

Carex heleonastes

Habitus and growth type

Plant height [m]: **0.2**

Life span: **Perennial**

Life form: **Hemicryptophyte**

Flower

Flowering period: **April-July**

Fruit, seed and dispersal

Seed mass [mg]: **0.79**

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: **Wet**

Substrate reaction relationship: **Acidic**

Nutrient relationship: **Oligotrophic**

Salinity relationship: **Non-saline**

Ellenberg-type indicator values

Light indicator value: **7.5**

Temperature indicator value: **3.9**

Moisture indicator value: **8.7**

Reaction indicator value: **4.3**

Nutrient indicator value: **2.3**

Salinity indicator value: **0**

Disturbance indicator values

Disturbance frequency: **1.38**

Disturbance frequency (herb layer): **1.46**

Disturbance severity: **0.16**

Disturbance severity (herb layer): **0.14**

Mowing frequency: **0.14**

Grazing pressure: **0.08**

Soil disturbance: **0.21**

Habitat and sociology

Syntaxon

Diagnostic species of phytosociological classes: [PA \(SCH\) *Scheuchzerio palustris-Caricetea fuscae*](#)

Broad habitat

Occurrence in broad habitats: **Aquatic, Spring, Mire**

Distribution

Continentality: 7

Continentality amplitude: 3