

# Good news! Goldenrods do NOT cause allergies!

Insect-pollinated plants like goldenrod have **less** pollen, and it's **stickier** and **heavier** so it's less likely to reach your nose.

Wind-pollinated plants like ragweed have **lots** of light pollen that blows about, reaching your nose.



One of the many goldenrods, all in the genus *Solidago*