Inula helenium

Habitus and growth type

Plant height [m]: **1.39**
Life span: **Perennial**
Life form: **Hemicryptophyte**

Leaf

Specific leaf area [mm^2/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**

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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**

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