

Valeriana montana

Habitus and growth type

Plant height [m]: **0.39**

Life span: **Perennial**

Life form: **Hemicryptophyte**

Leaf

Specific leaf area [mm²/mg]: **27.71**

Flower

Flowering period: **April-August**

Fruit, seed and dispersal

Seed mass [mg]: **1.18**

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: **Mesic**

Substrate reaction relationship: **Alkaline**

Nutrient relationship: **Oligotrophic**

Salinity relationship: **Non-saline**

Ellenberg-type indicator values

Light indicator value: **8.3**

Temperature indicator value: **3**

Moisture indicator value: **5.5**

Reaction indicator value: **8**

Nutrient indicator value: **1.7**

Salinity indicator value: **0**

Disturbance indicator values

Disturbance frequency: **0.19**

Disturbance frequency (herb layer): **0.94**

Disturbance severity: **0.55**

Disturbance severity (herb layer): **0.19**

Mowing frequency: **0.02**

Grazing pressure: **0.19**

Soil disturbance: **0.11**

Habitat and sociology

Syntaxon

Diagnostic species of phytosociological classes: [CS \(MUL\) *Mulgedio-Aconitetea*](#), [KE \(THL\) *Thlaspietea rotundifolii*](#)

EUNIS habitat

Constant species of EUNIS habitats: [S26 Subalpine *Pinus mugo* scrub](#)

Broad habitat

Occurrence in broad habitats: **Coastal cliff, Spring, Alpine-subalpine and arctic grassland, Scrub, Sparsely vegetated (incl. rock and scree)**

Distribution

Continentality: **3**

Continentality amplitude: **3**