

Urban flora and health

Pollination and allergies

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Intro

There are plants in cities. Some have been chosen by landscaping managers, which we find in parks, squares and on the streets. Others grow spontaneously. Cities need to have plants, and the more diverse they are, the better. However, when we are choosing species, we should pay attention to factors such as flowering and pollination, which can cause allergies in the citizens.

Objectives

- Identify the urban plants and observe their flowering season.
- Provide details to find out about the high-risk reasons so that you can take precautions.

Materials

1. Identification guide for plants around you (e.g. <http://lap.uab.cat/aerobiology>)
2. System for taking notes (e.g. Plant*tes app, digital diary or pencil and paper)

Steps to follow

Method I

- SELECT the plant(s) that you want to study according to your allergy risk.
- OPEN a file for each plant that you want to study and write down the name of the plant and the place where it's found.
- VISIT the chosen plant(s) periodically, particularly during the flowering season.
- TAKE A PHOTO of the plant(s).
- WRITE DOWN:
 - Geolocation
 - Date of observation (day, month and year)
 - Details of the phenological state: no flower / flower growing / open flower / with fruit (it may be that more than one of these cases are applicable)
- REPEAT your visits until the flowering is complete and it is in its fruiting phase.

VERY IMPORTANT: if you are monitoring a plant that provokes an allergy in you, do so by following all precautions necessary, such as preventing the pollen from getting to your eyes, nose and throat, by wearing glasses and a mask.

For more information, visit the website <http://lap.uab.cat/aerobiology>.

