

Sideritis italica

Habitus and growth type

Plant height [m]: **0.4**

Life span: **Perennial**

Life form: **Chamaephyte**

Flower

Flowering period: **April-July**

Fruit, seed and dispersal

Seed mass [mg]: **1.87**

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: **Dry**

Substrate reaction relationship: **Alkaline**

Nutrient relationship: **Oligotrophic**

Salinity relationship: **Non-saline**

Ellenberg-type indicator values

Light indicator value: **9**

Temperature indicator value: **6**

Moisture indicator value: **3**

Reaction indicator value: **7**

Nutrient indicator value: **2**

Salinity indicator value: **0**

Disturbance indicator values

Disturbance frequency: **1.58**

Disturbance frequency (herb layer): **2.15**

Disturbance severity: **0.48**

Disturbance severity (herb layer): **0.43**

Mowing frequency: **0.21**

Grazing pressure: **0.38**

Soil disturbance: **0.18**

Habitat and sociology

EUNIS habitat

Diagnostic species of EUNIS habitats: [R14 Perennial rocky grassland of the Italian Peninsula](#)

Broad habitat

Occurrence in broad habitats: **Grassland (non-alpine, non-saline), Scrub, Sparsely vegetated (incl. rock and scree)**