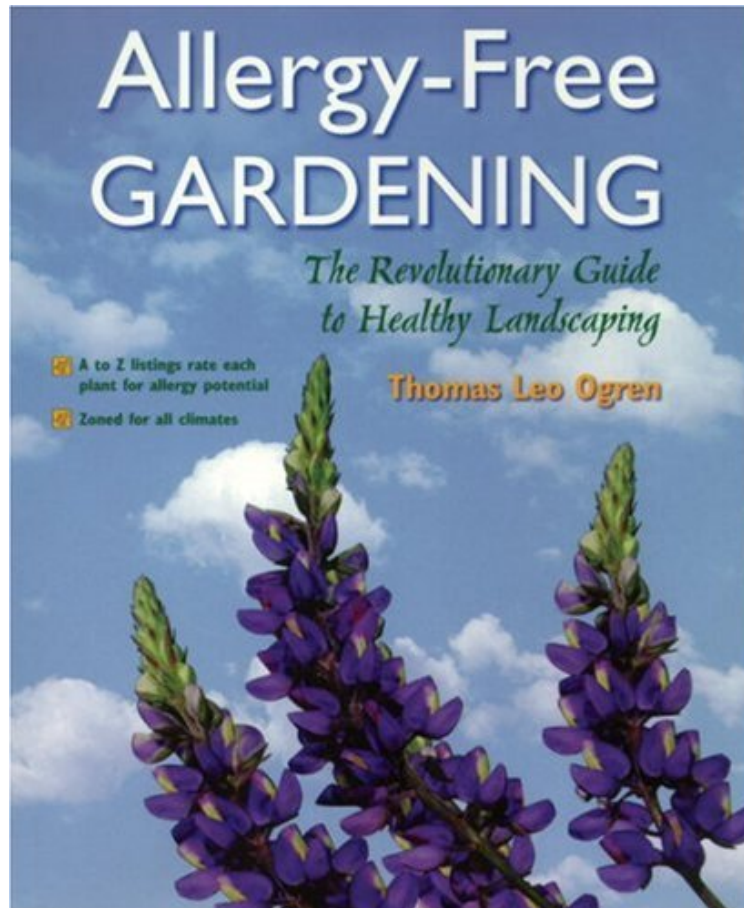


(Download) Allergy-Free Gardening: The Revolutionary Guide to Healthy Landscaping

# Allergy-Free Gardening: The Revolutionary Guide to Healthy Landscaping

Thomas Leo Ogren

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**Thomas Leo Ogren : Allergy-Free Gardening: The Revolutionary Guide to Healthy Landscaping** before purchasing it in order to gage whether or not it would be worth my time, and all praised Allergy-Free Gardening: The Revolutionary Guide to Healthy Landscaping:

0 of 0 people found the following review helpful. Plan your garden with this if you have allergiesBy Alex P.Helpful reference to avoid horrible plants. My daughter and I have allergies and we live in acreage, I used this book to guide the planting of grass and other plants. It doesn't eliminate hay fever but makes it livable so we can still enjoy the countryside.0 of 0 people found the following review helpful. Hoped for betterBy ktA really interesting concept, but poorly presented and difficult to get through. No photos, just line art.0 of 0 people found the following review helpful. Excellent book!By Nailya K.I recommend this book to all my friends with allergy problems. I live in NY and found most of the plants that are sold here are listed in the book with an allergy rating, so, I know which ones to plant and which to avoid. People who live in warmer states will benefit from this book, too. Very happy with the purchase!

With allergy problems reaching alarming, epidemic levels, horticulturist Tom Ogren sets out to investigate the role that urban landscaping plays in this urgent health crisis. What he discovered was startling: The vastly disproportionate cultivation of all-male plant varieties produces large amounts of intensely irritating airborne pollen. This extensively researched, comprehensive, plant-by-plant reference alerts gardeners and helps them make landscaping choices that can drastically reduce their exposure to harmful allergens. Complete with alphabetical entries of basic planting information, growing zones, and allergy ratings.

From Library Journal This book presents a new idea and does so very well indeed. Ogren, a former landscape gardening instructor, proposes that in our private and public landscaping we need to reduce the use of plants that cause allergies. Until the publication of this book, the information needed to make allergy-free choices had not been compiled in one easily accessible source; nor had a scale been devised for rating plants that cause allergies. Here, Ogren accomplishes both these aims. His introductory material presents many plants and allergies new to this reviewer, and he shows how to apply his ideas. The main part of the book consists of plants listed in alphabetical order by their scientific names, with numerous cross references to their common names. Brief annotations provide descriptions and notes regarding allergies. The most important feature, however, is the rating of plants on a scale from one to ten (with ten causing the worst allergic reactions). As David Stadtner, a practicing allergist, writes in his foreword, "the book should be in the library of every nursery and municipal park department." It should be in public and academic libraries as well. -Carol Cubberley, Univ. of Southern Mississippi, Hattiesburg Copyright 2000 Reed Business Information, Inc. ALLERGY-FREE GARDENING will quickly prove its worth on the shelves of allergy sufferers. Indianapolis Star Tom Ogren likes to talk about sex, sex, and more sex . . . with the allergy season in full bloom, this fascinating and useful book is a must-read for garden-loving allergy and asthma sufferers. San Jose Mercury News This first-of-its-kind reference offers the avid gardener, landscape designer, and urban planner a chance to create a safe haven that offers allergy relief to the asthmatic, hay fever, and sinus community. Booklist Will quickly prove its worth on the shelves of allergy sufferers. Indianapolis Star This year's break-through book. Harrisburg Patriot-News This fascinating book will be a blessing. Seattle Post-Intelligencer Look for Thomas Leo Ogren's innovative book. Orange County Register E: The Environmental Magazine tells us that a copy of the book should be as close at hand as your Benadryl. About the Author THOMAS L. OGREN is a former landscape gardening instructor, nursery owner, gardening radio show host, and author, with an M.S. in agricultural science. He currently resides in San Luis Obispo, CA.