Carex heleonastes

Habitus and growth type

Plant height [m]: **0.2**
Life span: **Perennial**
Life form: **Hemicryptophyte**

Flower

Flowering period: **April-July**

Fruit, seed and dispersal

Seed mass [mg]: **0.79**
Dispersal mode: **Local non-specific dispersal**
Dispersal distance class: **1**

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: **Wet**
Substrate reaction relationship: **Acidic**
Nutrient relationship: **Oligotrophic**
Salinity relationship: **Non-saline**

Ellenberg-type indicator values

Light indicator value: **7.5**
Temperature indicator value: **3.9**
Moisture indicator value: **8.7**
Reaction indicator value: **4.3**
Nutrient indicator value: **2.3**
Salinity indicator value: **0**

Disturbance indicator values

Disturbance frequency: **1.38**
Disturbance frequency (herb layer): **1.46**
Disturbance severity: **0.16**
Disturbance severity (herb layer): **0.14**

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Mowing frequency: **0.14**
Grazing pressure: **0.08**
Soil disturbance: **0.21**

Habitat and sociology

Syntaxon

Diagnostic species of phytosociological classes: **PA (SCH) *Scheuchzerio palustris-Caricetea fuscae***

Broad habitat

Occurrence in broad habitats: **Aquatic, Spring, Mire**

Distribution

Continentality: **7**
Continentality amplitude: **3**

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