

Seasonal Allergies in New Mexico

Common Pollination Periods In Central New Mexico*

Juniper and Cedar January - April
September - December

Elm January - April

Ash March - June

Cottonwood March - June

Mulberry April - May

Common Weeds April - August

Sage May - August

Grass May - October

Ragweed August - October

* Based on information from The City of Albuquerque Air Quality Bureau



<https://nmtracking.org>

Get Health Tips at NMTracking.org