# *Valeriana officinalis* aggr.

### Habitus and growth type

Plant height [m]: **1.2**
Life span: **Perennial**
Life form: **Hemicryptophyte**

### Leaf

Specific leaf area [$mm^2$/mg]: **36.27**

### Fruit, seed and dispersal

Seed mass [mg]: **0.81**
Dispersal mode: **Local non-specific dispersal**
Dispersal distance class: **2**

### Trophic mode

Parasitism and mycoheterotrophy: **autotroph**
Carnivory: **non-carnivorous**
Symbiotic nitrogen fixation: **no nitrogen-fixing symbionts**

### Taxon origin

Origin in Europe: **native**

### Ecology

#### Environmental relationships

Substrate humidity relationship: **Dry, Mesic, Wet**
Substrate reaction relationship: **Slightly acidic to near-neutral, Alkaline**
Nutrient relationship: **Oligotrophic, Mesotrophic, Eutrophic**
Salinity relationship: **Non-saline**

#### Ellenberg-type indicator values

Reaction indicator value: **6.2**
Nutrient indicator value: **5.4**
Salinity indicator value: **0**

#### Disturbance indicator values

Disturbance frequency: **0.43**
Disturbance frequency (herb layer): **1.43**
Disturbance severity: **0.58**
Disturbance severity (herb layer): **0.36**
Mowing frequency: **0.26**
Grazing pressure: **0.18**
Soil disturbance: **0.14**

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## Habitat and sociology

### EUNIS habitat

Constant species of EUNIS habitats: **T12 Alnus glutinosa-Alnus incana forest on riparian and mineral soils**

### Broad habitat

Occurrence in broad habitats: **Wetland, Grassland (non-alpine, non-saline), Alpine-subalpine and arctic grassland, Scrub, Forest, Sparsely vegetated (incl. rock and scree), Synanthropic**

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