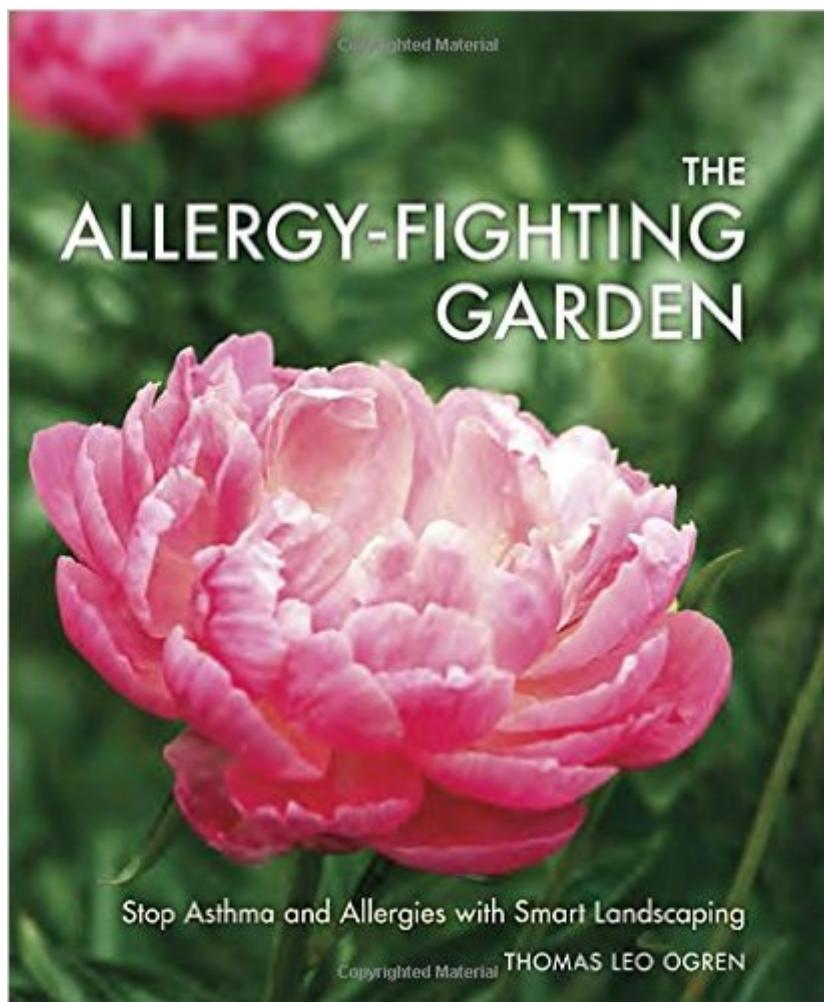


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# The Allergy-Fighting Garden: Stop Asthma And Allergies With Smart Landscaping



## **Synopsis**

The Groundbreaking Guide to Health-Conscious GardeningÂ If you are one of the millions of people with allergies or asthma, this totally unique book shows you how to avoid plants that trigger allergies and to create a garden that will actually protect you by trapping pollen and cleaning the air around you. This revolutionary approach combines the best of horticulturist Thomas Ogrenâ™s previous booksâ "Allergy-Free Gardening and Safe Sex in the Gardenâ "into a full-color guide, including hundreds of new and updated plant listings and photographs. Ogrenâ™s innovative system for combating allergens is based on the crucial matter of plant sex. By replacing troublesome male plants in your yard with pollen-blocking female âœpollen screens,â • allergy sufferers can reduce or eliminate their symptoms. More than 3,000 plant listings are included, accompanied by an easy-to-use allergy ranking scale of 1 to 10. With many new pollen-free plants to choose from, as well as clearly marked âœworst offendersâ • to avoid, this is the ultimate resource for home gardeners and professionals alike who want to build healthy, safe, and beautiful gardens that everyone can enjoy.

## **Book Information**

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## **Customer Reviews**

Tom, an eminent horticulturist, whose wife has asthma and allergies, became interested in allergy-free gardening more than 25 years ago. His research, lectures and publications have gained worldwide acclaim. As a master gardener, I am ashamed to admit I never considered allergy-free landscaping before now. Tom's book, his fourth on this subject, was an eye-opener for me. I am

totally in awe of Tom's important work. I learned from the book that in the 1950's few people had severe allergies, but today asthma is the #1 chronic disease in children in the U.S. Tom explains how we created the problem -- yes, it is man-made. Originally, landscapers used plants propagated by seed, so there were more-or-less equal numbers of male and female. New discoveries allowed growers to produce separate-sexed plants, so they could choose one or the other. As you know, my dear gardening friends, the male produces pollen, the female produces fruit. As the female plants are the messy ones, the USDA recommended only male trees should be planted in towns and cities to reduce the amount of litter on sidewalks. Therefore, less mess, but 10,000 times more pollen than when both male and female were planted. Making it worse, not only do female plants produce no pollen, they trap and remove pollen from the air. The problem was further exacerbated when the trees lost through Dutch Elm Disease were replaced with male trees. Tom suggests you evaluate your existing plants. He does a good job of explaining perfect (bisexual) flowers, monoecious (single sexed) and dioecious (unisexual), suggesting ways you can determine the sex of a plant, giving several examples of each. An earlier book of Tom's has the attention-grabbing title, *Safe Sex*.

Review *The Allergy-Fighting Garden* by Thomas Leo Ogren

Although we want and need a greener world, the plant pollen in the air we breathe causes miserable and sometimes dangerous allergies. In this important book, nurseryman Tom Ogren explains why the pollen count is so high and how we can manage our home and civic landscapes to minimize it. In the introduction, he explains that once vegetative propagation of landscape plants (cloning) became routine in the 'fifties and 'sixties, landscapers and homeowners moved to what they considered to be litter-free plants - plants that did not drop annoying fruits and seeds, just made pollen (not nectar). Plants can be male, female, or both, and these were males. At the same time, many stately elms died of disease and street trees had to be replaced in thousands of towns. The replacements shed far more pollen than the elms. The remedy lies in choosing landscape plants that trap pollen, not make it (females). Introductory chapters explain how this works along with a brief discussion of flower parts, plant cultivars, and scientific and popular plant names. The book is devoted to helping people in diverse geographic zones make pollen-reducing plant decisions. Practical landscape makeovers are discussed along with the creation of new landscapes. Ogren's decades as a nurseryman and garden writer make this a great book. In clear and precise language he shows us the best and worst choices, along with photos, descriptions, and climate and zone information for over 3,000 types of plants - annuals, perennials, shrubs, and trees. These plant choices are rated on a scale from one to ten, with one being the least allergenic. He even factors in plant size, for it is unfair to compare an

oak tree to a daisy.

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