Stachys officinalis

Habitus and growth type

Plant height [m]: **0.37**
Life span: **Perennial**
Life form: **Hemicryptophyte**

Leaf

Specific leaf area [mm^2/mg]: **17.81**

Flower

Flowering period: **May-October**

Fruit, seed and dispersal

Seed mass [mg]: **4.59**
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: **Mesic**
Substrate reaction relationship: **Slightly acidic to near-neutral**
Nutrient relationship: **Oligotrophic**
Salinity relationship: **Non-saline**

Ellenberg-type indicator values

Light indicator value: **6.8**
Temperature indicator value: **5.7**
Moisture indicator value: **5.1**
Reaction indicator value: **5.3**
Nutrient indicator value: **2.9**
Salinity indicator value: **0.1**

Disturbance indicator values

Disturbance frequency: **0.41**

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Disturbance frequency (herb layer): **1.57**
Disturbance severity: **0.57**
Disturbance severity (herb layer): **0.33**
Mowing frequency: **0.35**
Grazing pressure: **0.22**
Soil disturbance: **0.16**

Habitat and sociology

EUNIS habitat

Diagnostic species of EUNIS habitats: **R37 Temperate and boreal moist or wet oligotrophic grassland**
Constant species of EUNIS habitats: **R1A Semi-dry perennial calcareous grassland (meadow steppe)**, **R37 Temperate and boreal moist or wet oligotrophic grassland**, **R51 Thermophilous forest fringe of base-rich soils**, **T19 Temperate and submediterranean thermophilous deciduous forest**, **T1A Mediterranean thermophilous deciduous forest**

Broad habitat

Occurrence in broad habitats: **Grassland (non-alpine, non-saline), Alpine-subalpine and arctic grassland, Scrub, Forest, Synanthropic**

Distribution

Continentality amplitude: **6**

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