

# *Carex helodes*

## Habitus and growth type

Life span: **Perennial**

Life form: **Hemicryptophyte, Geophyte**

## Fruit, seed and dispersal

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

Disturbance indicator values

Disturbance frequency: **0.85**

Disturbance frequency (herb layer): **1.57**

Disturbance severity: **0.5**

Disturbance severity (herb layer): **0.39**

Mowing frequency: **0.36**

Grazing pressure: **0.2**

Soil disturbance: **0.13**