

**Allergies** (Continued from page 12)

Pollen grains from different plants look as different from one another as do the parent plants. The pollen count is a count of the average number of pollen grains contained in a cubic yard of air during a 24 hour collection time. Today's pollen count is usually determined by yesterday's numbers.

If a plant has an attractive flower, it is probably insect-pollinated. The pollen is sticky and doesn't blow around. However, if a plant has a small, inconspicuous or non-existent flower, it is probably wind-pollinated and therefore the most allergic.

Pollen producing plants are trees, grasses, and weeds. In most parts of the U.S. trees pollinate in spring, grasses in summer, and weeds in fall. In Arizona, with our warmer weather, we have a long pollen season which lasts all year. In Arizona, trees pollinate from January to May, grasses pollinate from early April through October, and weeds pollinate from March through early August, and late August through November. Citrus trees do not cause allergies since citrus trees are generally insect-pollinated. If your symptoms seem worse during citrus blossom season, its because other pollens are in the air, or you may have a problem with the fragrance itself. Weeds produce pollen in spring, summer, and fall in Arizona. High pollen weeds are Western Ragweed, Carelessweed, Sagebrush, Burweed, Saltbush, and Tumbleweed.



Suggestion for low allergenic (least pollen) shrubs in Arizona include any flowering shrub such as Bougainvillea, Cat's Claw, cacti and succulents, Mexican Bird of Paradise, Pyracantha, Texas Ranger, Yellow Jasmine, Cassia, Hibiscus, Salvia, Yucca, Oleanders. Oleanders do not cause allergies, but pollen and mold may collect on them and disperse during windy weather.

Molds are microscopic fungi without roots or leaves that live on plant or animal matter. They reproduce by releasing spores into the air, floating like pollen, and when inhaled produce allergy symptoms. They can be indoors and outdoors. Outdoor molds are present all year round in Arizona in the soil, vegetation, and in rotting wood.

To diagnose allergies your health care provider should do a careful history of symptoms (including your home environment, hobbies, and job). They may order allergy skin tests and/or a RAST blood test. Treatment of allergic rhinitis (AR) involves:

- Allergen avoidance and environmental control measures.
- Preventative "anti-inflammatory" therapy (nasal steroids and cromolyn, prescribed by a doctor).
- Rescue therapy for symptom relief (decongestants and antihistamines).
- Immunotherapy (allergy shots).

The key in allergy treatment is allergen avoidance and environmental controls. To reduce your pollen and mold exposure:

- Know the pollen and mold counts during allergy season (check your local newspaper, radio, or weather channel).
- Stay indoors during high pollen season and keep your doors and windows closed.
- Avoid high pollen areas.
- Let someone else do the outside mowing, sweeping, raking, and hosing. Avoid molds by staying away from compost piles and barns.
- Don't hang clothes or bedding outside to dry.
- Keep car windows closed (use air conditioning on recirculate while driving).
- Restrict or limit your outside activity between 5-10 a.m. because there is more mold and pollen in the air at that time.
- Use central air conditioning rather than evaporative coolers. Avoid open windows and attic fans that draw pollen into the house.
- Use good air filters on central AC or portable filtering units (HEPA - High Energy Particulate Air) in the bedroom.
- Avoid handling pets that have been outside as they are covered with pollen.
- If your allergies are real bad, plan your vacation during high pollen season and go to place with less pollen.
- Ask your medical provider for medicine to prevent or decrease allergy symptoms.
- Correct drainage problems around home (pooled water increases mold formation).

If you must mow or garden during high pollen times, wear a good dust mask, take allergy medicine before you work, wear a long sleeve shirt, a hat, and gloves, shower immediately after finishing working, and wear fresh clothes.

Special thanks for providing information for this article goes to Allergy Associates, LTD, Dr. Suresh C. Anand, MD & Staff.

*Vicky Burke*  
Master Gardener & Certified Pediatric Nurse Practitioner

## Arbor Day

Once upon a time, long, long ago, Nebraska didn't have any trees. Jules Sterling Morton decided to fix this 'oversight' of Mother Nature. He had been one of the pioneers who moved from Detroit to Nebraska Territory in 1854. He really missed the trees which grew in the Detroit area.



The first Arbor Day was celebrated on April 10, 1872 in Nebraska City, Nebraska. Over one million trees were planted that first Arbor Day — and that was only in the state of Nebraska. By 1920 at least 45 states were celebrating Arbor Day. Today all states celebrate Arbor Day, but not on the same date. Other countries celebrate Arbor Day also, but they are called different names. India's holiday is called a National Festival of Tree Planting. New Year's Day of the Trees is the name for Arbor Day in Israel. Arbor Day will be celebrated this year on April 24 in Arizona.

There are many reasons for planting a tree. Some trees give shade, so you are able to lower your air conditioning or swamp cooler bill in the summer. If you buy a deciduous tree, then it will also help warm your home in the winter. A fruit tree will also provide food and beauty in the spring when it blooms. An evergreen tree can be used for privacy.

Before you buy a tree, decide what you want to use the tree for. How big is the place where you are doing to plant the tree and where is it located? Are you going to be able to spend a lot of time pruning, fertilizing the tree or do you want a low-care one? The answers to all these questions will help you decide which tree will be best for you. Be sure to buy a tree that grows well in your area. The #1 reason for trees dying is that the wrong tree was planted. In fact, more trees die for this reason than all trees that die from insects and diseases combined. Other reasons for tree death include underwatering, overwatering, soil compaction and vandalism.

Once you decide which tree to plant, be sure you buy a high quality tree. Don't waste your money and time on a tree that doesn't grow like its supposed to. It is important to check and make sure it has a good root system, a blemish-free trunk, and well-spaced branches. The planting hole is very important also — make sure it is approximately 3 times as wide as the root ball, but no deeper than the root ball. Don't plant your tree near water or sewer lines, or under power lines. Be sure to locate any underground utility lines before digging.

Remember, even though we celebrate Arbor Day in April, it may not be the best time of year to plant the tree you select. Learn about the growing seasons in your area and the growth habits of your tree before you purchase it.

Much of the information for this article was obtained from the Arbor Day Planning Committee, and ISA Tree Care Consumer Guides. Visit the ISA website at <http://www.ag.uiuc.edu/~isa/consumer/consumer.html>. Also, the following bulletins are available from the Maricopa County Cooperative Extension: MC13 "Trees for Maricopa County," MC33 "Drought Resistant Trees for Maricopa County," and MC88 "Tree Planting Guide."

*Val Carsey*  
*Master Gardener & Communicator Editor*

The cultivation of trees is the cultivation of the good, the beautiful and the ennobling in man.  
— J. Sterling Morton

## Spring Garden Club Fair Day

The garden clubs of the Phoenix area invite you to their annual Spring Fair to be held on the grounds of the Extension Office at 4341 E. Broadway Rd. on Saturday, March 14, from 9 a.m. until 3 p.m.

Over 20 local clubs specializing in everything from orchids to roses, and vegetables to cactus will be there with items for sale, lectures, and demonstrations, a raffle and information about their clubs. Members will be available to give you gardening advice and to answer specific questions.

Plan to come by, listen and learn and have a real good time!

*Judy Curtis*  
*Master Gardener & Spring Fair Day Coordinator*

## DBG Offers Courses

The Desert Botanical Garden, 1201 N. Galvin Pkwy., offers the following classes on Desert Living which are free with admission to the Garden. Classes are from 10 a.m. to noon. For more info, call 941-1225

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|---|-----------------------------|
| 3/7 Succulent Landscaping                 | 4/4 Plant Propagation       |
| 3/14 Wildlife Landscaping                 | 4/11 Tree Pruning           |
| 3/21 How to Harvest Water for Landscaping | 4/18 Fertilizing Techniques |
| 3/28 Cactus Care                          | 4/25 Solar Cooking          |

## Calendar of Events

### MARCH

**3/13 - 3/15** Phoenix Home Improvement and Garden Show, Phoenix Civic Plaza. For info call 277-4748.

**3/14** Pond Society meeting at 9 a.m. "How to Divide and Repot Water Plants," for location and information call Janay and Allen at 931-8422.

**3/19** Valley of the Sun Heritage Rose Assn. Regular meeting at 7 p.m. in Palo Verde room at County Extension office, 4341 E. Broadway Rd. "Planting and Basic Care of Roses" by a panel of members. For more info all Floyd at 944-2198.

**3/20 - 3/22** Plant Sale at Desert Botanical Garden, 1201 N. Galvin Pkwy. Open to members only on **3/20** from noon to 6 p.m. and **3/21** from 8 a.m. to 9 a.m. Open to the public from 9 a.m. to 5 p.m. on **3/21** and **3/22**. No admission charge. For more info, call 941-1225.

**3/21 - 3/22** "Swing into Spring Southwest Style" flower show by Floral Designers of Sun Cities at United Church of Sun City, 107<sup>th</sup> Ave. & Sun City Blvd. (south of Grand Ave.), Sat. 2 p.m. to 4 p.m. and Sun. 11 a.m. to 4 p.m. For more info call Sylvia at 584-3780.

**3/25** "A Sense of Fulfillment" flower show by Gardeners & Arrangers Guild, Valley Garden Center, 1809 N. 15<sup>th</sup> Ave. (north of M<sup>c</sup>Dowell Rd.), open to the public from 7 p.m. to 9 p.m. For more info, call Betty at 375-9958.

**3/26 - 3/29** Desert Bloom '98, outdoor landscape and garden show at Grayhawk Scottsdale, Scottsdale Rd. & Thompson Peak Pkwy., Scottsdale. Features garden retreats, displays of SW plants, seminars, demonstrations and garden-related exhibits. From 9 a.m. to 6 p.m., cost \$10 for adults, \$6 for seniors, \$2 for children. Call Hotline: 266-2644 or Ticket info 234-0840.

**3/28** Food, Fun and Frolic at Mesa Country Club, Fairway Dr., west side of North Country Club Dr., (3 blocks north of Brown Rd.), Mesa, 10 a.m. Cost \$25.00, includes luncheon, fashion show, auctions. This is a fund-raiser for the AZ Federation of Garden Clubs. For more info, call Juanita at 491-0487.

**3/28** 3<sup>rd</sup> Annual Garden Tour by Valley of the Sun Gardeners. Tour 6 gardens from 44<sup>th</sup> St. to 83<sup>rd</sup> Ave. from 10 a.m. to 4 p.m. Cost \$5.00 per person for all gardens. For more info, call Paul at 937-5713 or Val at 849-4956.

**3/29** Garden Walk and Plant Sale at Valley Garden Center, 1809 N. 15<sup>th</sup> Ave. (north of M<sup>c</sup>Dowell Rd.), from 9 a.m. to 4 p.m. For more info, call 252-2120.

### APRIL

**4/4** "Desert Rose" rose show by Rose Society of Glendale, Glendale Community College Student Union, 59<sup>th</sup> Ave. & Olive Rd., open to the public from 12:30 p.m. to 4:30 p.m. For more info, call Bill or Candy at 878-9607.

**4/5** Garden Tour by East Valley Men's Garden Club. There will be 6 gardens. For more info, call Barbara at 981-2523.

**4/11** Pond Society meeting at Paradise Ponds, 140 W. Camelback Rd. (new location), "Plant Summary - Success and Failures," 9 a.m. For more info, call Janay and Allen at 931-8422.

**4/11** Rose Show by Scottsdale Rose Society at Saguaro High School Cafeteria. There is a new Junior Division. For more info, call Julieanne at 451-6291.

**4/17 - 4/19** Spring Trek/Mini Spuria Convention "Rainbows of the Desert," Sun Country Iris Society. There will be a tour of 6 iris gardens on Sat. and Sun. For more info, call Bobbi at 841-1231.

**4/18 - 4/19** Rose Show by Phoenix Rose Society at Christ-Town Mall, open to the public from 1 p.m. to 5 p.m. both days. For more info, call Paul at 937-5713.

**4/18 - 4/19** Cactus and Succulent Show, Desert Botanical Garden, 1201 N. Galvin Pkwy. For more info call 941-1225.

**4/19** Annual Garden Tour and Bar-B-Que by Mesa-East Valley Rose Club. The public is welcome to tour 6 gardens, meet at Mesa Community College Rose Garden, the Southern Ave. entrance at 1 p.m. Cost \$10.00 per person for tour and bar-b-que. For more info, call Marylou at 926-3064.

**4/22** Mary Irish talks about "Scents in the Desert," Gardeners & Arrangers Guild, meeting starts at 7 p.m., Valley Garden Center, 1809 N. 15<sup>th</sup> Ave. (north of M<sup>c</sup>Dowell Rd.). For more info, call Betty at 375-9958.

**4/24** West Central District Meeting of AFGC, Moon Valley Country Club, 151 W. Moon Valley Dr., Phoenix. Starts at 9:30 a.m. with coffee, speaker will be John Jay Harper, "Plants for the Seasons." Cost \$13.00, reservations due by April 24. For more info, call Lois at 266-0142.