

Missouri Pollen forecast Calendar

(based on 2015-2018 pollen data provided by the St. Louis County Department of Public Health)

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Plants												
Cedar/Juniper												
Maple/Boxelder												
Elm												
Willow												
Poplar/Cottonwood												
Sycamore												
Birch/Hop Hornbean												
Oaks												
Pine/spruce/												
Alder												
Ash												
Walnut/Butternut												
Grasses												
Linden/Basswood												
Pecan/Hickory												
Sweetgum												
Mulberry												
Sedge												
Dock/Sheep sorrel												
Chestnut												
Cattail												
Plantain												
Nettle												
Ragweed												
Lambsquarter												
Hemp												
Wormwood												
Goldenrod												

		Tree/ shrub	Grass	Weed
	Very high level	1500 +	200+	500+
	High level	90-1499	20-199	50-499
	Moderate level	15-85	5-19	10-49