**Seasonal Pollen Guide for Montana, Idaho & Wyoming**

**TREES**
- **Elm, Chinese**
- **Poplar, White**
- **Aspen, Quaking**
- **Privet**
- **Box Elder**
- **Willow, Black**
- **Tree of Heaven**

**GRASSES**
- **Bluegrass, Annual**
- **Oats, Wild**
- **Rye, Cultivated**
- **Oats, Cultivated**
- **Orchard Grass**
- **Bluegrass, Kentucky/June**
- **Brome, Hungarian/Smooth**
- **Canary Grass, Reed**
- **Fescue, Meadow**
- **Rye, Alkali**
- **Salt Grass**
- **Wheat, Cultivated**
- **Ryegrass, Perennial**
- **Wheat Grass, Western**
- **Corn**
- **Timothy**
- **Johnsongrass**

**WEEDS**
- **Dock, Yellow**
- **Sheep Sorrel**
- **Plantain, English**
- **Poverty Weed**
- **Wingscale**
- **Nettle**
- **Russian Thistle**
- **Burning Bush**
- **Cocklebur**
- **Pigweed, Rough/Redroot**
- **Wormwood, Common**
- **Goldenrod**
- **Lamb’s-Quarter**
- **Ragweed, False**
- **Ragweed, Giant**
- **Ragweed, Short**
- **Ragweed, Western**
- **Sagebrush, Common**

HYCOR seasonal pollen guides are designed to alert patients with seasonal allergies about the pollen cycles in their area. Visit www.whatisallergy.com for more information.