

# *Cirsium helenioides*

## Habitus and growth type

Plant height [m]: **0.56**

Life span: **Perennial**

Life form: **Hemicryptophyte**

## Leaf

Specific leaf area [mm<sup>2</sup>/mg]: **27.03**

## Fruit, seed and dispersal

Seed mass [mg]: **1.78**

Dispersal mode: **Anemochory**

Dispersal distance class: **5**

## Trophic mode

Parasitism and mycoheterotrophy: **autotroph**

Carnivory: **non-carnivorous**

Symbiotic nitrogen fixation: **no nitrogen-fixing symbionts**

## Habitat and sociology

### Syntaxon

Diagnostic species of phytosociological classes: **[BB \(ASA\) \*Asaro europaei-Abietetea sibiricae\*](#), **[CM \(MOL\) \*Molinio-Arrhenatheretea\*](#)****

### Broad habitat

Occurrence in broad habitats: **Grassland (non-alpine, non-saline), Forest**