

Cirsium helenioides

Habitus and growth type

Plant height [m]: **0.56**

Life span: **Perennial**

Life form: **Hemicryptophyte**

Leaf

Specific leaf area [mm²/mg]: **27.03**

Fruit, seed and dispersal

Seed mass [mg]: **1.78**

Dispersal mode: **Anemochory**

Dispersal distance class: **5**

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: **[BB \(ASA\) *Asaro europaei-Abietetea sibiricae*](#), [CM \(MOL\) *Molinio-Arrhenatheretea*](#)**

Broad habitat

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