

Stachys officinalis

Habitus and growth type

Plant height [m]: **0.37**

Life span: **Perennial**

Life form: **Hemicryptophyte**

Leaf

Specific leaf area [mm²/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**

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

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**