

Inula helenium

Habitus and growth type

Plant height [m]: **1.39**

Life span: **Perennial**

Life form: **Hemicryptophyte**

Leaf

Specific leaf area [mm²/mg]: **15.49**

Flower

Flowering period: **June-October**

Fruit, seed and dispersal

Seed mass [mg]: **1.49**

Dispersal mode: **Anemochory, Anthropochory**

Dispersal distance class: **5, 7**

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: **Mesic**

Substrate reaction relationship: **Alkaline**

Salinity relationship: **Non-saline**

Ellenberg-type indicator values

Light indicator value: **6.7**

Temperature indicator value: **6.4**

Moisture indicator value: **5.9**

Reaction indicator value: **6.3**

Salinity indicator value: **0**

Disturbance indicator values

Disturbance frequency: **0.75**

Disturbance frequency (herb layer): **1.4**

Disturbance severity: **0.57**

Disturbance severity (herb layer): **0.46**

Mowing frequency: **0.58**

Grazing pressure: **0.18**

Soil disturbance: **0.16**

Habitat and sociology

Syntaxon

Diagnostic species of phytosociological classes: [QG \(EPI\) Epilobietea angustifolii](#)

Broad habitat

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

Distribution

Continentality: **8**

Continentality amplitude: **2**