Valeriana alpestris

Habitus and growth type

Life span: **Perennial**
Life form: **Hemicryptophyte**

Leaf

Specific leaf area [mm^2/mg]: **22.82**

Fruit, seed and dispersal

Seed mass [mg]:
Dispersal mode: **Local non-specific dispersal**

Trophic mode

Parasitism and mycoheterotrophy: **autotroph**
Carnivory: **non-carnivorous**
Symbiotic nitrogen fixation: **no nitrogen-fixing symbionts**

Taxon origin

Origin in Europe: **Native**

Ecology

Disturbance indicator values

Disturbance frequency: **1.39**
Disturbance frequency (herb layer): **1.5**
Disturbance severity: **0.29**
Disturbance severity (herb layer): **0.27**
Mowing frequency: **0**
Grazing pressure: **0.23**
Soil disturbance: **0.06**

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