

Plantago alpina

Habitus and growth type

Plant height [m]: **0.08**

Life span: **Perennial**

Life form: **Hemicryptophyte**

Flower

Flowering period: **June-August**

Fruit, seed and dispersal

Seed mass [mg]: **0.59**

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: **Mesic**

Substrate reaction relationship: **Acidic**

Nutrient relationship: **Oligotrophic**

Salinity relationship: **Non-saline**

Ellenberg-type indicator values

Light indicator value: **8.3**

Temperature indicator value: **2.8**

Moisture indicator value: **4.6**

Reaction indicator value: **3.5**

Nutrient indicator value: **1.8**

Salinity indicator value: **0**

Disturbance indicator values

Disturbance frequency: **1.68**

Disturbance frequency (herb layer): **1.83**

Disturbance severity: **0.31**

Disturbance severity (herb layer): **0.31**

Mowing frequency: **0.09**

Grazing pressure: **0.31**

Soil disturbance: **0.14**

Habitat and sociology

Syntaxon

Diagnostic species of phytosociological classes: [CM \(MOL\) *Molinio-Arrhenatheretea*](#),
[CT \(TRI\) *Juncetea trifidi*](#), [DA \(FES\) *Festuco-Brometea*](#)

EUNIS habitat

Diagnostic species of EUNIS habitats: [R1G Iberian oromediterranean siliceous dry grassland](#)

Constant species of EUNIS habitats: [R1G Iberian oromediterranean siliceous dry grassland](#), [R33 Mediterranean short moist grassland of mountains](#), [R43 Temperate acidophilous alpine grassland](#), [S21 Subarctic and alpine dwarf Salix scrub](#)

Broad habitat

Occurrence in broad habitats: **Spring, Grassland (non-alpine, non-saline), Alpine-subalpine and arctic grassland, Heathland, Oromediterranean scrub, Sparsely vegetated (incl. rock and scree)**

Distribution

Continentality: **3**

Continentality amplitude: **3**