

Valeriana officinalis aggr.

Habitus and growth type

Plant height [m]: **1.2**

Life span: **Perennial**

Life form: **Hemicryptophyte**

Leaf

Specific leaf area [mm²/mg]: **36.27**

Fruit, seed and dispersal

Seed mass [mg]: **0.81**

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, Mesic, Wet**

Substrate reaction relationship: **Slightly acidic to near-neutral, Alkaline**

Nutrient relationship: **Oligotrophic, Mesotrophic, Eutrophic**

Salinity relationship: **Non-saline**

Ellenberg-type indicator values

Reaction indicator value: **6.2**

Nutrient indicator value: **5.4**

Salinity indicator value: **0**

Disturbance indicator values

Disturbance frequency: **0.43**

Disturbance frequency (herb layer): **1.43**

Disturbance severity: **0.58**

Disturbance severity (herb layer): **0.36**

Mowing frequency: **0.26**

Grazing pressure: **0.18**

Soil disturbance: **0.14**

Habitat and sociology

EUNIS habitat

Constant species of EUNIS habitats: [T12 Alnus glutinosa-Alnus incana forest on riparian and mineral soils](#)

Broad habitat

Occurrence in broad habitats: **Wetland, Grassland (non-alpine, non-saline), Alpine-subalpine and arctic grassland, Scrub, Forest, Sparsely vegetated (incl. rock and scree), Synanthropic**