

Sideritis macrostachys

Fruit, seed and dispersal

Seed mass [mg]: **0.87**

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: [GC \(LAU\) *Pruno lusitanicae-Lauretea azoricae*](#)

Broad habitat

Occurrence in broad habitats: **Forest**