

Plantago gentianoides

Habitus and growth type

Plant height [m]: **0.3**

Life span: **Perennial**

Life form: **Hemicryptophyte**

Fruit, seed and dispersal

Seed mass [mg]: **0.24**

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

Dispersal distance class: **2**

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**

Ellenberg-type indicator values

Moisture indicator value: **7**

Disturbance indicator values

Disturbance frequency: **1.34**

Disturbance frequency (herb layer): **1.39**

Disturbance severity: **0.23**

Disturbance severity (herb layer): **0.22**

Mowing frequency: **0.04**

Grazing pressure: **0.17**

Soil disturbance: **0.13**

Habitat and sociology

Syntaxon

Diagnostic species of phytosociological classes: [LA \(HER\) *Salicetea herbaceae*](#)

EUNIS habitat

Diagnostic species of EUNIS habitats: [Q23 Relict mire of Mediterranean mountains](#)

Constant species of EUNIS habitats: [Q23 Relict mire of Mediterranean mountains](#)

Broad habitat

Occurrence in broad habitats: **Mire, Alpine-subalpine and arctic grassland**