

# ***Plantago lanceolata***

## **Habitus and growth type**

Plant height [m]: **0.23**

Life span: **Perennial**

Life form: **Hemicryptophyte**

## **Leaf**

Specific leaf area [mm<sup>2</sup>/mg]: **16.5**

## **Flower**

Flowering period: **February-October**

## **Fruit, seed and dispersal**

Seed mass [mg]: **1.52**

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

Dispersal distance class: **1**

## **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: **Slightly acidic to near-neutral**

Nutrient relationship: **Mesotrophic**

Salinity relationship: **Non-saline**

### **Ellenberg-type indicator values**

Light indicator value: **7.1**

Temperature indicator value: **5.3**

Moisture indicator value: **4.5**

Reaction indicator value: **5.9**

Nutrient indicator value: **4.8**

Salinity indicator value: **0.3**

### **Disturbance indicator values**

Disturbance frequency: **1.61**

Disturbance frequency (herb layer): **2.06**

Disturbance severity: **0.53**

Disturbance severity (herb layer): **0.51**

Mowing frequency: **0.96**

Grazing pressure: **0.28**

Soil disturbance: **0.33**

## Habitat and sociology

### Syntaxon

Diagnostic species of phytosociological classes: [CJ \(COR\) \*Koelerio-Corynephoretea canescentis\*](#), [CM \(MOL\) \*Molinio-Arrhenatheretea\*](#), [FH \(BUL\) \*Poetea bulbosae\*](#), [QF \(ART\) \*Artemisietea vulgaris\*](#)

### EUNIS habitat

Diagnostic species of EUNIS habitats: [R22 Low and medium altitude hay meadow](#), [R34 Submediterranean moist meadow](#)

Constant species of EUNIS habitats: [N19 Atlantic coastal \*Calluna\* and \*Ulex\* heath](#), [N1A Atlantic and Baltic coastal dune scrub](#), [N1H Atlantic and Baltic moist and wet dune slack](#), [N34 Atlantic and Baltic soft sea cliff](#), [R12 Cryptogam- and annual-dominated vegetation on siliceous rock outcrops](#), [R13 Cryptogam- and annual-dominated vegetation on calcareous and ultramafic rock outcrops](#), [R14 Perennial rocky grassland of the Italian Peninsula](#), [R15 Continental dry rocky steppic grassland and dwarf scrub on chalk outcrops](#), [R17 Heavy-metal dry grassland of the Balkans](#), [R1A Semi-dry perennial calcareous grassland \(meadow steppe\)](#), [R1B Continental dry grassland \(true steppe\)](#), [R1D Mediterranean closely grazed dry grassland](#), [R1K Balkan and Anatolian oromediterranean dry grassland](#), [R1M Lowland to montane, dry to mesic grassland usually dominated by \*Nardus stricta\*](#), [R1P Oceanic to subcontinental inland sand grassland on dry acid and neutral soils](#), [R1S Heavy-metal grassland in Western and Central Europe](#), [R1T Azorean open, dry, acid to neutral grassland](#), [R21 Mesic permanent pasture of lowlands and mountains](#), [R22 Low and medium altitude hay meadow](#), [R23 Mountain hay meadow](#), [R24 Iberian summer pasture \(vallicar\)](#), [R32 Mediterranean short moist grassland of lowlands](#), [R34 Submediterranean moist meadow](#), [R35 Moist or wet mesotrophic to eutrophic hay meadow](#), [R37 Temperate and boreal moist or wet oligotrophic grassland](#), [R51 Thermophilous forest fringe of base-rich soils](#), [S34 Balkan-Anatolian submontane genistoid scrub](#), [U71 Unvegetated or sparsely vegetated gravel bar in montane and alpine regions](#), [U72 Unvegetated or sparsely vegetated gravel bar in the Mediterranean region](#), [V12 Mixed crops of market gardens and horticulture](#), [V32 Mediterranean subnitrophilous annual grassland](#), [V33 Dry Mediterranean land with unpalatable non-vernal herbaceous vegetation](#), [V34 Trampled xeric grassland with annuals](#), [V35 Trampled mesophilous grassland with annuals](#), [V38 Dry perennial anthropogenic herbaceous vegetation](#)

### Broad habitat

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

## Distribution

Continentality amplitude: **9**