

breathe better plants



Asthma, hayfever and dermatitis

Asthma, hayfever and dermatitis can all be triggered by plants. Some plants cause dermatitis or hayfever but may not necessarily trigger asthma.

Planting low-allergy plants can reduce the triggers and causes of these conditions. However please take note, the plants listed on this sheet are *generally* considered to be low-allergy plants. Some people with particular allergies may still have adverse reactions to these plants. This information sheet is a guide only.

The most dangerous season and time for pollen allergies is shortly after light rains in spring/early summer when some pollen grains break up and release large amounts of tiny allergic particles. Light spray type watering in high pollen conditions also has the potential to create a similar effect.

For more information about a low-allergy garden see our Breathe Better Garden information sheet.

Low Allergy Plants

Grasses

Australian native grasses

Rice or Weeping Grass (*Microlaena stipoides*), Kangaroo Grass (*Themeda australis*).

Low pollinating introduced grasses

Greenless couch (*Cynodon dactylon* spp), Buffalo (*Stenotaphrum secundatum*)

Native Australian ground cover plants instead of grass

Kidney Weed (*Cotula filicula*, *Dichondra repens*, *Mazus pumilo*, *Mentha diemenica*), Monkey Musk (*Mimulus repens*).

Ground Cover

Introduced ground cover plants

Snow-in-Summer (*Cerastium tomentosum*), low growing Cotoneaster (*Cotoneaster conspicuus* 'Decorus'), Juniper (*Juniperus conferta*), French Lavender (*Lavandula dentata*), Ivy leaf Geranium (*Pelargonium*

peltatum), Carpet Rose (*Rosemary* (*Rosmarinus officinalis horizontalis*), Thyme spp. (*Thymus* spp.), Variegated Periwinkle (*Vinca major variegata*).

Australian native ground covers

Rosy Heath Murtle (*Baeckia ramosissima*), Coast or White Honeysuckle (*Banksia integrifolia*), *Banksia* (prostrate), River Rose, Dog Rose (*Bauera rubioides*), *Callistemon* prostrate forms (*Callistemon Comboynensis*, *Callistemon personii*), White Correa (*Correa alba*, *Dampiera diversifolia*), Guinea flower (*Hibbertia serpyllifolia*, *Hibbertia pedunculata*, *Kunzea parvifolia*), Tea Tree spp. (*Leptospermum* spp), *Lobelia trigonacaulis*, Red-flowering Paperbark (*Melaleuca hypericifolia*), Fringed Heath-Myrtle (*Micromyrtus ciliata*), Native *Viola hederacea*.

Climbers for Fences

Introduced species

Chinese Gooseberry, Kiwi Fruit, *Actinidia chinensis*, Trumpet Vine (*Campsis*

grandiflora), Clematis (*Clematis Montana* 'Rubens'), Chilean Jasmine (*Mandevilla laxa*), Passion fruit (*Passiflora edulis*), *Banksia* Rose (*Rosa banksiae*), Climbing Rose (*Rosa* spp).

Native climber species

Sweet Appleberry (*Billardiera cymosa*), Purple Appleberry (*Billardiera longifolia*), Climbing Appleberry (*Billardiera cymosa*), Dusky Coral pea (*Kennedya rubicunda*), Purple Coral Pea (*Hardenbergia violacea*), Wonga Vine (*Pandorea pandorana*), Passionflower (*passiflora cinnabarina*).

Shrubs for Middle Height

Introduced shrubs

Glossy abelia (*abelia grandiflora*), Chinese Bell Flower (*Abutilon X frazeri*), Azalea (*Rhododendron* spp.), *Rhododendron* (*Rhododendron* spp.), Yesterday Today and Tomorrow (*Brunsefelsia australis*), *Camellia* (*camellia japonica*, *Camellia sasanqua*), California Lilac (*Ceanothus cyaneus* 'Blue

Pacific'), Escallonia (*Escallonia macrantha*), Gardenia (*Gardenia augusta*), Cape Plumbago (*Plumbago auriculata*), Rosemary (*Rosmarinus officinalis*), Orange Browallia, Marmalade bush (*Streptosolen jamesonii*), Snowball, Guelder Rose (*Viburnum opulus*), Weigela (*Weigela florida* 'Variegata).

Australian Native shrubs for middle height

Heath Banksia (*Banksia ericifolia*), Old Man Banksia (*Banksia serrata*), Honeysuckle Banksia (*Banksia spinulosa* 'Giant Candles'), Twiggy Heath Myrtle (*Baekia virgata*), Red Boronia (*Boronia heterophylla*), Bottlebrush (*Callistemon* spp), Common White Heath (*Epacris impress*), Kunzea (*Kunzea affinis*), Silky Tea Tree (*Leptospermum lanigerum* v. *macrocarpum*), Bracelet Honey Myrtle (*Melaleuca armillaris*), Red-flowering Paperbark (*Melaleuca hypericifolia*), Coastal Rosemary (*Westingia fruticosa*).

Herbs for the Garden

Basil, Chives, Dill, Fennel, Horseradish, Majoram, Mint, Parsley, Oregano, Rosemary, Sage, Summer Savory, Tarragon, Thyme.

Tree for Height, Shade and Wind Protection

Introduced trees

Maidenhair Tree (*Ginkgo biloba*), Deep Purple Orchid Tree (*Bauhinia blakeana*), Papaw (*Carica papaya*), Weeping Crab Apple (*Malus 'Echtermeyer'*), Japanese Crab Apple (*Malus floribunda*), Nyssa Tupelo (*Nyssa sylvatica*), Chinese Pistachio (*Pistacia chinensis*), Flowering Almond, Apricot, Cherry (*Prunus* spp.), Sweet Bay (*Laurus nobilis*), Citrus- Lemon, Orange, Lime Grapefruit (*Citrus* spp).

Australian Native trees

Peppermint Tree, Willow Myrtle (*Agonis flexuosa*), Norfolk Island Pine (*Araucaria heterophylla*), Peppermint Gum (*Eucalyptus nicholii*), Scribbly Gum (*Eucalyptus haemostoma*), Scarlet-flowering Gum (*Eucalyptus ficifolia*), Pincushion Hakea (*Hakea laurina*), Willow-leaved Hakea (*Hakea salicifolia*), Kenita Palm (*Howea forsterana*), Lilly Pilly spp. (*Acmena Smithii* *Syzyium* spp.) Cabbage Tree Palm (*Livistona australis*), Brad Leaved Paperbark (*Melaleuca quinquinervia*).

Introduced Flowering Annuals and Perennials

Ageratum, Alyssum, Anemone, Aquilegia, Begonias spp., Canterbury Bells, Foxglove, Clarkia, Coleus, Cornflower, Delphinium,

Honesty, Impatiens, Lobelia, Nemesis, Nasturtium, Pansy, Petunia, Phlox, Salvia, Snapdragon, Sweet William, Verbena.

Plants and Trees to avoid

Annuals

Asteraceae family i.e. Daisies, Chrysanthemums, Calendulas, Marigolds.

Grasses

Introduced grasses (except those named).

Trees

Wattles (*Acacia* spp.), Alder (*Alnus* spp), Ash (*Fraxinus* spp), Birch (*Betula* spp), She oak (*Casuarina equisetifolia*), Cypress (*Cupressus sempervirens*), Monterey Pine (*Cupressus macrocarpa*), white Cypress Pine/Murray Pine (*Callitris glaucophylla*), Elm (*Ulmus* spp), Liquidambar (*Liquidambar styraciflua*), Maple (*Acer* spp), white Cedar (*Melia azedarach*), Mesquite (*Prosopis juliflora*), Oak (*Quercus* spp), Olive (*Olea* spp), Poplar (*Populus deltoides*), Privet (*Ligustrum* spp), Walnut (*Juglans* spp), Willow (*Salix* spp).

For more information contact the Breathe Better Health Line 1800 645 130, go to www.asthmasa.org.au or visit the Breathe Better Centre at 300 South Road Hilton.