

# The Pollen

## Issue N°9 - The Amaranthaceae

It's time for another Pollen spotlight! In this issue we will look at the Amaranthaceae (Am-a:-ranth-ā-see) family of weeds.

This family of weeds contains roughly 2,500 species, of which about 100 are allergenic. Due to the cross-reactivity commonly shared between members of the same taxonomic family we only test for 6 of those species, including: Lamb's Quarter (Goosefoot), Pigweed, Carelessweed, Saltbrush (Wing Scale), Kochia, and Russian thistle.

**Why:** Like most allergenic plants, when you come into contact with the pollen they tend to cause rhinoconjunctival symptoms otherwise known as 'Hay Fever'. Among these weeds, Russian thistle is the largest offender of hay fever symptoms.

**Where:** With the exception of Lamb's Quarter and pigweed which are found nationwide, these weeds are found primarily in the South Western parts of the United States. The pigweed and carelessweeds are commonly found in cultivated and waste soils, while Kochia are commonly cultivated as garden plants, due to their "burning" color in autumn.

**When:** The pollinating season for these weeds extend from late March to September, with the height of the pollen season occurring in late summer.

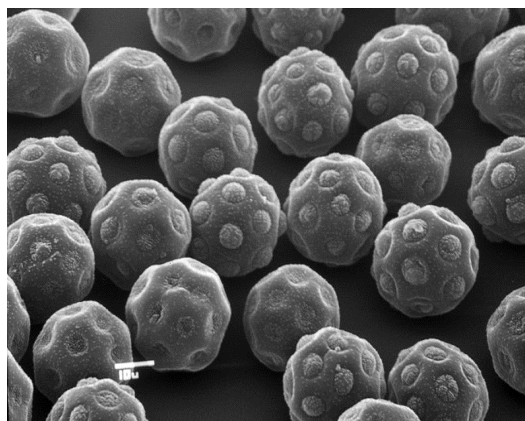
**Pollen:** The Amaranthaceae pollen are all very similar; spheroidal, have many pores, and range from 20-35 µm in diameter. These pollen grains tend to be smaller than grass pollen and therefore can travel further on the wind.



Carelessweed



Kochia



Pollen



Lamb's Quarter



Russian Thistle

1. [http://upload.wikimedia.org/wikipedia/commons/thumb/f/f3/Halothamnus\\_Pollen\\_1.JPG/800px-Halothamnus\\_Pollen\\_1.JPG](http://upload.wikimedia.org/wikipedia/commons/thumb/f/f3/Halothamnus_Pollen_1.JPG/800px-Halothamnus_Pollen_1.JPG)
2. Middleton's Allergy. Seventh Edition. 2009.
3. [http://www.missouriplants.com/Greenalt/Chenopodium\\_album\\_page.html](http://www.missouriplants.com/Greenalt/Chenopodium_album_page.html)
4. [http://upload.wikimedia.org/wikipedia/commons/4/4d/Amaranthus\\_palmeri.jpg](http://upload.wikimedia.org/wikipedia/commons/4/4d/Amaranthus_palmeri.jpg)
5. [http://upload.wikimedia.org/wikipedia/commons/thumb/4/48/Kochia\\_scoparia1.jpg/450px-Kochia\\_scoparia1.jpg](http://upload.wikimedia.org/wikipedia/commons/thumb/4/48/Kochia_scoparia1.jpg/450px-Kochia_scoparia1.jpg)
6. [http://www.aphotoflora.com/images/amaranthaceae/salsola\\_kali\\_saltwort\\_00\\_plant\\_25-08-04.jpg](http://www.aphotoflora.com/images/amaranthaceae/salsola_kali_saltwort_00_plant_25-08-04.jpg)

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