

# *Valeriana officinalis*

## Habitus and growth type

Plant height [m]: **0.96**

Life span: **Perennial**

Life form: **Hemicryptophyte**

## Leaf

Specific leaf area [mm<sup>2</sup>/mg]: **32.48**

## Flower

Flowering period: **April-July**

## Fruit, seed and dispersal

Seed mass [mg]: **0.87**

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**

## Habitat and sociology

Syntaxon

Diagnostic species of phytosociological classes: [CM \(MOL\) \*Molinio-Arrhenatheretea\*](#),  
[QG \(EPI\) \*Epilobietea angustifolii\*](#)

Broad habitat

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

## Distribution

Continentality: **6**

Continentality amplitude: **6**