



Respiratory Care WA

Asthma | COPD | Respiratory Health



08 9289 3600



36 Ord Street, West Perth, WA, 6005



respiratorycarewa.org.au

Low Allergen Plants

Asthma, hayfever and dermatitis

Asthma, hayfever and dermatitis can all be triggered by plants. It is important when planning a garden or replacing plants that this is taken into account. Some plants may not necessarily trigger asthma, but can cause dermatitis or hayfever. For the purpose of this fact sheet, the plants listed are considered as a low allergy option. Specific allergies, however, may still be an issue. This fact sheet is a guide only, and professional help in regard to a botanic society or local nursery should be sought as well. In regard to pollens in general, a dangerous time can be 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.

Grasses

Australian native grasses

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

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 Covers

Introduced ground cover plants

Snow-in-Summer (*Cerastium tomentosum*), low growing Cotoneaster (*Cotoneaster* conspicuous 'Decorus'), Juniper (*Juniperus conferta*), French Lavender (*Lavendula dentata*), Ivy leaf Geranium (*Pelargonium peltatum*), Carpet Rose Rosemary (*Rosmarinus officinalis horizontalis*), Thyme spp. (*Thymus* spp.), Variegated Periwinkle (*Vinca major variegata*).



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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 (*Rosamarinus 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 (*Baeckia 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*).



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Herbs for the Garden

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

Trees 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* *Syzygium* 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 that Should be Avoided

Annuals

Asteraceae family i.e. Daises, 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).