

## RAGWEED

### How to reduce its presence?

#### Did you know?

Ragweed is an annual plant common in North America. Its pollen is very light and easily carried by the wind over long distances. This plant is the main cause of hay fever. Ragweed affects 10% of the Canadian population. The symptoms are as follows:

- Irritated eyes, nose, throat, ears, or palate
- Nasal congestion
- Nasal discharge
- Sneezing
- Coughing

These discomforts can cause sinus infections and complications for people with asthma who do not receive the necessary care.



#### Identification :

There are two types of ragweed: giant ragweed (*Ambrosia trifida*) and common ragweed (*Ambrosia artemisiifolia*).

Giant ragweed grows along streets, sidewalks, and vacant lots.

Common ragweed grows in neglected lawns and grassy land where the soil has low organic matter levels.

Ragweed can be recognized by its jagged, oppositely oriented leaflets, similar to those on carrots.

Its leaves are uniformly green on both sides.

The plant can grow from 15 cm to 1.5 m if not cut.

When flowering, ragweed flowers turn greenish-yellow and gather at the top of the plant.

Ragweed pollen is responsible for hay fever and seasonal rhinitis, but is not dangerous to touch.

It reproduces by seeds and begins to flower between mid-July and mid-August.



**Ambrosia trifida**

**Ambrosia artemisiifolia**



#### How can we help to reduce the presence of this plant?

- Pull out or cut the plants prior to flowering to prevent them from reproducing (from mid-July to mid-August).
- Use mulch or ground cover in places where there is no lawn.
- Improve the soil quality by enriching it with organic matter.
- Sow other plants such as clover and bluegrass, as ragweed has a hard time contending with competition.

Information :

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