

Bermuda Grass

(Cynodon dactylon)

Bermuda grass is a significant grass allergen. There are many varieties of Bermuda grass, but they all represent trouble for patients allergic to the windborne pollen. Some varieties have been developed for lawns and golf courses, but there are also wild types of Bermuda that are considered “weed” grasses.

According to the USDA, Bermuda grass is reported to occur in most US states, with the exception of the Dakotas, Utah and Minnesota. Bermuda grass spreads by runners (called stolons) on the surface of the ground, as well as by rhizomes under the ground. Bermuda grass is very hardy – it has a very deep root system that allows it to survive drought, flooding and fire. The only thing that really impairs Bermuda grass is shade – it prefers full sunlight, although some varieties are more shade-tolerant than others.

Bermuda grass is rated as a severe allergen. It has unique allergens as well, so it does not cross- react with other grasses much at all. Bermuda grass tends to pollinate in the mornings, so it is best to mow a Bermuda lawn later in the day.

Finally, while Bermuda grass originated in the India/Pakistan area, the first specimens in the US actually came from Bermuda, thus its common name.

