

Mentha arvensis var. *arvensis*

Habitus and growth type

Plant height [m]: **0.35**

Life span: **Perennial**

Life form: **Hemicryptophyte, Geophyte**

Leaf

Specific leaf area [mm²/mg]: **41.44**

Fruit, seed and dispersal

Seed mass [mg]: **0.24**

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: **Wet**

Substrate reaction relationship: **Alkaline**

Nutrient relationship: **Eutrophic**

Salinity relationship: **Non-saline**

Ellenberg-type indicator values

Light indicator value: **7.1**

Moisture indicator value: **7.5**

Reaction indicator value: **5.9**

Salinity indicator value: **0.1**

Disturbance indicator values

Disturbance frequency: **1.35**

Disturbance frequency (herb layer): **1.86**

Disturbance severity: **0.62**

Disturbance severity (herb layer): **0.59**

Mowing frequency: **0.51**

Grazing pressure: **0.19**

Soil disturbance: **0.39**

Habitat and sociology

Syntaxon

Diagnostic species of phytosociological classes: [CM \(MOL\) *Molinio-Arrhenatheretea*](#), [QA \(PAR\) *Papaveretea rhoeadis*](#)

EUNIS habitat

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

Constant species of EUNIS habitats: [V11 Intensive unmixed crops](#), [V12 Mixed crops of market gardens and horticulture](#), [V13 Arable land with unmixed crops grown by low-intensity agricultural methods](#), [V15 Bare tilled, fallow or recently abandoned arable land](#)

Broad habitat

Occurrence in broad habitats: **Aquatic, Wetland, Mire, Grassland (non-alpine, non-saline), Synanthropic**

Distribution

Continentality amplitude: **8**