

Mentha aquatica

Habitus and growth type

Plant height [m]: **0.56**

Life span: **Perennial**

Life form: **Hemicryptophyte**

Leaf

Specific leaf area [mm²/mg]: **30.02**

Flower

Flowering period: **May-October**

Fruit, seed and dispersal

Seed mass [mg]: **0.16**

Dispersal mode: **Local non-specific dispersal, Anthropochory**

Dispersal distance class: **2, 7**

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: **Alkaline**

Nutrient relationship: **Mesotrophic**

Salinity relationship: **Non-saline**

Ellenberg-type indicator values

Light indicator value: **7.1**

Moisture indicator value: **8.8**

Reaction indicator value: **6.6**

Nutrient indicator value: **5**

Salinity indicator value: **0.3**

Disturbance indicator values

Disturbance frequency: **1.02**

Disturbance frequency (herb layer): **1.68**

Disturbance severity: **0.4**

Disturbance severity (herb layer): **0.34**

Mowing frequency: **0.36**

Grazing pressure: **0.19**

Soil disturbance: **0.13**

Habitat and sociology

Syntaxon

Diagnostic species of phytosociological classes: [OD \(PHR\) *Phragmito-Magnocaricetea*](#)

EUNIS habitat

Diagnostic species of EUNIS habitats: [N1H Atlantic and Baltic moist and wet dune slack](#)

Constant species of EUNIS habitats: [N1H Atlantic and Baltic moist and wet dune slack](#), [N1J Mediterranean and Black Sea moist and wet dune slack](#), [Q43 Tall-sedge base-rich fen](#), [Q51 Tall-helophyte bed](#), [Q52 Small-helophyte bed](#), [Q53 Tall-sedge bed](#), [Q54 Inland saline or brackish helophyte bed](#), [R35 Moist or wet mesotrophic to eutrophic hay meadow](#), [R36 Moist or wet mesotrophic to eutrophic pasture](#), [S92 Salix fen scrub](#), [T15 Broadleaved swamp forest on non-acid peat](#)

Broad habitat

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

Distribution

Continentality amplitude: **5**