Here's some interesting information from the
May 2016 Dr. Oz's *The Good Life* magazine:

**Yard Work Is Nothing to Sneeze At**
"If allergy season has you stuck inside, twiddling your thumbs, think about replacing big pollen producers in your yard with low- or no-pollen plants like pansies, lily of the Nile and orchids, says Thomas Ogren, a horticulturalist and author of *The Allergy-Fighting Garden*. (It has an allergy scale that rates more than 3,000 varieties.) Shoot for a mostly female lineup--yes, plants can have genders, and males are the biggest pollen perps of all. Well informed nursery staff can help you tell the boys from the girls."
Who knew?
For more information... [allergyfree-gardening.com](http://allergyfree-gardening.com)