warty Birch.
Frequency (UK):	Abundant

Distribution map shown right.



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Cross-reactivity

Cross-reacts with:	Birch-related group: Alder, Hazel (strong); Oak (often, variable); Beech/Hornbeam (less dominant)
Clinical relevance:	Highly clinically relevant
Immunotherapy note:	If clinically relevant, include selected tree pollens in ASIT. Avoid over-loading multiple redundant birch-group trees; prioritise key markers with best seasonality fit.
Interpretation tips:	Strong spring marker. PR-10 (Bet v 1) sensitisation can cross-react with PR-10 foods (e.g., apple, carrot, peanut Ara h 8). This does not diagnose food allergy.



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Darker areas are more prominent. Discover more detail at www.bsbi.org

Tree Pollen

Cypress - *Sempervirens*

Cupressus sempervirens, commonly known as the Italian Cypress, is the quintessential architectural silhouette of the Mediterranean. Renowned for its incredibly narrow, “pencil-like” columnar form, this evergreen can reach heights of up to 30 meters while maintaining a remarkably slim profile. Its dense, dark-green foliage and rugged, aromatic cones have made it a symbol of longevity and classical elegance for centuries.



Plant profile

Flowering month.



Details

Order:	Pinales
Family:	Cupressaceae (Cypress) Also in this family: Common Juniper, Giant Redwood, Japanese Cedar, Lawson's Cypress, Western Red Cedar Type: Evergreen tree
Life Cycle:	Perennial Maximum
Size:	20–30 metres tall (though usually much narrower than Leylandii)
Habitats:	Gardens, cemeteries, parks, Mediterranean landscapes.
Flower:	Italian Cypress is monoecious, producing separate male and female cones on the same tree. Male cones are small (3–5 mm) and yellowish, releasing pollen in late winter or early spring. Female cones are inconspicuous initially and are wind-pollinated.
Fruit:	The fruit consists of woody, globose (spherical) cones, significantly larger than Leylandii at 2–4 cm in diameter. They are green when young, maturing to a dull brown or greyish-brown after 20–24 months. Each cone comprises 8–14 scales.
Leaves:	The foliage consists of very small, scale-like leaves (2–5 mm long) that are pressed flat against the twigs. They are arranged in dense, rounded (not flattened) sprays and are typically a deep, dark green.
Fragrance:	The leaves and wood have a very strong, characteristic aromatic scent. When crushed, the foliage emits a pungent, resinous, and woody fragrance that is more intense and “spicy” than the scent of Leylandii.
Other Names:	Italian Cypress, Mediterranean Cypress, Pencil Pine, Tuscan Cypress.
Frequency (UK):	Common (primarily in southern regions and urban gardens).

Distribution map shown right.

Darkest areas are most abundant.

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Cross-reactivity

Cross-reacts with:	Cupressaceae: Leylandii and other cypresses, cedars, junipers (Strong)
Clinical relevance:	Often clinically relevant (under-recognised)
Immunotherapy note:	Include separately from birch group when exposure/seasonality fits
Interpretation tips:	Common garden hedging; useful explanation for Jan-Feb flares



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Tree Pollen

Elm - *Ulmus Campestris*

Ulmus procera, also known as the English elm or tall elm, is a species of deciduous tree native to Europe, western Asia, and northern Africa. It is a large tree that can grow up to 30 meters (100 feet) in height, with a rounded crown and long, arching branches. The leaves of *Ulmus procera* are oval-shaped, with a serrated edge and a dark green upper surface. The tree produces small, greenish flowers in the spring, which give way to small, winged seeds in the fall.



Plant profile

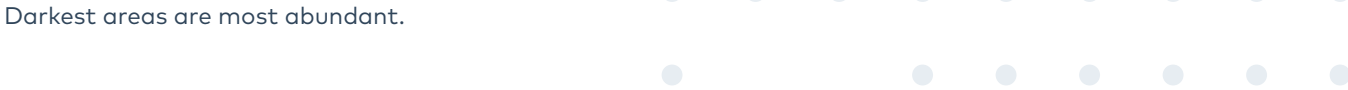
Flowering month.



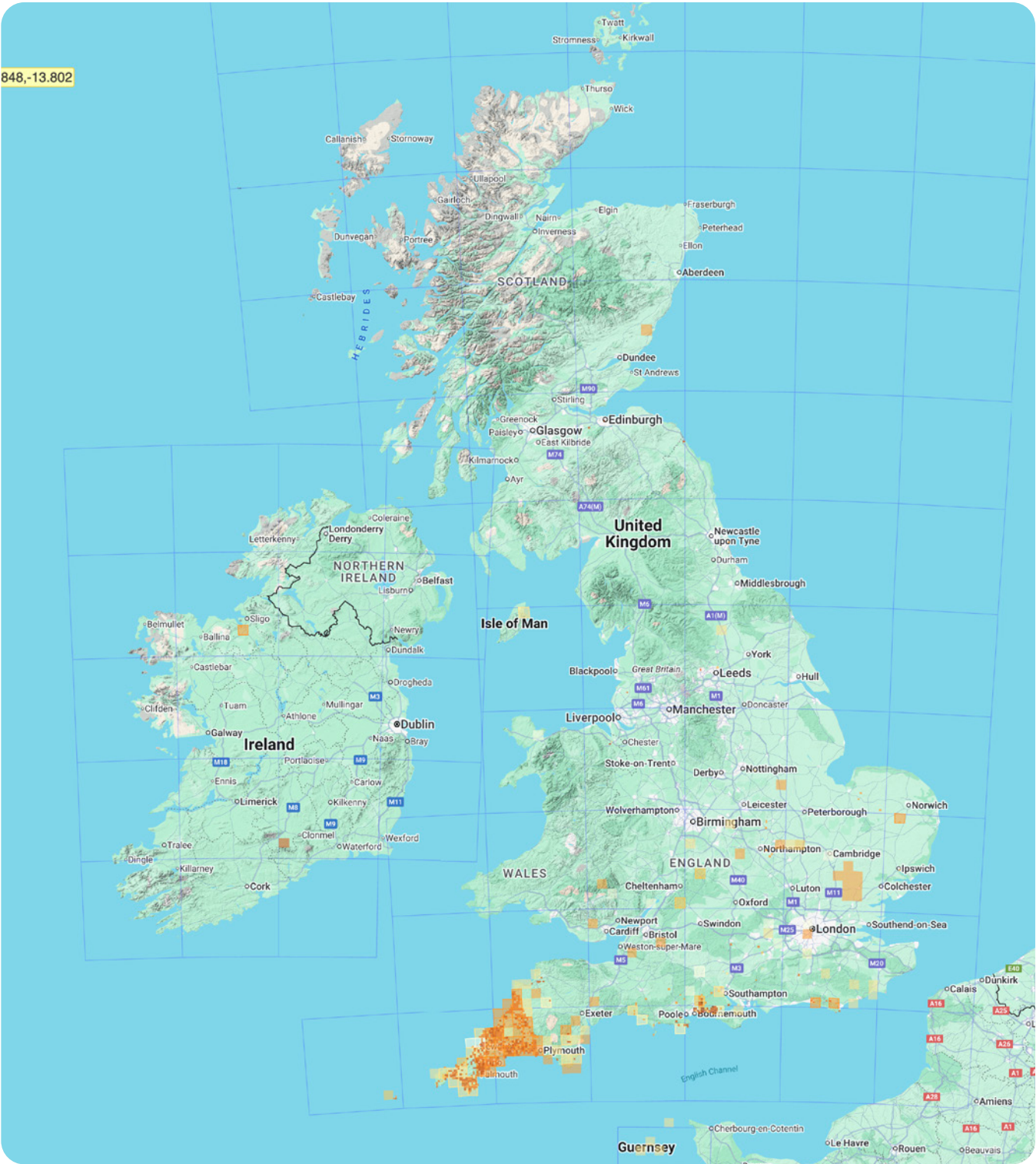
Details

Order:	Rosales
Family:	Ulmaceae (Elm). Also in this family: Cornish Elm, Plot's Elm, Small-leaved Elm, Wych Elm
Type:	Deciduous tree
Life Cycle:	Perennial
Maximum Size:	40 metres tall
Habitats:	Gardens, hedgerows, parks, woodland.
Flower:	Red, no petals. The flowers of the English Elm appear before the leaves in early spring, typically around March, some late pollination in the summer is possible.
Fruit:	The fruit of English Elm is a small, flat, oval samara with a central seed and a surrounding papery wing. These winged seeds are dispersed by the wind and ripen quickly after flowering, typically by late spring.
Leaves:	English Elm leaves are oval with a serrated edge and an asymmetrical base—a key feature in elm identification. They are dark green, rough to the touch on top, and paler and slightly hairy beneath.
Fragrance:	English Elm does not produce a noticeable floral scent, but its leaves and bark have a faint, earthy, slightly spicy aroma when crushed.
Other Names:	Common Elm, Cork-barked Elm, East Anglian Elm, Field Elm, Narrow-leaved Elm, Small-leaved Elm, Smooth-leaved Elm, Tall Elm.
Frequency (UK):	Common

Distribution map shown right.



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Cross-reactivity

Cross-reacts with:	Mulberry and birch trees.
Clinical relevance:	Variable relevance
Immunotherapy note:	Selective inclusion only when exposure and seasonality clearly fit
Interpretation tips:	More stand-alone than birch group



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Tree Pollen

Hazel - *Corylus Avellana*

Corylus avellana, also known as the common hazel or European hazelnut, is a species of deciduous tree or large shrub that is native to Europe and parts of Asia. Hazel is known for its characteristic round or oval-shaped nuts that are encased in a green, leafy husk. The tree is also known for its yellow catkins that appear in the early spring before the leaves.



Plant profile

Flowering month.



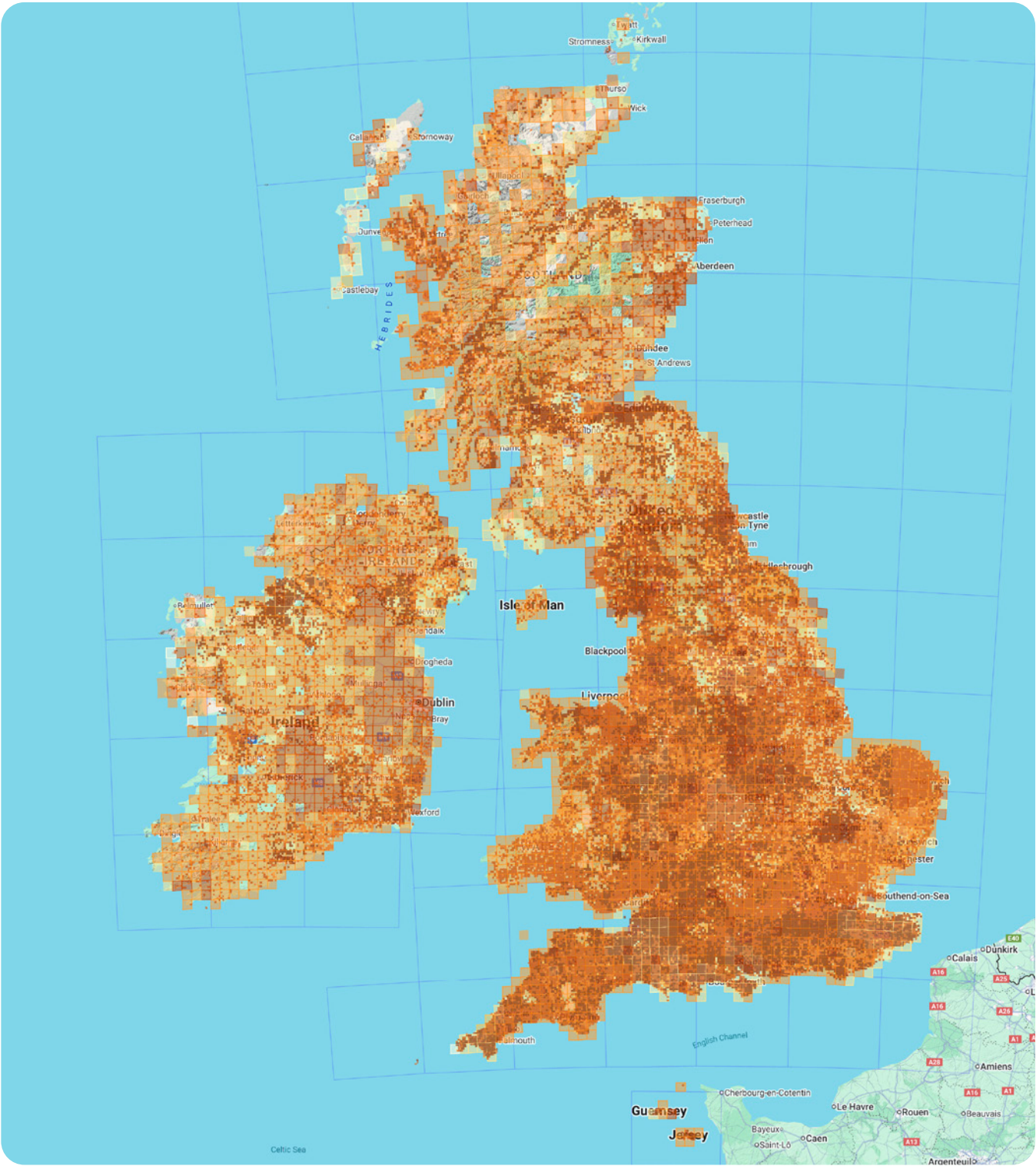
Details

Order:	Fagales
Family:	Corylaceae (Hazel). Also in this family: Hornbeam
Type:	Deciduous tree
Life Cycle:	Perennial
Maximum Size:	3.7 metres tall
Habitats:	Gardens, grassland, hedgerows, scrub, woodland.
Flower:	Yellow, no petals. Common Hazel produces distinctive catkins in early spring, often before the leaves appear. The male catkins are long, yellow, and pendulous, releasing pollen into the wind, while the female flowers are small and inconspicuous, featuring bright red styles protruding from bud scales.
Fruit:	The fruit of the Common Hazel is the familiar hazelnut, which matures by late summer to early autumn.
Leaves:	Hazel leaves are broad, rounded, and double-serrated with a slightly hairy underside. They are bright green during the growing season and turn yellow before falling in autumn.
Fragrance:	Common Hazel does not have a strong fragrance; the flowers are wind-pollinated and lack scent.
Other Names:	Cobnut, European Filbert, European Hazel, European Hazelnut.
Frequency (UK):	Abundant

Distribution map shown right.

Darkest areas are most abundant.

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Cross-reactivity

Cross-reacts with:	Birch, Alder, (strong); Hornbeam (less dominant); Oak (variable)
Clinical relevance:	Usually clinically relevant (very early season)
Immunotherapy note:	If clinically relevant, include selected tree pollens in ASIT. Avoid over-loading multiple redundant birch-group trees; prioritise key markers with best seasonality fit.
Interpretation tips:	Very early pollen season; consider when signs start in winter/early spring.



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Tree Pollen

Olive Tree - *Olea Europaea*

A mainstay of Mediterranean gardens, *Olea europaea* (Common Olive) is a slow-growing, evergreen tree prized for its picturesque habit, gnarled trunk, silvery foliage and spreading crown. The gray-green leaves, 2-3 in. long (5-7 cm), are silvery beneath and beautiful through the seasons. Very small, white, fragrant flowers appear in axillary racemes in summer. The fruit is a drupe, the well-known olive, that comes in many sizes and shapes.



Plant profile

Flowering month.

- JAN
- FEB
- MAR
- APR
- MAY
- JUN
- JUL
- AUG
- SEP
- OCT
- NOV
- DEC

Details

Order:	Lamiales
Family:	Oleaceae (Olive). Also in this family: Ash (<i>Fraxinus</i>), Jasmine, Lilac, Privet, and Forsythia.
Type:	Evergreen tree
Life Cycle:	Perennial (extremely long-lived; some specimens are over 2,000 years old).
Maximum Size:	8–15 metres tall.
Habitats:	Mediterranean-style gardens, coastal areas, rocky slopes, and orchards. Requires well-drained soil and full sun.
Flower:	Small, creamy-white, and feathery. They are borne in axillary clusters (racemes). In the Northern Hemisphere, they typically bloom in late spring (May to June).
Fruit:	A small drupe (stone fruit) 1–2.5 cm long. It starts green and turns purple to black when fully ripe. The fruit is the source of olive oil and is edible after curing.
Leaves:	Opposite, leathery, and lance-shaped. They are dark grey-green on the upper surface and a distinct silvery-grey underneath, often covered with fine scales.
Fragrance:	The flowers have a very light, sweet, honey-like fragrance. The leaves and wood have a fresh, bitter, herbal scent when crushed.
Other Names:	Common Olive, European Olive.
Frequency (UK):	While not native, they are increasingly popular in UK gardens and urban landscaping due to their drought tolerance, though they rarely produce edible fruit in the UK without specific microclimates.

Distribution map shown right.

Darkest areas are most abundant.

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Cross-reactivity

Cross-reacts with:	Oleaceae: Ash, Privet, Lilac (strong)
Clinical relevance:	Variable relevance
Immunotherapy note:	Include only when local planting/travel makes exposure plausible
Interpretation tips:	Not a universal UK tree allergen; interpret with history

Tree Pollen

Poplar/Cottonwood - Populus Nigra

Populus nigra, also known as the black poplar, is a species of deciduous tree that is native to Europe and Western Asia. It can grow up to 30 meters tall and has a wide, spreading crown. The leaves are triangular and dark green in color. The bark is dark in color and deeply furrowed, giving it a rough texture. The tree produces catkins that contain both male and female flowers, which appear before the leaves in early spring.



Plant profile

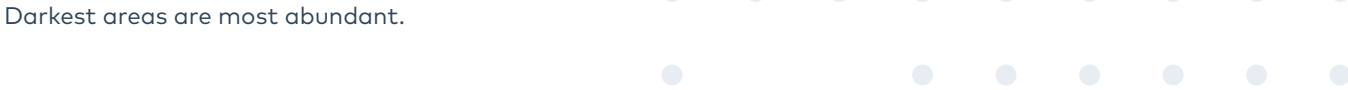
Flowering month.



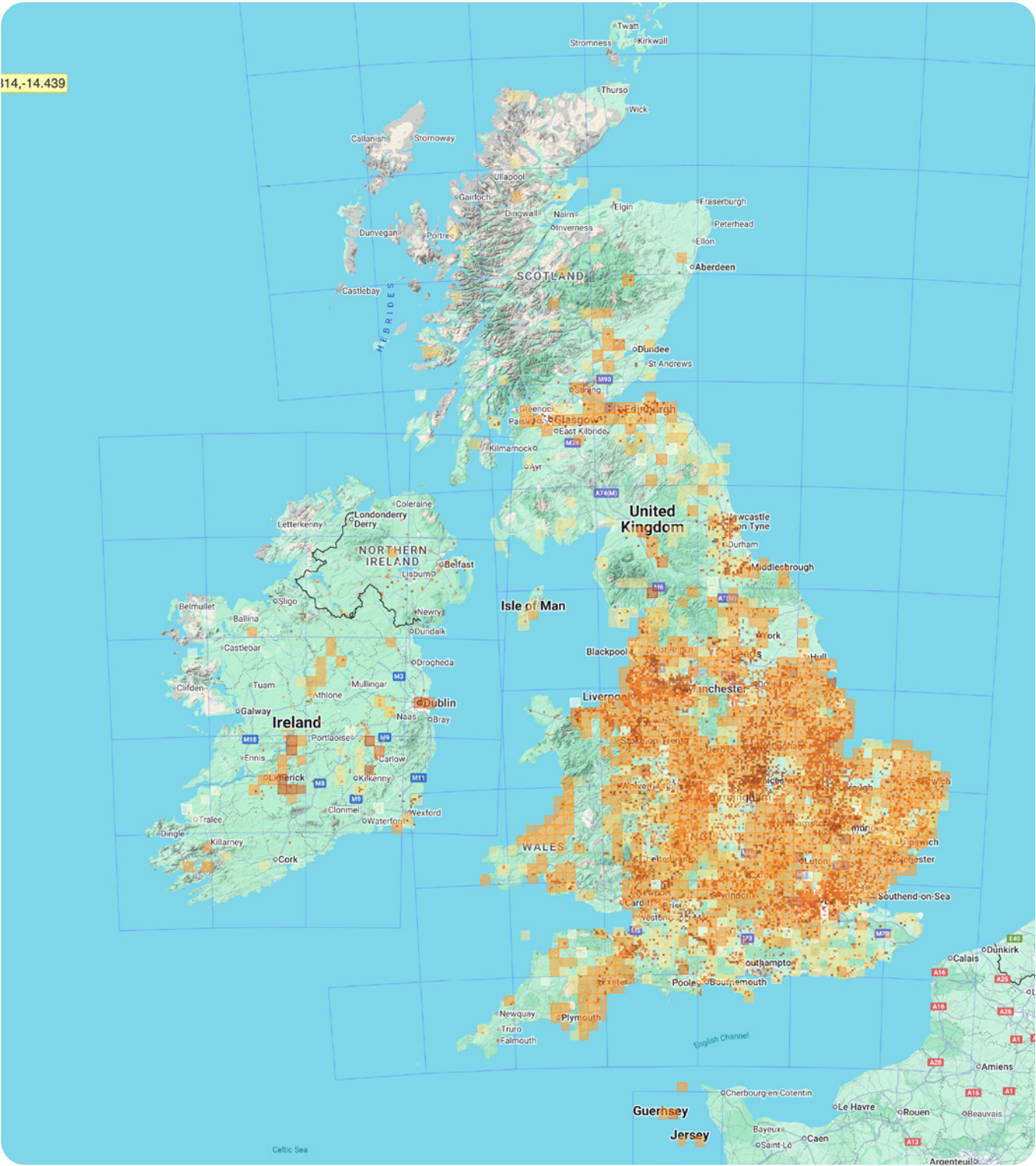
Details

Order:	Malpighiales
Family:	Salicaceae (Willow). Also in this family: Almond Willow, Aspen, Balm of Gilead, Bay Willow, Black Italian Poplar, Common Osier, Crack Willow, Creeping Willow, Dark-leaved Willow.
Type:	Deciduous tree
Life Cycle:	Perennial
Maximum Size:	30 metres tall
Habitats:	Floodplains, gardens, parks, riverbanks, waterside, wetland, woodland.
Flower:	Red, no petals. Black Poplar (Populus nigra) produces catkin flowers in early spring, typically from March to April, before the leaves unfurl.
Fruit:	Fertilized female catkins develop into drooping clusters of small green capsules, which mature by early summer. Each capsule splits open when ripe to release numerous minute seeds, each equipped with fine white cottony hairs that help with wind dispersal.
Leaves:	The leaves of Black Poplar are broad, roughly triangular to heart-shaped, with a finely serrated edge and a pointed tip. They are dark green and glossy on the upper surface and paler underneath, typically 5–10 cm long.
Fragrance:	The flowers themselves are not noticeably scented, but the sticky buds, particularly on male trees, can release a faint balsamic or honey-like fragrance in spring.
Frequency (UK):	Common

Distribution map shown right.



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Cross-reactivity

Cross-reacts with:	Populus genus is expected; additional cross-reaction with pollens from Salix willows and other Fagale trees (birch, hazel, alder, beech...) has been documented.
Clinical relevance:	Variable relevance
Immunotherapy note:	Selective inclusion only with local planting/waterway exposure
Interpretation tips:	Distinct from birch group



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Darker areas are more prominent. Discover more detail at www.bsbi.org

Tree Pollen

Privet - *Ligustrum Vulgare*

Ligustrum vulgare, commonly known as wild privet or common privet, is a species of flowering plant in the olive family Oleaceae. It is native to Europe, western Asia, and northern Africa, but it is widely cultivated in other parts of the world as an ornamental plant. The plant is known for its glossy, green leaves and its small, white, fragrant flowers that bloom in the spring and summer. This plant can grow to around 2-5 meters tall and wide, and it can be grown as a hedge or as a single specimen.



Plant profile

Flowering month.



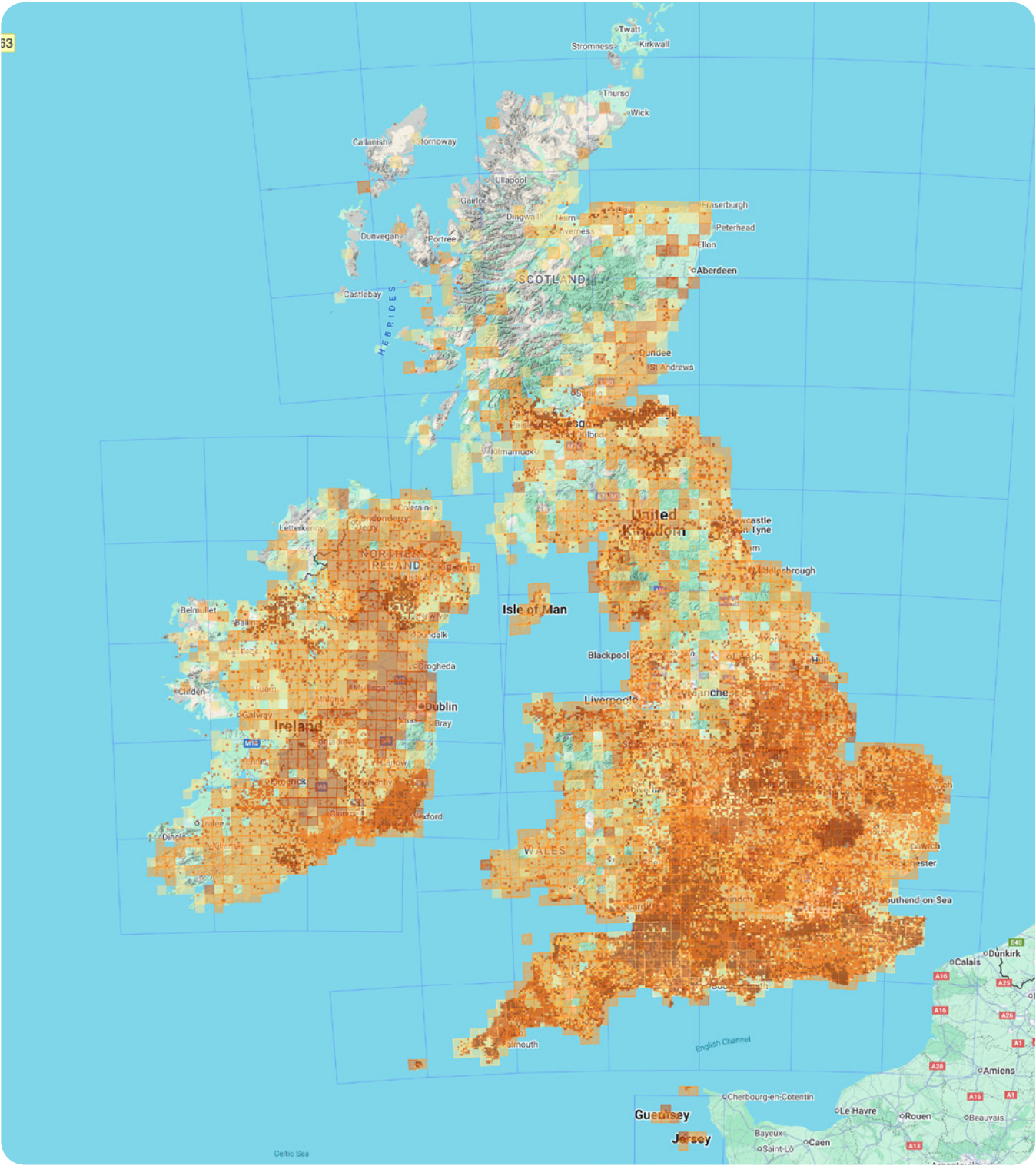
Details

Order:	Lamiales
Family:	Oleaceae (Olive) Also in this family: Border Forsythia, Common Ash, Common Jasmine, Common Lilac, Garden Privet, Winter Jasmine
Type:	Semi-evergreen shrub
Life Cycle:	Perennial
Maximum Size:	5 metres tall
Habitats:	Gardens, grassland, hedgerows, scrub, woodland.
Flower:	White, 4 petals. The flowers of Wild Privet (<i>Ligustrum vulgare</i>) are small, white, and tubular in shape, with a pleasing fragrance. These flowers are attractive to pollinators like bees and butterflies.
Fruit:	Matt black berries. In fruit from September to December.
Leaves:	The leaves are leathery green, opposite, untoothed and oval. The leaves are more elliptical than those of the similar-looking Garden Privet (<i>Ligustrum ovalifolium</i>). The leaves often go bronze-coloured in winter.
Fragrance:	The aroma of Wild Privet (<i>Ligustrum vulgare</i>) flowers is sweet and fragrant, often described as having a pleasant, honey-like scent.
Other Names:	Common Privet, European Privet, Prim, Prim-cut.
Frequency (UK):	Common

Distribution map shown right.

Darkest areas are most abundant.

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Cross-reactivity

Cross-reacts with:	Oleaceae: Ash, Olive, Lilac (strong)
Clinical relevance:	Usually clinically relevant
Immunotherapy note:	Selective inclusion only with clear hedge exposure and sign correlation
Interpretation tips:	Common hedging; relevance depends on exposure intensity

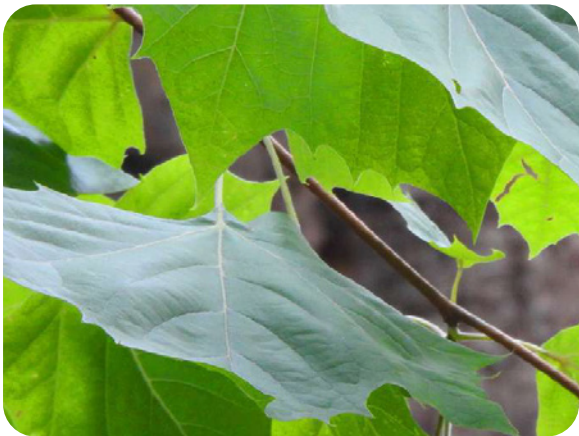


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Darker areas are more prominent. Discover more detail at www.bsbi.org

Tree Pollen

Sycamore - *Platanus acerifolia*

Platanus acerifolia, commonly known as sycamore maple or false plane tree, is a species of maple tree in the Aceraceae family. It is native to central and southern Europe, and can be found in a variety of habitats such as forests, woodlands, and along rivers and streams. It can reach a height of up to 35m, with a broad crown and a thick trunk.



Plant profile

Flowering month.



Details

Order:	Sapindales
Family:	Sapindaceae (Maple) Also in this family: Ashleaf Maple, Cappadocian Maple, Field Maple, Horse Chestnut, Indian Horse Chestnut, Norway Maple, Red Horse Chestnut
Type:	Deciduous tree
Life Cycle:	Perennial
Maximum Size:	35 metres tall
Habitats:	Farmland, gardens, hedgerows, mountains, parks, riverbanks, riversides, roadsides, swamps, towns, waterside, woodland.
Flower:	Green, 4 petals. Sycamore trees produce hanging clusters of small, greenish-yellow flowers in spring, typically from April to May. Each flower has five petals and appears in drooping racemes up to 15 cm long.
Fruit:	The fruit of the Sycamore is a pair of winged seeds known as samaras. These ripen in late summer and spin as they fall, allowing the seeds to travel some distance from the tree.
Leaves:	Sycamore leaves are large, with five lobes and a toothed edge, and are arranged oppositely on the branches. They are dark green above and paler beneath, with reddish stalks.
Fragrance:	Sycamore flowers have a faint, slightly sweet scent that can attract pollinators, but the tree as a whole is not known for strong fragrance
Other Names:	Celtic Maple, English Sycamore, European Sycamore, False Plane Tree, Great Maple, Mock Plane, Mount Maple, Planetree Maple, Scottish Maple, Sycamore Maple.
Frequency (UK):	Abundant

Distribution map shown right.

Darkest areas are most abundant.

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Cross-reactivity

Cross-reacts with:	Platanaceae (plane trees, sycamores) family (Strong)
Clinical relevance:	Usually clinically relevant
Immunotherapy note:	Include only with clear urban street-tree exposure and seasonal correlation.
Interpretation tips:	More relevant in towns/cities.



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Tree Pollen

Arizona Cypress - *Cupressus arizonica*

Cupressus arizonica, commonly known as Arizona cypress or rough-barked Arizona cypress, is a species of evergreen conifer in the Cupressaceae family. It is native to the southwestern United States, Northern Mexico, and cultivated in Europe as an ornamental tree and can be found in cultivated plantations. It can reach a height of up to 20m, with a narrow, conical crown and distinctive grey-green to blue-green foliage.



Plant profile

Flowering month.

- JAN
- FEB
- MAR
- APR
- MAY
- JUN
- JUL
- AUG
- SEP
- OCT
- NOV
- DEC

Details

- Order:

Cupressales
- Family:

Cupressaceae (Cypress) Also in this family: Chinese Juniper, Common Juniper, Italian Cypress, Lawson’s Cypress, Leyland Cypress, Monterey Cypress, Western Red Cedar
- Type:

Evergreen tree
- Life Cycle:

Perennial
- Maximum Size:

20 metres tall
- Habitats:

Arizona Cypress is an ornamental tree planted in gardens and collections. See below.
- Flower:

Cupressus arizonica does not produce true flowers, being a conifer. Instead it bears small, inconspicuous male (pollen) cones and female (seed) cones, typically from November to February. Male cones are yellowish and release pollen in profusion during the cooler months.
- Fruit:

The fruit is a woody, rounded seed cone roughly 3cm across, made up of 6–8 shield-like scales. Cones start green, ripen to grey-brown over about a year, and split open to release small winged seeds.
- Leaves:

Cupressus arizonica has scale-like leaves closely pressed against the twigs, forming dense, aromatic sprays. Foliage is typically grey-green to silvery blue-green, giving the tree its distinctive glaucous appearance.
- Fragrance:

The crushed foliage of Arizona cypress gives off a resinous, slightly pungent aroma, though the tree does not produce any noticeably scented flowers.
- Other Names:

Arizona Rough Cypress, Arizona Smooth Cypress, Cypress Pine, Rough-barked Arizona Cypress.
- Frequency (UK):

Occasional (widely planted as an ornamental and windbreak, not native)

Distribution map shown right.

Darkest areas are most abundant. Because the Arizona Cypress is an ornamental tree planted in gardens and collections rather than a native wild species, it does not have a single continuous natural habitat zone in the UK. Instead, it is distributed across managed landscapes, arboretums, and botanical collections nationwide, with a heavy concentration in the sunnier, drier regions of Southern and Eastern England.



Cross-reactivity

- Cross-reacts with:

Other trees of the Cupressaceae family (e.g., cypresses, cedars, junipers,...) is very high
- Clinical relevance:

Variable relevance
- Immunotherapy note:

Selective inclusion only with local planting exposure
- Interpretation tips:

More relevant in areas with planted and ornamental gardens not native as a wild species.



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Tree Pollen

Japanese Cedar - *Cryptomeria japonica*

Cryptomeria japonica, commonly known as Japanese cedar, is a species of evergreen conifer in the Cupressaceae family. It is distributed widely across Japan, Taiwan and southern China and cultivated in Europe and North America as an ornamental tree and can be found in cultivated plantations. It can reach a height of up to 50m, with a tall, straight trunk and a conical crown.



Plant profile

Flowering month.



Details

Order:	Cupressales
Family:	Cupressaceae (Cypress) Also in this family: Arizona Cypress, Common Juniper, Italian Cypress, Lawson's Cypress, Leyland Cypress, Monterey Cypress, Western Red Cedar
Type:	Evergreen tree
Life Cycle:	Perennial
Maximum Size:	50 metres tall
Habitats:	Cultivated plantations, mountain forests, parks, temple grounds, valleys, woodland.
Flower:	<i>Cryptomeria japonica</i> does not produce true flowers, being a conifer. Instead it bears small male (pollen) cones and female (seed) cones, typically shedding pollen from February to April. Male cones are small, yellow-brown, and clustered at the tips of shoots.
Fruit:	The fruit is a small, spherical seed cone roughly 1.5–2.5 cm across, with spiky, pointed scales. Cones ripen from green to brown by autumn and release small winged seeds.
Leaves:	<i>Cryptomeria japonica</i> has awl-shaped, needle-like leaves that spiral densely around the shoots. Foliage is deep green in summer, often turning bronze or reddish-brown in winter.
Fragrance:	The foliage of Japanese cedar has a distinctive resinous, woody scent when crushed, and the timber is also valued for its aromatic qualities.
Other Names:	Japanese Redwood, Sugi, Yashiro-Sugi.
Frequency (UK):	Occasional (widely planted ornamentally, not native)

Distribution map shown right.

Darkest areas are most abundant.

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Cross-reactivity

Cross-reacts with:	Other trees of the Cupressaceae family (e.g., cypresses, cedars, junipers,...) is very high.
Clinical relevance:	Variable relevance
Immunotherapy note:	Selective inclusion only with local planting exposure
Interpretation tips:	More relevant in areas with planted and ornamental gardens not native as a wild species.



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Tree Pollen

Mountain Cedar - *Juniperus ashei*

Juniperus ashei, commonly known as Mountain Cedar or Ashe Juniper, is a species of evergreen conifer in the Cupressaceae family. It is native to south-central United States, particularly Texas, Oklahoma, Northern Mexico, and cultivated in Europe as an ornamental tree and can be found in cultivated plantations. It can of up to 15m, with a dense, bushy crown and a short, often multi-trunked form.



Plant profile

Flowering month.



Details

Order:	Cupressales
Family:	Cupressaceae (Cypress) Also in this family: Arizona Cypress, Common Juniper, Italian Cypress, Japanese Cedar, Lawson’s Cypress, Leyland Cypress, Monterey Cypress
Type:	Evergreen tree
Life Cycle:	Perennial
Maximum Size:	15 metres tall
Habitats:	Mountain Cedar is an ornamental tree planted in gardens and collections. See below.
Flower:	<i>Juniperus ashei</i> does not produce true flowers, being a conifer. Instead it bears small, inconspicuous male (pollen) cones and female (seed) cones, typically from December to February. Male cones are small, brown-yellow, and release large amounts of pollen during winter.
Fruit:	The fruit is a small, berry-like seed cone (often called a “juniper berry”), roughly 6–8 mm across, blue-black with a whitish waxy bloom when ripe. Cones mature within a single season and are an important winter food source for wildlife, particularly cedar waxwings.
Leaves:	<i>Juniperus ashei</i> has scale-like leaves closely pressed against the twigs, forming dense, feathery sprays. Foliage is dark green, giving the tree a somewhat shaggy, informal appearance.
Fragrance:	The crushed foliage of Mountain Cedar has a sharp, resinous, slightly pungent aroma typical of junipers, though it does not produce any noticeably scented flowers.
Other Names:	Ashe Juniper, Blueberry Cedar, Post Cedar, Rock Cedar, Texas Cedar.
Frequency (UK):	Rare (not native, occasionally found in specialist collections or arboreta)

Distribution map shown right.

Darkest areas are most abundant. Because the Mountain Cedar is an ornamental tree planted in gardens and collections rather than a native wild species, it does not have a single continuous natural habitat zone in the UK. Instead, it is distributed across managed landscapes, arboretums, and botanical collections nationwide, with a heavy concentration in the sunnier, drier regions of Southern and Eastern England.



Cross-reactivity

Cross-reacts with:	Other trees of the Cupressaceae family (e.g., cypresses, cedars, junipers,...) is very high.
Clinical relevance:	Variable relevance
Immunotherapy note:	Selective inclusion only with local planting exposure
Interpretation tips:	More relevant in areas with planted and ornamental gardens not native as a wild species.

Tree Pollen

White Oak - *Quercus alba*

White oak (*Quercus alba*) is a large, long-lived deciduous tree in the beech family (Fagaceae). It is native to eastern and central North America and is not native to the UK, although it is occasionally planted in parks, arboreta, large gardens, and estate landscapes as an ornamental specimen. It is fully hardy in the UK and can grow well where soils are suitable.



Plant profile

Flowering month.



Details

Order:	Fagales
Family:	Fagaceae (beech family)
Type:	Large deciduous tree
Life	Cycle: Perennial
Maximum Size:	20–30 metres tall
Habitats:	White oak is uncommon in the wild but is planted in historic parks and estates, Arboreta and botanical collections, Large gardens and Amenity woodland
Flower:	Small yellow-green catkins (male) and inconspicuous female flowers appear in spring before or as the leaves emerge.
Fruit:	Oval acorns, around 2–3 cm long, maturing in a single growing season.
Leaves:	10–20 cm long with 7–9 rounded lobes and no bristle tips. Young leaves emerge pinkish-bronze in spring, mature to dark green, then turn rich red-brown or reddish-purple in autumn.
Fragrance:	No significant floral fragrance.
Other Names:	American white oak, Quebec oak
Frequency (UK):	Unusual

Distribution map shown right.



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Cross-reactivity

Cross-reacts with:	Members of the birch family (Betulaceae), Alder, Hazel (often, variable)
Immunotherapy note:	If clinically relevant, include selected tree pollens in ASIT. Avoid over-loading multiple redundant birch-group trees; prioritise key markers with best seasonality fit.
Interpretation tips:	In humans, sensitisation to this allergen is associated with inhalative signs and mostly mild forms of food allergy (e.g. oral allergy syndrome); at this time, there are no such reports in animals.



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Grass Pollen

Bermuda grass - *Cynodon Dactylon*

Cynodon dactylon, also known as Bermuda grass, is a warm-season perennial grass species. It is native to Africa and Asia but has been widely introduced and naturalized in many other regions, including the Americas, Europe, and Australia. It is considered a weed in some areas due to its ability to aggressively spread and outcompete native vegetation.



Plant profile

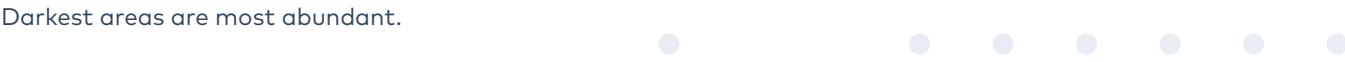
Flowering month.



Details

Order:	Poales
Family:	Poaceae (Grass) Also in this family:Alpine Catstail, Alpine Foxtail, Alpine Meadow-grass, Annual Beard-grass, Annual Meadow-grass and many others.
Type:	Flower
Life Cycle:	Perennial
Maximum Size:	20 centimetres tall
Habitats:	Grassland, lawns, parks, roadsides, seaside, wasteland.
Flower:	Green, no petals. Bermuda Grass produces slender, spike-like flower heads from late spring through summer. These flower heads typically consist of three to seven slender spikes arranged in a fan shape, each spike bearing numerous tiny spikelets.
Fruit:	The fruit of Bermuda Grass is a small, dry caryopsis typical of grasses. Each spikelet produces a single seed that is lightweight and easily dispersed by wind, water, animals, or human activity.
Leaves:	Bermuda Grass has narrow, linear leaves that are smooth and bright green. The leaf blades are typically flat or slightly rolled, with a prominent central vein and fine hairs along the edges.
Fragrance:	Bermuda Grass does not produce any notable fragrance.
Other Names:	Bahama Grass, Common Stargrass, Couch Grass, Crabgrass, Devil's Grass, Dhubgrass, Dog's Tooth Grass, Indian Doab, Quickgrass, Scutch, Scutch Grass, Twitch Grass, Wiregrass.
Frequency (UK):	Unusual

Distribution map shown right.



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Cross-reactivity

Cross-reacts with:	The potential for cross-reactions with other grass pollens is very high.
Clinical relevance:	Variable relevance in UK/ROI
Immunotherapy note:	If clinically relevant, grass pollens are usually appropriate for ASIT. Timothy is commonly used as the representative grass; other co positive grasses may be omitted to reduce redundancy
Interpretation tips:	Less common in UK/ROI than pasture grasses



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Grass Pollen

Kentucky blue grass - *Poa pratensis*

Poa pratensis, also known as meadow grass or meadow blue grass, is a species of grass that is native to Europe, Asia, and North Africa. It is a cool-season perennial grass that forms dense tufts or sod. The leaves are smooth, narrow, and have a bluish-green color. The plant produces small, showy spikes of flowers in the spring and summer.



Plant profile

Flowering month.



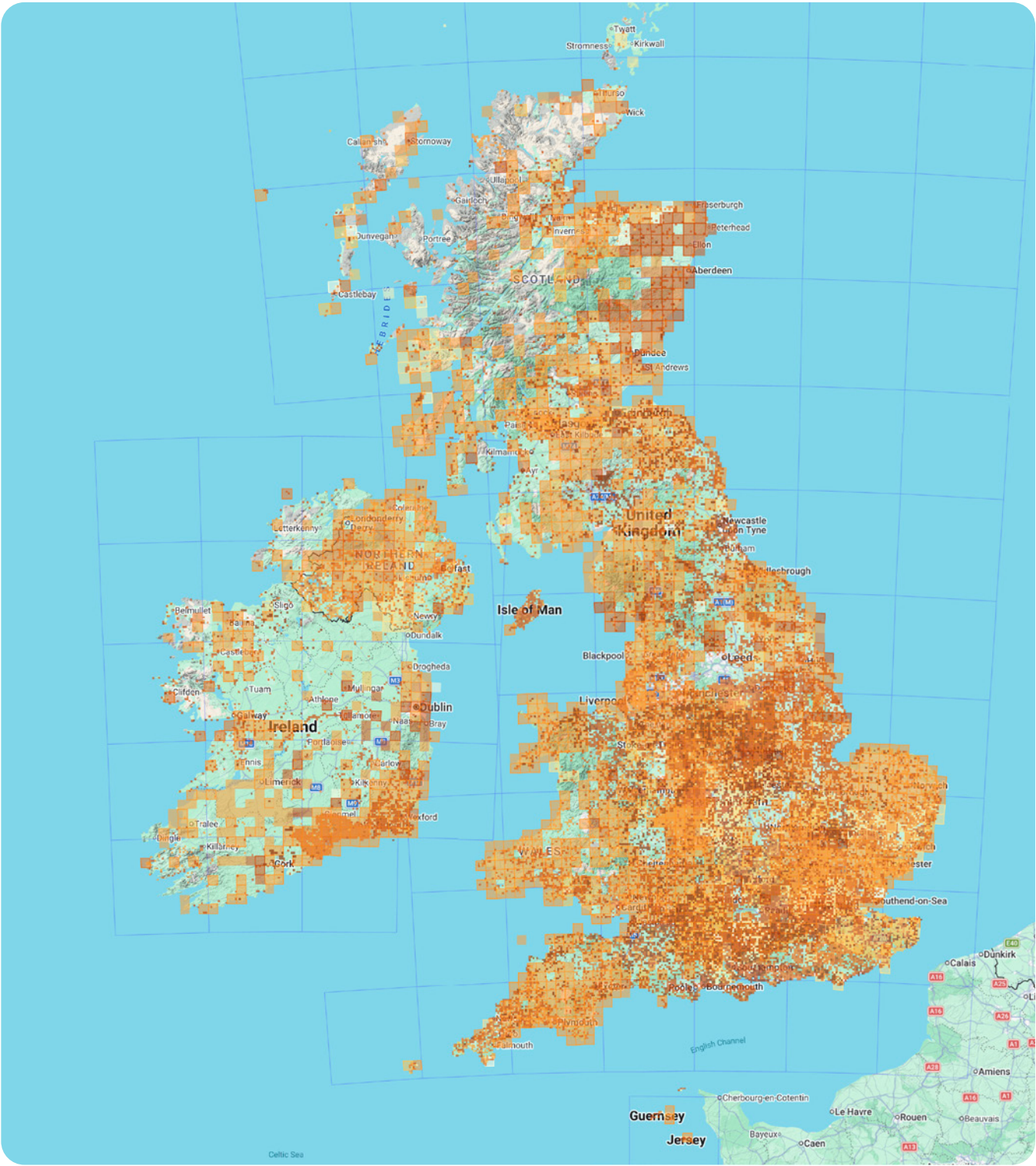
Details

Order:	Poales
Family:	Poaceae (Grass) Also in this family: Bearded Couch Grass, Bearded Fescue, Bermuda Grass, Black Bent, Black Grass, Blue Fescue, Blue Moor-grass, and many others
Type:	Flower
Life Cycle:	Perennial
Maximum Size:	120 centimetres tall
Habitats:	Ditches, gardens, grassland, lawns, meadows, parks, roadsides, wasteland.
Flower:	Green, no petals. Smooth Meadow-grass produces airy, open flower heads known as panicles, typically appearing from May to July.
Fruit:	The fruit is a typical grass caryopsis—a small, dry, one-seeded grain. These mature in late summer and are dispersed primarily by wind or mowing.
Leaves:	The leaves of Smooth Meadow-grass are soft, narrow, and bright to mid-green, with a boat-shaped tip—one of the plant's key identifying features.
Fragrance:	This grass has little to no distinctive fragrance in its fresh state, though when cut and dried as hay, it contributes mildly to the classic sweet smell of meadows.
Other Names:	Common Meadow Grass, English Meadow Grass, Kentucky Bluegrass, Meadow Bluegrass, Meadow Poa, Smooth-stalked Meadow Grass.
Frequency (UK):	Common

Distribution map shown right.



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Cross-reactivity

Cross-reacts with:	The potential for cross-reactions with other grass pollens is very high.
Clinical relevance:	Highly clinically relevant when seasonality fits.
Immunotherapy note:	If clinically relevant, grass pollens are usually appropriate for ASIT. Timothy is commonly used as the representative grass; other co-positive grasses may be omitted to reduce redundancy.
Interpretation tips:	Amenity/lawn grass; interpret as part of grass pollen group



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Grass Pollen

Meadow Fescue - *Festuca Pratensis*

Festuca pratensis, commonly known as Meadow Fescue, is a perennial grass species widely valued for its use in agriculture and as an ornamental plant. Native to Europe and Asia, it has been introduced to temperate regions worldwide, including North America and Australia.



Plant profile

Flowering month.



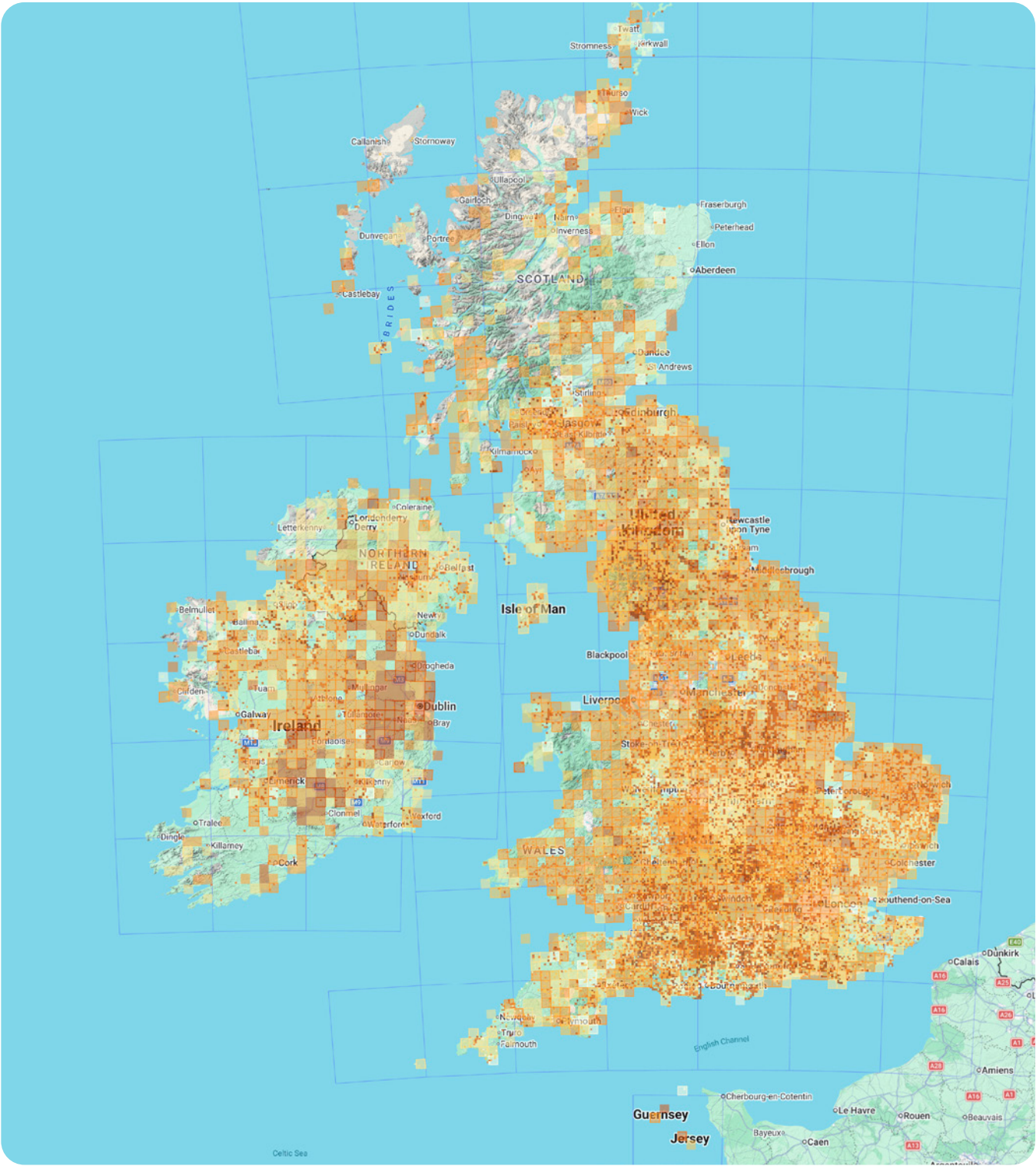
Details

Order:	Poales
Family:	Poaceae (Grass)
Type:	Flower (Grass)
Life Cycle:	Perennial
Maximum Size:	120 centimetres tall
Habitats:	Damp grasslands, water-meadows, old pastures, riverbanks, and roadsides. It thrives particularly well on heavy clay or loamy soils.
Flower:	Green to purplish, no petals. It produces an open, slightly nodding panicle (flower head) up to 30 cm long. A key identification feature is the branching: at the lowest node, the shorter branch usually carries only 1 or 2 spikelets, whereas the longer branch carries more. Flowering typically occurs from June to August.
Fruit:	The fruit is a caryopsis (a dry, one-seeded grain). The seed remains tightly enclosed by the hardened lemma and palea.
Leaves:	The leaves are bright green, flat, and hairless (glabrous), reaching up to 8 mm in width. Smooth, hairless auricles (small lobes) at the base of the leaf blade where it meets the stem—a vital feature for distinguishing it from the hairy-auricled Tall Fescue.
Fragrance:	It has no significant fragrance when fresh. When dried as part of a hay crop, it contributes to the standard “sweet hay” scent common to high-quality forage grasses.
Other Names:	Meadow Fescue, English Bluegrass, Meadow Ryegrass. (Note: It is frequently reclassified in modern botany as <i>Lolium pratense</i> or <i>Schedonorus pratensis</i>).
Frequency:	Common. ● ● ● ● ● ● ● ● ● ●

Distribution map shown right.

Darkest areas are most abundant. ● ● ● ● ● ● ● ● ● ●

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Cross-reactivity

Cross-reacts with:	The potential for cross-reactions with other grass pollens is very high. ●
Clinical relevance:	Highly clinically relevant when seasonality fits. ●
Immunotherapy note:	If clinically relevant, grass pollens are usually appropriate for ASIT. Timothy is commonly used as the representative grass; other co-positive grasses may be omitted to reduce redundancy. ● ● ● ● ● ● ● ● ● ●
Interpretation tips:	Pasture grass; interpret as part of grass group. ● ● ● ● ● ● ● ● ● ●



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Grass Pollen

Orchard Grass - *Dactylis Glomerata*

Dactylis glomerata, also known as orchard grass or cocksfoot, is a species of grass in the family Poaceae. It is native to Europe, but it has been introduced to many other parts of the world and is now found on every continent except Antarctica. Orchard grass is a perennial grass that grows in a variety of habitats, including pastures, meadows, and roadsides. It has long, narrow leaves and produces small, brown or purple flowers that are arranged in dense clusters.



Plant profile

Flowering month.



Details

Order:	Poales
Family:	Poaceae (Grass). Also in this family: Pampas Grass, Perennial Rye Grass, and many others.
Type:	Flower
Life Cycle:	Perennial
Maximum Size:	2 metres tall
Habitats:	Farmland, grassland, meadows, roadsides, woodland.
Flower:	Green, no petals. Cocksfoot produces dense, tufted flower heads made up of many spikelets, typically greenish-purple or tinged with reddish hues. Flowering usually occurs from late spring to mid-summer (May to July).
Fruit:	The fruits are small, dry grains known as caryopses, each containing a single seed.
Leaves:	Cocksfoot has broad, flat, and coarse-textured leaves with a distinctive "finger-like" arrangement at the base, which gives the plant its name (<i>Dactylis</i> means "finger-like").
Fragrance:	Cocksfoot has little to no noticeable fragrance.
Other Names:	Barnyard Grass, Cat Grass, Cockspur, Orchard Grass.
Frequency (UK):	Abundant

Distribution map shown right.



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Cross-reactivity

Cross-reacts with:	The potential for cross-reactions with other grass pollens is very high.
Clinical relevance:	Highly clinically relevant when seasonality fits
Immunotherapy note:	If clinically relevant, grass pollens are usually appropriate for ASIT. Timothy is commonly used as the representative grass; other co-positive grasses may be omitted to reduce redundancy.
Interpretation tips:	Common pasture/amenity grass; usually reflects overall grass exposure



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Grass Pollen

Perennial Rye Grass - *Lolium Perenne*

Lolium perenne, also known as perennial ryegrass, is a species of grass native to Europe, Asia and Northern Africa. It is a cool-season perennial grass that can grow up to 0.6-1.2 meters tall, it has narrow, glossy leaf blades and a seedhead that is about 20-30 cm long, composed of several long, narrow spikes.



Plant profile

Flowering month.



Details

Order:	Poales
Family:	Poaceae (Grass). Also in this family: Pampas Grass, Perennial Rye Grass, and many others.
Type:	Flower
Life Cycle:	Perennial
Maximum Size:	120 centimetres tall
Habitats:	Farmland, grassland, lawns, meadows, wasteland.
Flower:	Green, no petals. Perennial Rye Grass produces upright, slender flower spikes that appear from May to October. The flowers are arranged alternately along a flattened central stem, with spikelets lying edge-on to the stem.
Fruit:	The fruits are small, dry caryopses (grass grains) that develop within each spikelet. These seeds ripen from summer onwards.
Leaves:	Leaves of Perennial Rye Grass are dark green, glossy, and narrow with a prominent midrib on the underside. The leaf tips are pointed (not boat-shaped like in <i>Poa pratensis</i>), and the plant forms dense, low-growing tufts.
Fragrance:	Perennial Rye Grass has little fragrance in its live state but contributes to the sweet scent of freshly cut grass when mown.
Other Names:	Crested Rye Grass, English Rye Grass, Ray Grass, Winter Rye Grass.
Frequency (UK):	Abundant

Distribution map shown right.

Darkest areas are most abundant.

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Cross-reactivity

Cross-reacts with:	The potential for cross-reactions with other grass pollens is very high.
Clinical relevance:	Highly clinically relevant when seasonality fits
Immunotherapy note:	If clinically relevant, grass pollens are usually appropriate for ASIT. Timothy is commonly used as the representative grass; other co-positive grasses may be omitted to reduce redundancy.
Interpretation tips:	Very common UK/ROI exposure; species distinction rarely changes management.



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Grass Pollen

Cultivated Rye - *Secale Cereale*

Secale cereale, commonly known as rye, is a hardy cereal grain belonging to the grass family (Poaceae). While it looks similar to wheat and barley, it is the “rugged cousin” of the grain world—built to thrive where others struggle.



Plant profile

Flowering month.



Details

Order:	Poales
Family:	Poaceae (Gramineae)
Type:	Annual Cereal Grass
Life Cycle:	Annual (Winter or Spring varieties)
Maximum Size:	60 cm to 150 cm (occasionally reaching 2 meters)
Habitats:	Cultivated fields, roadsides, waste ground, and disturbed areas. It is highly adaptable to poor, acidic, or sandy soils.
Flower:	A dense, slender spike (8–15 cm long) consisting of two-flowered spikelets. It features long, rough awns (bristles) and pendulous anthers designed for wind dispersal of pollen.
Fruit:	A caryopsis (grain); typically 6–8 mm long, slender, and brownish-grey to bluish-green in color.
Leaves:	Linear, flat blades (up to 25 cm long) with a distinct glaucous (bluish-gray) tint. The ligules are short and rounded.
Fragrance:	Low to none; the flowers are not scented as they do not need to attract insect pollinators. The foliage has a fresh, grassy scent when crushed.
Other Names:	Cereal Rye, Common Rye, Winter Rye.
Frequency (UK):	Occasional/Common. While not as widespread as wheat or barley, it is frequently grown as a cover crop or organic cereal, particularly in East Anglia and parts of Scotland. It is also found as a “casual” escapee in the wild.

Distribution map shown right.

Darkest areas are most abundant.

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Cross-reactivity

Cross-reacts with:	The potential for cross-reactions with other grass pollens is very high.
Clinical relevance:	Variable relevance (more rural/agricultural)
Immunotherapy note:	Selective inclusion only when rural/agricultural exposure and seasonality fit
Interpretation tips:	Usually overlaps general grass sensitisation; consider farm/feed environments



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Darker areas are more prominent. Discover more detail at www.bsbi.org

Grass Pollen

Timothy Grass - *Phleum Pratense*

Phleum pratense, also known as timothy grass, is a species of grass native to Europe and Asia. It is a cool-season perennial grass that can grow up to 0.5-1.5 meters tall, it has narrow leaf blades and a seedhead that is about 15-30 cm long, composed of several long, narrow spikes that are densely hairy.



Plant profile

Flowering month.



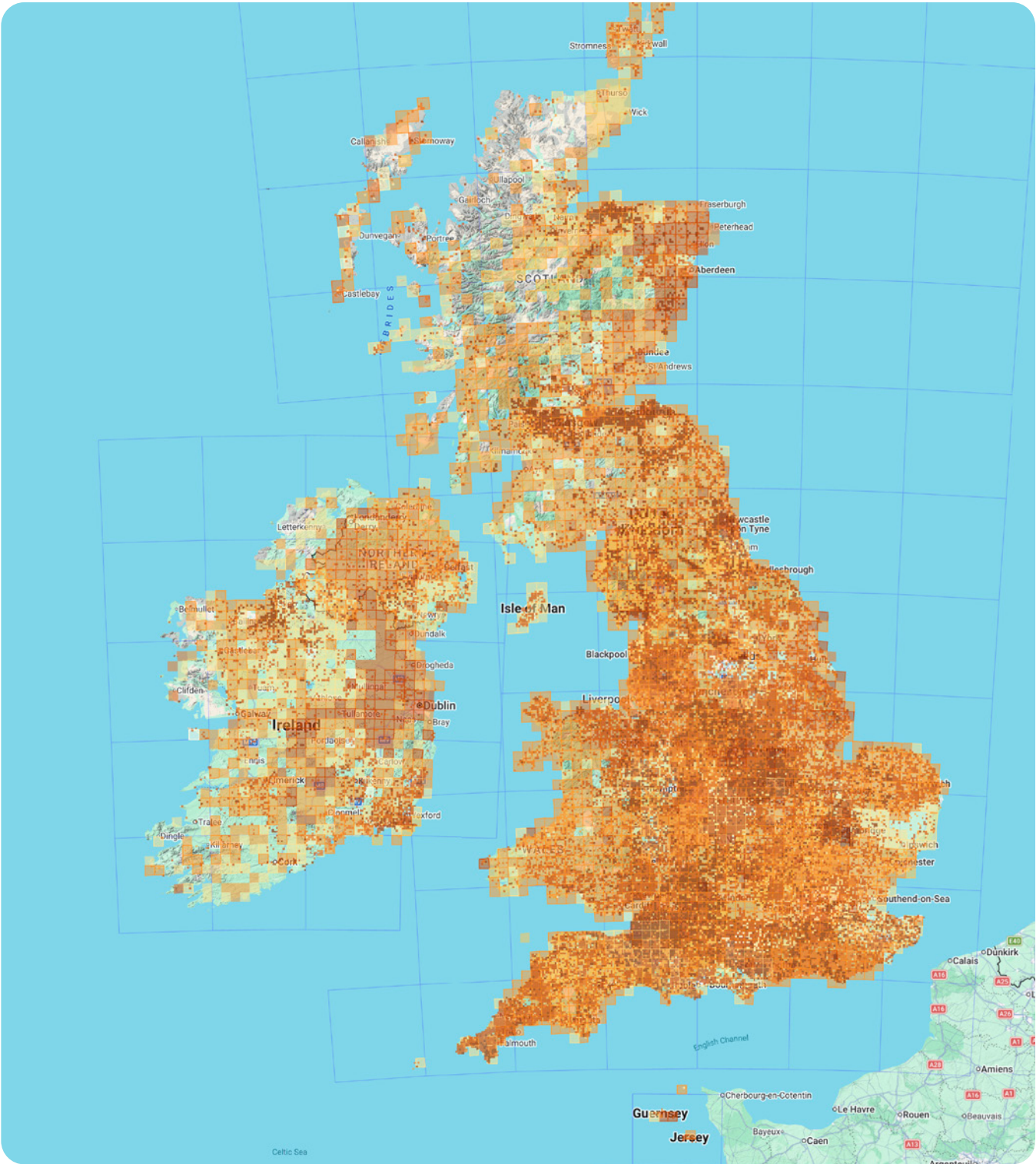
Details

Order:	Poales
Family:	Poaceae (Gramineae)
Type:	Flower
Life Cycle:	Perennial
Maximum Size:	150 centimetres tall
Habitats:	Gardens, grassland, lawns, meadows, mountains, parks, riverbanks, roadsides, towns.
Flower:	Green, no petals. The flowers of Timothy Grass, commonly found across the UK's meadows and pastures, exhibit a modest yet captivating charm. In slender spikes of muted green, these inconspicuous florets cluster together to form delicate, understated inflorescences.
Fruit:	Timothy Grass, a common grass species in the UK, does not produce traditional fruits like trees or shrubs. It reproduces through seeds, which are an essential part of its life cycle.
Leaves:	The leaves of Timothy Grass, a prevalent grass species in the UK's meadows and pastures, are a defining feature of its character. These long, narrow blades, with their vibrant green colour, exhibit a remarkable adaptability to the British climate.
Fragrance:	The fragrance of Timothy Grass is subtle and earthy, reflecting the natural essence of the countryside.
Other Names:	Common Cat's-tail, Common Timothy, Cultivated Timothy, Meadow Cat's-tail, Timothy.
Frequency (UK):	Common

Distribution map shown right.

Darkest areas are most abundant.

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Cross-reactivity

Cross-reacts with:	The potential for cross-reactions with other grass pollens is very high.
Clinical relevance:	Highly clinically relevant when seasonality fits.
Immunotherapy note:	Dominant representative grass. If positive, other positive grasses are often redundant for ASIT.
Interpretation tips:	Strong marker for grass pollen season; correlate with May–September flares.



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Grass Pollen

Johnson Grass - *Sorghum halepense*

ohnson grass (*Sorghum halepense*) is a tall, rhizomatous perennial grass in the Poaceae (grass) family. Although it is widespread in warmer parts of the world, it is **not native to the UK** and is only occasionally encountered as an introduced or casual species. It is not commonly established under UK climatic conditions, though it may appear in disturbed ground, imported seed mixtures, or as an escape from cultivation.



Plant profile

Flowering month.



Details

Order:	Poales
Family:	Poaceae (the grass family)
Type:	Flower
Life Cycle:	Perennial
Maximum Size:	100-250 centimetres tall
Habitats:	In the UK, Johnson grass is most likely to be found, on disturbed ground, waste places, along roadsides, railways, around ports, grain handling sites, or where contaminated seed has been introduced. Occasionally as an escape from ornamental or forage plantings.
Flower:	Large, open lower heads, branched panicles (15–40 cm long), often purplish or reddish-brown when mature.
Fruit:	Johnson pass, does not produce traditional fruits like trees or shrubs. It reproduces through seeds, which are an essential part of its life cycle.
Leaves:	Broad (1–3 cm wide), smooth, blue-green to bright green, with a prominent white midrib running along the centre of the blade.
Fragrance:	No significant floral fragrance. Crushed foliage has a faint grassy odour typical of grasses.
Other Names:	Johnsongrass, Aleppo grass, Means grass and Evergreen millet
Frequency (UK):	Unusual

Distribution map shown right.



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Cross-reactivity

Cross-reacts with:	The potential for cross-reactions with other grass pollens is very high.
Clinical relevance:	Variable relevance in UK/ROI
Immunotherapy note:	If clinically relevant, grass pollens are usually appropriate for ASIT. Timothy is commonly used as the representative grass; other co positive grasses may be omitted to reduce redundancy
Interpretation tips:	Less common in UK/ROI than pasture grasses



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Darker areas are more prominent. Discover more detail at www.bsbi.org

Weed Pollen

Dock/Sorrel - *Rumex crispus/acetosella*

Rumex crispus, also known as the curled dock or crinkly dock, and *Rumex acetosella*, also known as sheep sorrel, mountain sorrel or red sorrel. Are perennial plant species in the buckwheat family (Polygonaceae). Native to Europe and commonly found in a variety of habitats including grasslands, fields, and along roadsides. Dock has large, oblong leaves with wavy or curly margins and small green flowers that grow in clusters. The roots, leaves, and stems of *R. crispus* have been used medicinally in some traditional systems to treat a variety of ailments, including skin conditions and digestive issues.



Sorrel is an invasive, perennial and wind-pollinated plant. The leaves are , varied shaped with a smooth texture. This plant is dioecious and possesses unisexual, reddish-yellow flowers. The seeds are achenes, around 1.5 mm (length), shiny red-brown and often found to be encased in a rough-textured, reddish-brown hull.

Plant profile

Flowering month.

- JAN
- FEB
- MAR
- APR
- MAY
- JUN
- JUL
- AUG
- SEP
- OCT
- NOV
- DEC

Details

Order:	Caryophyllales
Family:	Polygonaceae
Type:	Flower
Life Cycle:	Perennial
Maximum Size:	Dock - 120 centimetres tall, Sorry - 40 centimetres tall
Flower:	Dock - Green, 6 petals. Oval flattened green flowers in dense leafless spikes that do not spread outwards from the main stem. Sorrel - This plant is dioecious and possesses unisexual, reddish-yellow flowers.
Fruit:	Dock - Dark brown, round, winged seeds with oval warts. The wings do not have teeth, as is the case with Broad-leaved Dock. Sorrel - The seeds are achenes, around 1.5 mm (length), shiny red-brown and often found to be encased in a rough-textured, reddish-brown hull.
Leaves:	Dock - Long, narrow and with curly edges. Up to 25cm in length. Curled Dock is named for its curly leaf margins. Sorrel - typically 1-8 cm in length, varied shaped with a smooth texture
Fragrance:	Dock - This is characterised by a subtle blend of earthiness and herbal notes, with a hint of grassy freshness. Sorrel - There is no notable fragrance when undisturbed. However, when the leaves are crushed or bruised, they release a sharp, sour, and mildly citrus or lemony aroma.
Other Names:	Dock - Bitter Dock, Bloodwort, Coffee-weed, Crinkly Dock, Curl Dock, Curly Dock, Garden-patience, Narrow Dock, Narrow-leaved Dock, Out-sting, Parell, Patience Herb, Sour Dock, Winter Dock, Yellow Dock. Sorrel - Common sheep sorrel, mountain sorrel, red sorrel, cow sorrel, sour weed, field sorrel, small sorrel, sorrel, horse sorrel

Frequency (UK): Common

Distribution map shown right.

Darkest areas are most abundant.



Cross-reactivity

Cross-reacts with:	Other <i>Rumex</i> species.
Clinical relevance:	Variable relevance.
Immunotherapy note:	Include in ASIT only if exposure and seasonality clearly match; avoid automatic inclusion.
Interpretation tips:	Pasture/roadside weed; often alongside grass sensitisation.



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Weed Pollen

Mugwort - *Artemisia Vulgaris*

Artemisia vulgaris, also known as common mugwort, is a perennial herb that is native to Europe, Asia and North Africa. It is a member of the Asteraceae family and can grow up to 6 feet tall. It has small, yellow-green flowers that bloom in the late summer and fall, and it has a strong, pungent aroma. The leaves are green and feathery, and the plant has a woody stem.



Plant profile

Flowering month.



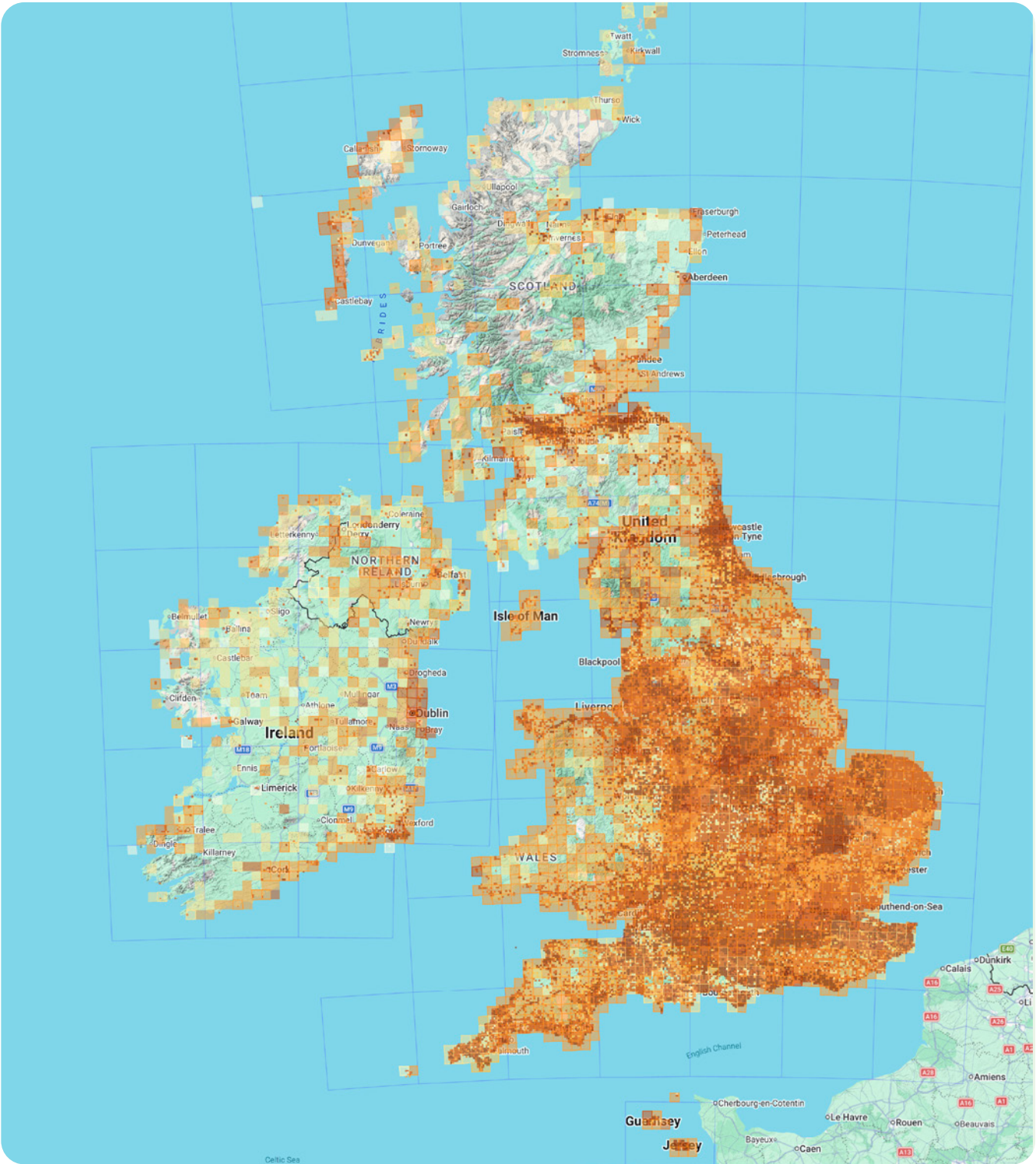
Details

Order:	Caryophyllales
Family:	Amaranthaceae (Amaranth)
Type:	Flower
Life Cycle:	Perennial
Maximum Size:	180 centimetres tall
Habitats:	Farmland, grassland, hedgerows, meadows, roadsides, wasteland, woodland.
Flower:	Brown, no petals. Common Mugwort produces clusters of small, reddish or pale yellow-green florets from July to September. These tiny, tubular flowers grow in dense, branched spikes or panicles near the tops of the stems.
Fruit:	The fruit of Mugwort is a small, dry, single-seeded achene, typically less than 1 mm long. It lacks any significant wings or dispersal mechanisms.
Leaves:	They are deeply lobed, dark green on the upper surface, and covered with fine silvery-white hairs underneath, giving them a two-tone appearance.
Fragrance:	Mugwort is strongly aromatic.
Other Names:	Armoise, Carline Thistle, Chrysanthemum Weed, Common Wormwood, Cronewort, Douglas Mugwort, Felon Herb, Moxa, Muggons, Old Man, Old Uncle Henry, Sailor's Tobacco, St John's Plant, Wild Wormwood.
Frequency (UK):	Common

Distribution map shown right.

Darkest areas are most abundant.

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Cross-reactivity

Cross-reacts with:	Other Asteraceae pollens (ragweed, sunflower...), and between Artemisia and some plant foods (e.g., celery, peach, fennel...)..
Clinical relevance:	Variable relevance.
Immunotherapy note:	Include in ASIT only if exposure and seasonality clearly match; avoid automatic inclusion.
Interpretation tips:	Roadsides/wasteland exposure; interpret with late-summer signs.



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Weed Pollen

Nettle - *Urtica Dioica*

Urtica dioica, commonly known as stinging nettle, is a perennial herb that belongs to the Urticaceae family. It is native to Europe, Asia, and North America and can be found in a variety of habitats, including forests, fields, and along roadsides. The plant can grow up to 1.5 meters tall and has green, heart-shaped leaves that are serrated on the edges and covered in small, stinging hairs. The small, greenish-white flowers are arranged in clusters.



Plant profile

Flowering month.



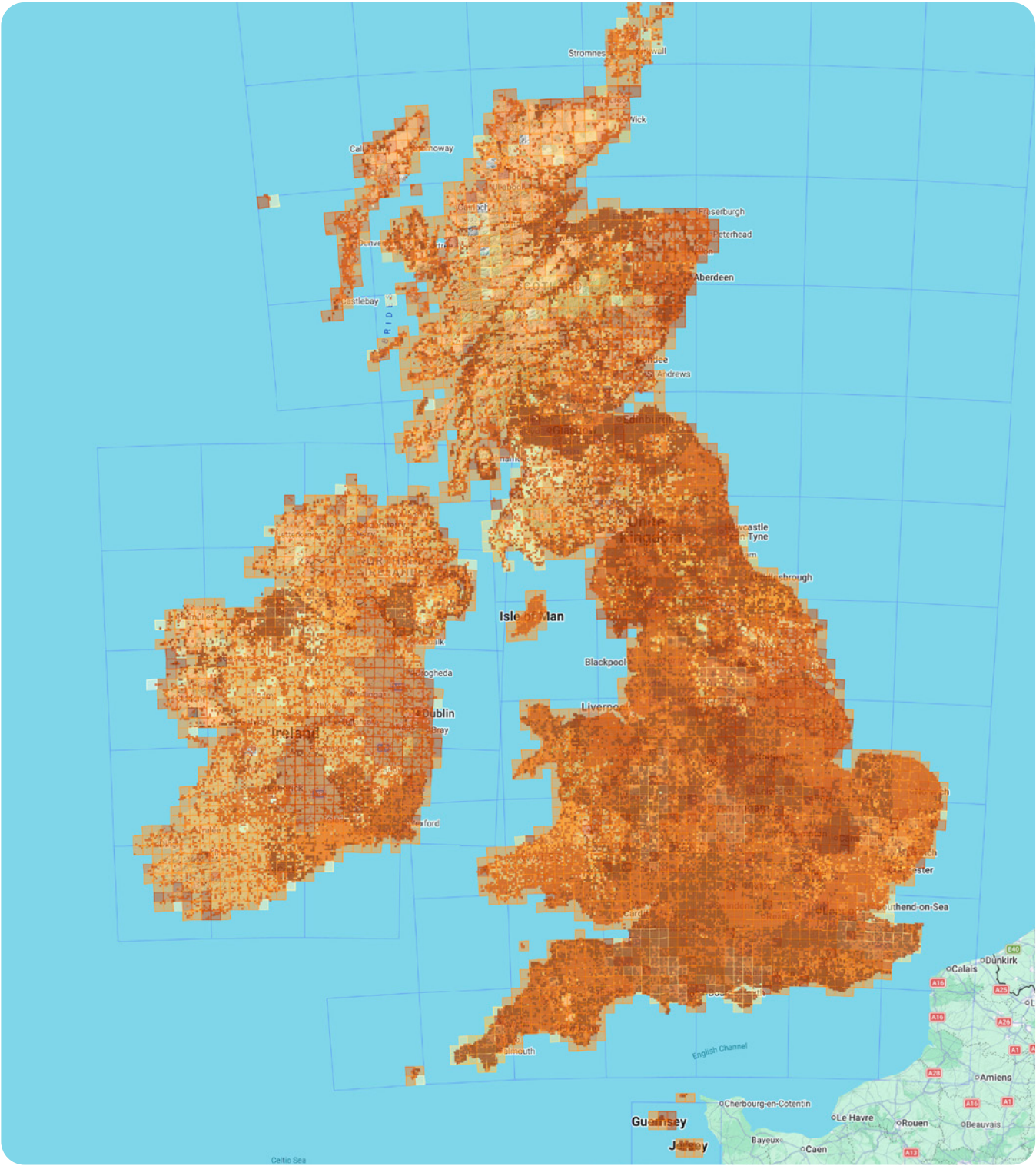
Details

Order:	Rosales
Family:	Urticaceae (Nettle). Also in this family:Fen Nettle, Mind-your-own-business, Pellitory-of-the-wall, Small Nettle
Type:	Flower
Life Cycle:	Perennial
Maximum Size:	150 centimetres tall
Habitats:	Farmland, fens, gardens, grassland, hedgerows, meadows, mountains, riverbanks, riversides, roadsides, scrub, towns, wasteland, waterside, woodland.
Flower:	Green, 4 petals. Small, inconspicuous flowers that form in clusters. These flowers are greenish or yellowish and are arranged in long, slender, drooping clusters called catkins.
Fruit:	The Common Nettle (<i>Urtica dioica</i>) in the UK produces small, round fruits known as achenes. These fruits are dry, single-seeded, and are often enclosed within the persistent sepals of the flower.
Leaves:	The leaves can be either light or dark green. They grow in opposite pairs along the stems and have saw-tipped margins. The shape of their leaves are oval or narrowly egg-shaped and they have pointed tips.
Fragrance:	A distinctive, slightly earthy, and herbaceous aroma.
Other Names:	American Stinging Nettle, California Nettle, Common Perennial Nettle, Common Stinging Nettle, Devil's Apron, Devil's Leaf, European Nettle, Giant Nettle, Greater Nettle, Scaddie, Slender Nettle, Stinging Nettle, Sting-leaf, Tall Nettle, Tall Wild Nettle, Tanging Nettle
Frequency (UK):	Abundant

Distribution map shown right.

Darkest areas are most abundant.

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Cross-reactivity

Cross-reacts with:	Other nettles and the pellitory weeds of the same Urticaceae family..
Clinical relevance:	Often low relevance.
Immunotherapy note:	Usually exclude from ASIT.
Interpretation tips:	Often incidental; rarely primary on its own.



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Weed Pollen

Pellitory - *Parietaria Judaica*

Parietaria judaica, also known as Jewish nettle or wall Pellitory, is a perennial herb that is native to Europe, Asia, and Africa. It is a low-growing plant that typically reaches a height of around 50cm tall. It has small, green leaves that are oval or lanceolate in shape, and small, greenish-white flowers that bloom from spring to fall.



Plant profile

Flowering month.



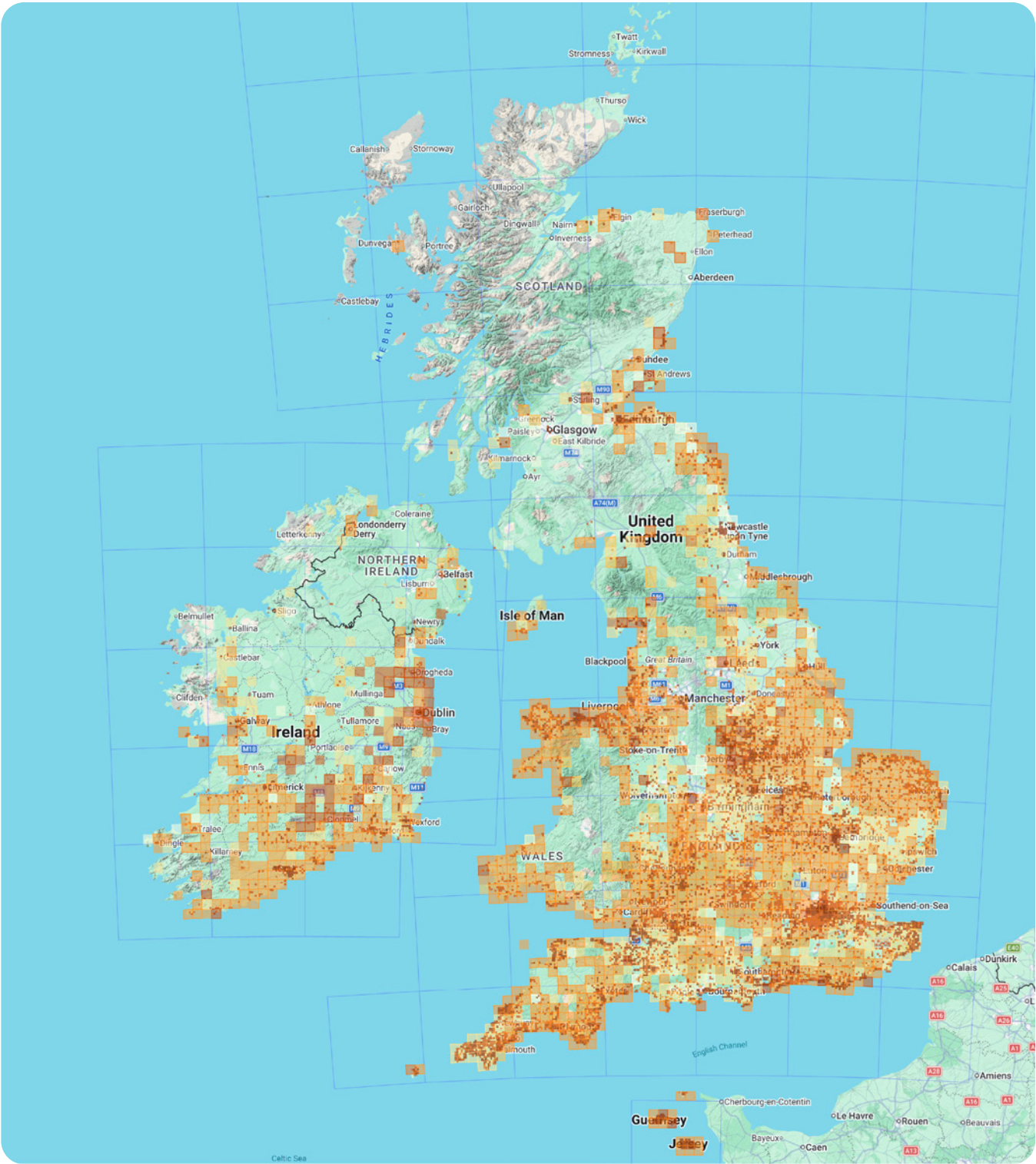
Details

Order:	Rosales
Family:	Urticaceae (Nettle). Also in this family: Common Nettle, Fen Nettle, Mind-your-own-business, Small Nettle
Type:	Flower
Life Cycle:	Perennial
Maximum Size:	50 centimetres tall
Habitats:	Cliffs, hedgerows, roadsides, rocky places, sea cliffs, seaside, walls.
Flower:	Green, 4 petals. Small, greenish or pinkish flowers clustered in the leaf axils. These inconspicuous blooms lack petals and are wind-pollinated, typically appearing from May to October.
Fruit:	The plant forms tiny, dry, one-seeded fruits known as achenes, which are smooth and somewhat shiny. These are dispersed near the parent plant and play a minimal role in long-range spread, as the species mainly spreads via seed drop and its persistent root system.
Leaves:	Its oval to lance-shaped leaves are alternate, soft, and hairy, often sticky to the touch. They have prominent veins and are supported by reddish stems.
Fragrance:	The plant is not known for having a noticeable scent.
Other Names:	Asthma Weed, Dead Nettle, Jewish Nettle, Spreading Pellitory, Stickyweed, Wall Pellitory.
Frequency (UK):	Occasionally seen

Distribution map shown right.

Darkest areas are most abundant.

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Cross-reactivity

Cross-reacts with:	Other <i>Parietaria</i> species
Clinical relevance:	Regionally relevant
Immunotherapy note:	Include in ASIT only if exposure and seasonality clearly match; avoid automatic inclusion
Interpretation tips:	Urban walls/masonry; can be relevant in some microclimates



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Weed Pollen

Ragweed - *Ambrosia Artemisiifolia*

Ambrosia artemisiifolia is a hardy, fast-growing annual herb native to North America, though it has become a widespread invasive species across Europe and Asia. It is most notorious for being a primary trigger for hay fever during late summer and autumn.



Plant profile

Flowering month.



Details

Order:	Asterales
Family:	Asteraceae (Daisy family)
Type:	Broadleaf Herbaceous / Wind-pollinated (Anemophilous)
Life Cycle:	Summer Annual
Maximum Size:	Typically 1m, but can reach up to 2m in nutrient-rich, disturbed soils.
Habitats:	Disturbed ground, roadsides, riverbanks, cultivated arable fields, and beneath bird feeders (often introduced via contaminated birdseed).
Flower:	Small, yellowish-green, and inconspicuous. Male flowers are clustered in terminal spikes (racemes) at the top of the plant for maximum wind dispersal; female flowers are found in the leaf axils below.
Fruit:	A woody, burr-like achene (roughly 3–4 mm long) with several short spines or “horns” at the top, resembling a crown.
Leaves:	Deeply bipinnatifid (double-divided) and fern-like. They are generally hairy and green on both the upper and lower surfaces.
Fragrance:	Low to none; lacks the strong aromatic oils found in its cousins, the Artemisias.
Other Names:	Low Ragweed, Short Ragweed, Roman Wormwood, Hay Fever Weed.
Frequency (UK):	Rare/Casual. It does not yet have established, self-sustaining populations in most of the UK because the seeds often fail to ripen in cooler summers, but it is frequently recorded in southern England as an accidental introduction.

Distribution map shown right.

Darkest areas are most abundant.

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Cross-reactivity

Cross-reacts with:	Other ragweed (<i>Ambrosia</i>) species, as well as with mugwort (<i>Artemisia</i>), marsh elder (<i>Iva</i>) and cocklebur (<i>Xanthium</i>).
Clinical relevance:	Low to variable relevance in UK/ROI
Immunotherapy note:	Include in ASIT only if exposure and seasonality clearly match; avoid automatic inclusion
Interpretation tips:	Uncommon UK allergen; positives often reflect cross-reactivity unless clear late-summer flares



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Weed Pollen

Russian Thistle - *Salsola Kali*

Salsola kali, also known as Kali saltwort, Russian thistle, or tumbleweed, is a species of salt-tolerant shrub in the Amaranthaceae family. It is native to the Mediterranean region and Central Asia and is now widespread throughout much of the world, including North America. The plant has green to gray-green, fleshy leaves and small, inconspicuous flowers. It is most commonly known for its large, spherical seed heads that break off from the plant and roll away in the wind, which is how it disperses its seeds.



Plant profile

Flowering month.



Details

Order:	Caryophyllales
Family:	Amaranthaceae (Amaranth)
Type:	Flower
Life Cycle:	Annual
Maximum Size:	50 centimetres tall
Habitats:	Beaches, farmland, grassland, roadsides, rocky places, saltmarshes, sand dunes, seaside, wasteland, wetland, woodland.
Flower:	White, 5 petals. Tiny white petals, tinged pink. The flowers usually appear solitary inside a tuft of leaf-like bracts at the bases of the leaves. Flowers each measure between 5 and 9mm across.
Fruit:	Prickly Saltwort (<i>Salsola kali</i>) produces small, inconspicuous fruits. These fruits are enclosed in tiny, papery capsules, which split open when the seeds are mature. The seeds themselves are small, dark, and lens-shaped.
Leaves:	A bushy, half-prostrate annual flower found on beaches just above the drift-line. Prickly Saltwort is a stiff, hairy, prickly plant. The fleshy, bluish-green leaves are short and linear (or hair-like).
Fragrance:	Prickly Saltwort (<i>Salsola kali</i>) is not typically known for its aroma, as its primary features of interest are its salt tolerance, succulent leaves, and adaptability to various habitats.
Other Names:	Common Saltwort, Kali Saltwort, Prickly Glasswort, Prickly Russian Thistle, Saltwort, Tumbleweed, Windwitch.

Frequency (UK): Occasionally seen

Distribution map shown right.

Darkest areas are most abundant.

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Cross-reactivity

Cross-reacts with:	Other Amaranthaceae; it has also been noticed between <i>Salsola</i> , <i>Chenopodium</i> , and <i>Mercurialis</i> , and between <i>Salsola</i> , <i>Lolium</i> and <i>Olea</i> .
Clinical relevance:	Variable relevance.
Immunotherapy note:	Include in ASIT only if exposure and seasonality clearly match; avoid automatic inclusion
Interpretation tips:	More relevant in dry/disturbed/agricultural settings



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Weed Pollen

English Plantain - *Plantago lanceolata*

Plantago lanceolata, commonly known as English Plantain or Ribwort Plantain, is a species of herbaceous perennial in the Plantaginaceae family. It is native to Europe and temperate Asia, and can be found in a variety of habitats such as grassland, lawns, roadsides, and waste ground. It typically reaches a height of up to 45cm, with a low basal rosette of leaves and slender, upright flowering stems.



Plant profile

Flowering month.



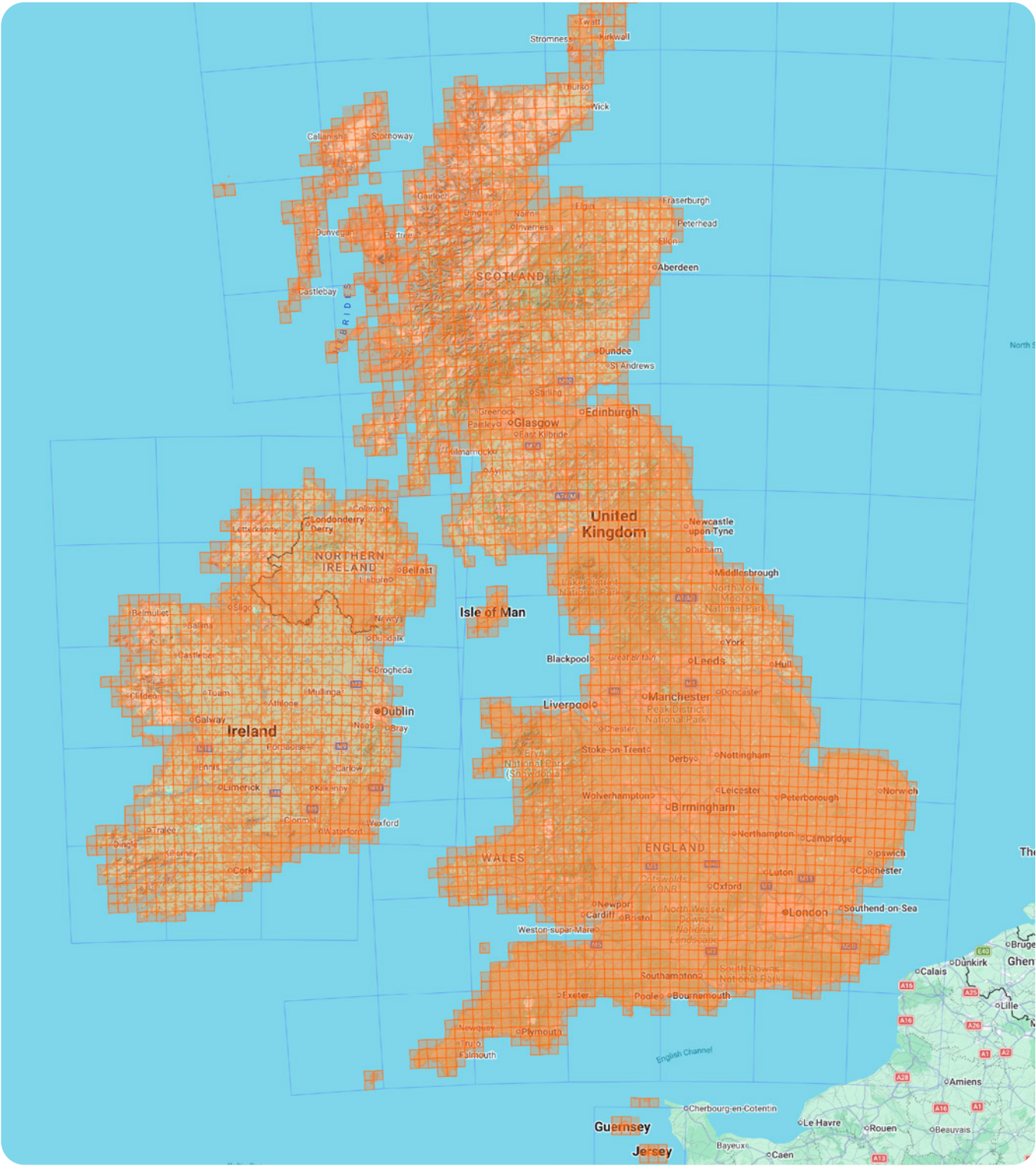
Details

Order:	Lamiales
Family:	Plantaginaceae (Plantain) Also in this family: Foxglove, Greater Plantain, Hoary Plantain, Sea Plantain, Speedwell, Toadflax, Water Speedwell
Type:	Herbaceous perennial
Life Cycle:	Perennial
Maximum Size:	45cm tall
Habitats:	Farmland, gardens, grassland, lawns, meadows, roadsides, verges, waste ground.
Flower:	Small, brownish flowers packed into a short, dense, cylindrical spikelet at the tip of a long, ridged, leafless stalk. Each flower has four pale, papery petals and prominent pale yellow-cream stamens that give the flower head a distinctive halo appearance. Flowers from April to October, peaking May to September.
Fruit:	The fruit is a small, two-seeded capsule that splits open when ripe, releasing tiny seeds that are dispersed by wind, water, or attachment to animals and clothing.
Leaves:	English Plantain has narrow, lance-shaped leaves with prominent parallel ribs (veins), arranged in a low basal rosette. Leaves are typically hairless or slightly hairy, tapering at both ends.
Fragrance:	English Plantain has no noticeable fragrance; it is wind-pollinated and does not rely on scent to attract pollinators.
Other Names:	Buckhorn Plantain, Narrowleaf Plantain, Ribgrass, Ribwort, Ribwort Plantain, Soldiers.
Frequency (UK):	Abundant

Distribution map shown right.



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Cross-reactivity

Cross reactivity:	Plantain allergen also shows cross-reactivity with pollens like grass, birch, ash, or olive pollen.
Clinical relevance:	Often low relevance.
Immunotherapy note:	Include in ASIT only if exposure and seasonality clearly match; avoid automatic inclusion.
Interpretation tips:	The vast majority of the plantain pollen-sensitized patients show concomitant sensitizations and allergies to other pollen allergen sources, such as grass, birch, ash, or olive pollen.



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Weed Pollen

Lamb's Quarter - *Chenopodium album*

Chenopodium album, commonly known as Lamb's Quarter or Fat Hen, is a species of annual herbaceous plant in the Amaranthaceae family. It is native to Europe and Asia but now found almost worldwide, and can be found in a variety of habitats such as farmland, gardens, waste ground, and disturbed soil. It typically reaches a height of up to 1.5m, with an upright, branching stem and a mealy, greyish-green appearance.



Plant profile

Flowering month.



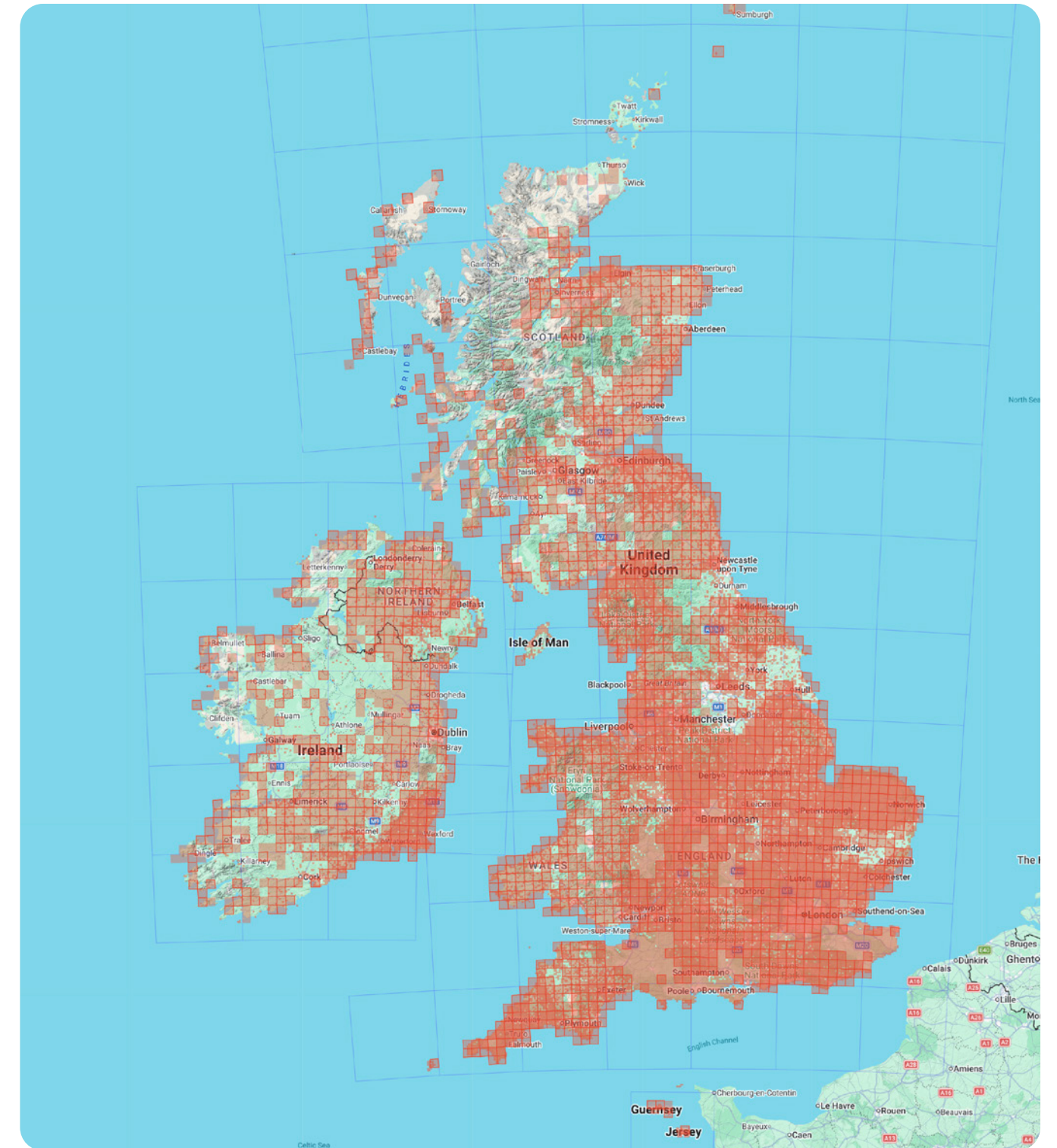
Details

Order:	Caryophyllales
Family:	Amaranthaceae (Amaranth) Also in this family: Common Orache, Good King Henry, Prickly Saltwort, Red Goosefoot, Sea Beet, Spear-leaved Orache, Stinking Goosefoot
Type:	Annual herbaceous plant
Life Cycle:	Annual
Maximum Size:	1.5 metres tall
Habitats:	Allotments, arable land, farmland, gardens, roadsides, waste ground, disturbed soil.
Flower:	Small, green, inconspicuous flowers with no petals, clustered densely into irregular spikes at the tips of stems and in leaf axils. Flowers from June to October, peaking July to September.
Fruit:	The fruit is a small, flattened, black seed enclosed in a thin papery covering, produced in vast numbers (a single plant can produce tens of thousands of seeds), aiding its persistence as a common agricultural weed.
Leaves:	Lamb's Quarter has diamond- to lance-shaped leaves with irregularly toothed margins, often covered in a whitish-grey mealy coating, especially on new growth and the undersides of leaves.
Fragrance:	Lamb's Quarter has no noticeable fragrance; it is wind-pollinated and does not rely on scent to attract pollinators.
Other Names:	Fat Hen, Goosefoot, Muckweed, Pigweed, White Goosefoot, Wild Spinach.
Frequency (UK):	Abundant

Distribution map shown right.

Darkest areas are most abundant.

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Cross-reactivity

Cross reactivity:	There is a strong cross-reaction with other Chenopodiaceae/Amaranthaceae. (pigweed, Russian thistle...).
Clinical relevance:	Regionally relevant
Immunotherapy note:	Include in ASIT only if exposure and seasonality clearly match; avoid automatic inclusion
Interpretation tips:	Pollination usually takes place from July to September; however, at some places, it has been reported to initiate in May and continue up to November



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Tree Pollens not included in PAX

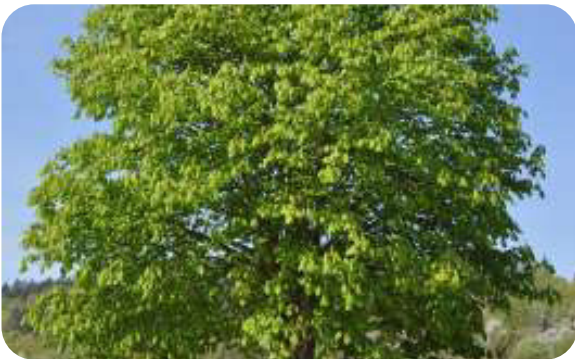
Willow

Cross-reactivity with beech and poplar already included in PAX



Horse Chestnut

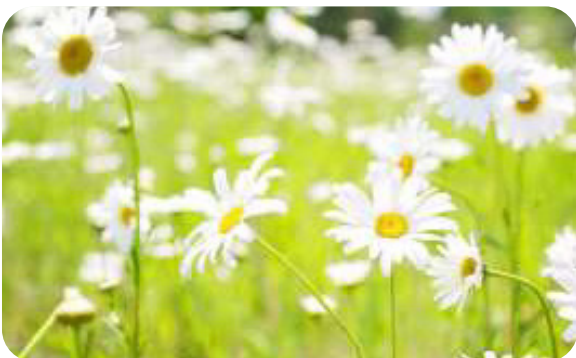
Cross reaction with sycamore found in PAX



Weed Pollens not included in PAX

Daisy

Cross reacts with Mugwort and Ragweed already included in PAX



Dandelion

Cross reacts with Mugwort and Ragweed already included in PAX



Rapeseed

Heavy pollen i.e., not airborne. Avoidance recommended.





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