

## Bahia Grass

*(Paspalum notatum)*

Originally from South America, Bahia grass can now be found throughout the southern tier states from California to New Jersey, with the exception of Arizona and New Mexico. It grows most actively the warmer the weather gets, usually from April until October, and can grow to two feet tall. It can grow well on poor soils and is drought tolerant.

Bahia is used as a forage grass, lawn turf (special varieties), pasture and highway right-of-way to prevent soil erosion. The distinctive “V” shaped flowers (see photo, below right) produce significant amounts of wind-borne, allergenic pollen from April through November in the US.

Bahia grass has been studied in many countries and has been documented as a trigger of allergic rhinitis, asthma and allergic conjunctivitis. There is some cross-reactivity with Johnson grass, but Bahia also has a unique allergen profile of its own that calls for evaluation of this grass as a distinct allergenic plant.

