# Seven Plants for Allergy Sufferers to Enjoy in the Summer



### Seven Plants for Allergy Sufferers in Summer

During hay fever season, common symptoms like sneezing, itchy eyes, and runny nose can be exacerbated by pollen. However, some plants are low in pollen and suitable for those with allergies. Chris Bonnett from Gardening Express highlights several plants that produce little to no pollen and can safely be incorporated into gardens and homes.

1. **Roses**: Known for their sweet scent, roses produce minimal pollen, which is heavy and unlikely to become airborne, reducing the risk of triggering hay fever symptoms.

2. **Yarrow**: These flowering herbs have delicate foliage and are easy to grow. Yarrow plants are not particular about their growing conditions and thrive in full sun.

3. **Camellias**: These evergreens produce vibrant blooms in various colors and have both male and female reproductive organs, meaning their pollen doesn't travel far.

4. **Geraniums**: Featuring five-petaled flowers in multiple colors, geraniums are excellent for potted plants and do not produce excessive pollen.

5. **Lobelia**: Known for their two-lipped flowers and dark green leaves, lobelias add brightness to gardens and are low in pollen.

6. **Fruit Trees**: Pollinated by insects rather than wind, most fruit trees are less likely to aggravate allergies. They can also provide a bounty of fruit like apples, pears, and cherries.

7. **Conifers**: Planted as hedges, conifers can block pollen and enhance privacy. Options include cedars, firs, junipers, pines, spruces, and yews.

These plants allow allergy sufferers to enjoy gardening and keep their homes vibrant without the discomfort associated with hay fever.

**Sources:** Bristol Post, Wales Online