

Valeriana alpestris

Habitus and growth type

Life span: **Perennial**

Life form: **Hemicryptophyte**

Leaf

Specific leaf area [mm²/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**