

Stachys palustris

Habitus and growth type

Plant height [m]: **0.63**

Life span: **Perennial**

Life form: **Hemicryptophyte, Geophyte**

Leaf

Specific leaf area [mm²/mg]: **36**

Flower

Flowering period: **May-August**

Fruit, seed and dispersal

Seed mass [mg]: **1.15**

Dispersal mode: **Local non-specific dispersal**

Dispersal distance class: **2**

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: **Wet**

Substrate reaction relationship: **Alkaline**

Nutrient relationship: **Eutrophic**

Salinity relationship: **Non-saline**

Ellenberg-type indicator values

Light indicator value: **7**

Temperature indicator value: **5.1**

Moisture indicator value: **7.4**

Reaction indicator value: **7**

Nutrient indicator value: **6.6**

Salinity indicator value: **0.1**

Disturbance indicator values

Disturbance frequency: **0.93**

Disturbance frequency (herb layer): **1.65**

Disturbance severity: **0.58**

Disturbance severity (herb layer): **0.52**

Mowing frequency: **0.38**

Grazing pressure: **0.14**

Soil disturbance: **0.34**

Habitat and sociology

Syntaxon

Diagnostic species of phytosociological classes: [CM \(MOL\) *Molinio-Arrhenatheretea*](#),
[OD \(PHR\) *Phragmito-Magnocaricetea*](#)

EUNIS habitat

Constant species of EUNIS habitats: [T11 Temperate Salix and Populus riparian forest](#), [V11 Intensive unmixed crops](#), [V12 Mixed crops of market gardens and horticulture](#), [V13 Arable land with unmixed crops grown by low-intensity agricultural methods](#)

Broad habitat

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

Distribution

Continentality amplitude: **8**