

Sideritis montana

Habitus and growth type

Plant height [m]: **0.19**

Life span: **Annual**

Life form: **Therophyte**

Leaf

Specific leaf area [mm²/mg]: **20.25**

Flower

Flowering period: **April-July**

Fruit, seed and dispersal

Seed mass [mg]: **0.69**

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: **Dry**

Substrate reaction relationship: **Alkaline**

Nutrient relationship: **Oligotrophic**

Salinity relationship: **Non-saline**

Ellenberg-type indicator values

Light indicator value: **8.9**

Moisture indicator value: **3.1**

Reaction indicator value: **7.7**

Nutrient indicator value: **3.3**

Salinity indicator value: **0**

Disturbance indicator values

Disturbance frequency: **1.34**

Disturbance frequency (herb layer): **1.93**

Disturbance severity: **0.49**

Disturbance severity (herb layer): **0.47**

Mowing frequency: **0.4**

Grazing pressure: **0.35**

Soil disturbance: **0.22**

Habitat and sociology

Syntaxon

Diagnostic species of phytosociological classes: [CK \(SED\) *Sedo-Scleranthetea*](#), [FJ \(TRA\) *Stipo-Trachynietea distachyae*](#)

Broad habitat

Occurrence in broad habitats: **Grassland (non-alpine, non-saline), Sparsely vegetated (incl. rock and scree)**