

# *Mentha spicata*

## Habitus and growth type

Plant height [m]: **0.55**

Life span: **Perennial**

Life form: **Hemicryptophyte**

## Leaf

Specific leaf area [mm<sup>2</sup>/mg]: **22.5**

## Flower

Flowering period: **May-October**

## Fruit, seed and dispersal

Dispersal mode: **Local non-specific dispersal, Anthropochory**

Dispersal distance class: **2, 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: **Wet**

Substrate reaction relationship: **Alkaline**

Nutrient relationship: **Eutrophic**

Salinity relationship: **Non-saline**

### Ellenberg-type indicator values

Light indicator value: **7**

Moisture indicator value: **7.6**

Reaction indicator value: **7.2**

Nutrient indicator value: **6.7**

Salinity indicator value: **0.2**

### Disturbance indicator values

Disturbance frequency: **1.08**

Disturbance frequency (herb layer): **1.64**

Disturbance severity: **0.59**

Disturbance severity (herb layer): **0.54**

Mowing frequency: **0.58**

Grazing pressure: **0.2**

Soil disturbance: **0.31**

## **Habitat and sociology**

### Syntaxon

Diagnostic species of phytosociological classes: [QF \(ART\) Artemisietea vulgaris](#)

### Broad habitat

Occurrence in broad habitats: **Aquatic, Wetland, Grassland (non-alpine, non-saline),  
Synanthropic**

## **Distribution**

Continentality: **4**

Continentality amplitude: **4**