

Pollen Calendar of the Mediterranean area

	Allergen	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
	Grasses												
	Sorrel (Rumex crispus)												
	Plantain (Plantago lanceolata)												
	Mugwort (Artemisia vulgaris)												
	Lamb's quarters (Chenopodium album)												
	Parietaria (Parietaria officinalis)												
	Dandelion (Taraxacum vulgare)												
	Nettle (Urtica dioica)												
	Ragweed (Ambrosia elatior)												
	Olive (Olea europaea)												
	Cypress (Cupressus spp.)												
	Pine (Pinus spp.)												
	Birch (Betula alba)												
	Platanus (Platanus hybrida)												
	Privet (Ligustrum vulgare)												