

# *Epipactis helleborine*

## Habitus and growth type

Plant height [m]: **0.53**

Life span: **Perennial**

Life form: **Geophyte**

## Leaf

Specific leaf area [mm<sup>2</sup>/mg]: **28.81**

## Flower

Flowering period: **May-September**

## Fruit, seed and dispersal

Seed mass [mg]: **0.01**

Dispersal mode: **Anemochory**

Dispersal distance class: **3**

## Trophic mode

Parasitism and mycoheterotrophy: **initial or partial mycoheterotroph**

Carnivory: **non-carnivorous**

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

## Taxon origin

Origin in Europe: **Native**

## Ecology

### Environmental relationships

Substrate humidity relationship: **Mesic**

Substrate reaction relationship: **Alkaline**

Nutrient relationship: **Mesotrophic**

Salinity relationship: **Non-saline**

### Ellenberg-type indicator values

Salinity indicator value: **0**

### Disturbance indicator values

Disturbance frequency: **0.04**

Disturbance frequency (herb layer): **1.31**

Disturbance severity: **0.69**

Disturbance severity (herb layer): **0.13**

Mowing frequency: **0.01**

Grazing pressure: **0.2**

Soil disturbance: **0.11**

## Habitat and sociology

EUNIS habitat

Constant species of EUNIS habitats: [S37 Corylus avellana scrub](#), [T33 Mediterranean mountain Abies forest](#), [T3C Taxus baccata forest](#)

Broad habitat

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

## Distribution

Continentality amplitude: **6**