

Just two of many varieties:
Stiff goldenrod (*Solidago rigida*) and
Fireworks goldenrod (*S. rugosa*)



Good News! Goldenrods do NOT cause allergies

The many varieties of goldenrods are beautiful and useful plants



Goldenrod's nectar helps fuel the monarch butterfly's long journey to Mexico.

Blame it on the company they keep! In fields, goldenrods often grow alongside ragweed, a plant whose pollen DOES cause allergies.

People notice the colorful goldenrod, not the dull ragweed and blame goldenrods.

The key is this: Goldenrod is insect-pollinated, so its heavy, sticky pollen does not blow in the wind. Ragweed is wind-pollinated, and its many lightweight grains of pollen blow in the wind, finding your nose!