Valeriana officinalis

Habitus and growth type

Plant height [m]: **0.96**
Life span: **Perennial**
Life form: **Hemicryptophyte**

Leaf

Specific leaf area [mm^2/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**

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