Sideritis montana

Habitus and growth type

Plant height [m]: **0.19**
Life span: **Annual**
Life form: **Therophyte**

Leaf

Specific leaf area [mm^2/mg]: **20.25**

Flower

Flowering period: **April-July**

Fruit, seed and dispersal

Seed mass [mg]: **0.69**
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: **Dry**
Substrate reaction relationship: **Alkaline**
Nutrient relationship: **Oligotrophic**
Salinity relationship: **Non-saline**

Ellenberg-type indicator values

Light indicator value: **8.9**
Moisture indicator value: **3.1**
Reaction indicator value: **7.7**
Nutrient indicator value: **3.3**
Salinity indicator value: **0**

Disturbance indicator values

Disturbance frequency: **1.34**
Disturbance frequency (herb layer): **1.93**

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Disturbance severity: **0.49**
Disturbance severity (herb layer): **0.47**
Mowing frequency: **0.4**
Grazing pressure: **0.35**
Soil disturbance: **0.22**

Habitat and sociology

Syntaxon

Diagnostic species of phytosociological classes: **CK (SED) *Sedo-Scleranthetea*, FJ (TRA) *Stipo-Trachynietea distachyae***

Broad habitat

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

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