Melissa officinalis

Habitus and growth type

Plant height [m]: **0.6**
Life span: **Perennial**
Life form: **Hemicryptophyte**

Flower

Flowering period: **April-August**

Fruit, seed and dispersal

Seed mass [mg]: **0.75**
Dispersal mode: **Myrmecochory, Anthropochory**
Dispersal distance class: **3, 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 reaction relationship: **Alkaline**
Nutrient relationship: **Mesotrophic**
Salinity relationship: **Non-saline**

Ellenberg-type indicator values

Light indicator value: **6.1**
Reaction indicator value: **7.1**
Nutrient indicator value: **4.8**
Salinity indicator value: **0**

Disturbance indicator values

Disturbance frequency: **0.28**
Disturbance frequency (herb layer): **1.48**
Disturbance severity: **0.68**
Disturbance severity (herb layer): **0.36**
Mowing frequency: **0.12**
Grazing pressure: **0.2**
Soil disturbance: **0.14**

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Habitat and sociology

Syntaxon

Diagnostic species of phytosociological classes: **HA (POP) *Alno glutinosae-Populetea albae*, QF (ART) *Artemisietea vulgaris***

EUNIS habitat

Diagnostic species of EUNIS habitats: **T14 Mediterranean and Macaronesian riparian forest**

Broad habitat

Occurrence in broad habitats: **Scrub, Forest, Synanthropic**

Distribution

Continentality: **7**
Continentality amplitude: **5**

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