



San Diego Regional Asthma Coalition Low Allergy Plant and Tree List

[Note: 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.]

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 (*Ceratonia 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*)
Bergenia
Bluebell Creeper, Australian (*Sollya heterophylla*)
Bouvardia
Bush Poppy (*Dendromecon rigida*)
California Holly (*Heteromeles arbutifolia*)
Cape Fuchsia (*Phygelius capnesis*)
Cape Plumbago (*Plumbago auriculata*)
Chilean Guava (*Ugni molinae*)
Disanthus
Flame Vine (*Pyrostegia venusta*)

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(Shrubs and Larger Plants cont.'d)

Gaura (*Gaura lindheimeri*)
Germander (*Teucrium*)
Guinea Gold Vine (*Hibbertia cuneiformis*)
Halimocistus sahuicii
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*)
Myoporum
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
Princess Flower (*Tibouchina urvilleana*)
Sago Palm (*Cycas revoluta*)
Silk Tassel (*Garrya elliptica, female*)
Snowberry (*Symphoricarpos mollis*)
Strawberry Tree (*Arbutus unedo*)
Succulent (*Crassula Cotyledon*)
Sword Fern (*Nephrolepis*)
Ternstroemia gymnanthera
Texas Rangers (*Leucophyllum frutescens*)
Woolly Blue Curls (*Trichostema lanatum*)
Yucca

Turf and Low Growing Plants

Angel's Tears (*Soleirolia soleirolii*)
Baby's Tears (*Soleirolia soleirolii*)
Basket of Gold (*Aurinia saxatilis*)
Bermuda grass – Princess 77
Blue Star Creeper (*Laurentia Isotoma, fluviatilis*)
Cup Flower (*Nierembergia*)
Dichondra (*D. micrantha*)
Green Carpet (*Herniaria glabra*)
Ground Ivy (*Glechoma hederacea*)
Halimium
Ice Plant (*Lampranthus oscularia, L. oscularia*)
Lilyturf (*Liriope*)
Lippia (*Phyla nodiflora*)
Moses-in-the-Cradle (*Rhoeo spathacea – Rhoeo S.*)
Oscularia
Pampas Grass (*Cortaderia Selloana, female*)

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Turf and Low Growing Plants (cont.'d)

Pratia angulata
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

Anise (*Pimpinella anisum*)
Artichoke (*Cynara scolymus*)
Avocado (*persea*)
Beet (*Beta vulgaris*)
Bell peppers, Chili peppers (*Solanaceae*)
Caraway (*Carum carvi*)
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
Baboon Flower (*Babiana*)
Balloon Flower (*Platycodon grandiflorus*)
Bamburanta (*Ctenanthe compressa*)
Bear's Breech (*Acanthus mollis*)
Begonia (*Begoniaceae*)
Belladonna Lily (*Amaryllis belladonna*)
Bird of Paradise (*Strelitzia*)
Blackberry Lily (*Belamcanda chinensis*)
Black eyed Susan (*Rudbeckia, Thunbergia*)
Blazing Star (*Mentzelia*)
Bluebells, Spanish (*Hyacinthoides hispanica*)
Bougainvillea (*Nyctaginaceae*)

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(Flowers cont.'d)

Bower Vine (*Pandorea jasminoides*)
Breath-of-Heaven (*Coleonema*)
Blue False Indigo (*Baptisia australis*)
Brimeura amethystina
Brodiaea
Brunnera (*B. macrophylla*)
Bugle Lily (*Watsonia*)
Bush Poppy (*Dendromecon rigida*)
Cactus
Calceolaria
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 (*Crocsmia x. crocosmiiflora*)
Cyclamen (*Primulaceae*)
Daffodil (*Narcissus*)
Daylily (*Hemerocallis*)
Delphinium (*Ranunculaceae*)
Donkeytail (*Sedum morganianum*)
Easter Lily Cactus (*Echinopsis*)
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*)
Geum
Gladiolus (*Iridaceae*)
Godetia (*Clarkia*)
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*)
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(Flowers cont.'d)

Impatiens
Iris
Jerusalem Sage (*Phlomis fruticosa*)
Johnny Jump Up (*Viola*)
Juniter's Beard (*Centranthus ruber*)
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
Nerine (*Amaryllidaceae*)
New Zealand Flax (*Phormium tenax*)
Night Blooming Cactus (*Cereus*)
Orchid (*Orcidaceae*)
Painted Tongue (*Salpiglossis sinuate*)
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*)

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(Flowers cont.'d)

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*)
Zephyr Flower (*Zephyranthes*)
Zinnia

This brochure is a project of the **San Diego Regional Asthma Coalition**. We would like to thank **The California Endowment** for its support of the Coalition.

We'd also like to thank 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 in reviewing initial drafts of the brochure.

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