

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



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