

Cochlearia officinalis

Habitus and growth type

Plant height [m]: **0.22**

Life span: **Biennial or short-lived, Perennial**

Life form: **Hemicryptophyte**

Leaf

Specific leaf area [mm²/mg]: **13.46**

Flower

Flowering period: **April-June**

Fruit, seed and dispersal

Seed mass [mg]: **0.56**

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

Dispersal distance class: **1**

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**

Ellenberg-type indicator values

Light indicator value: **7.6**

Temperature indicator value: **5.8**

Moisture indicator value: **6.7**

Reaction indicator value: **6.4**

Nutrient indicator value: **5.6**

Salinity indicator value: **2.9**

Disturbance indicator values

Disturbance frequency: **1.76**

Disturbance frequency (herb layer): **1.79**

Disturbance severity: **0.49**

Disturbance severity (herb layer): **0.49**

Mowing frequency: **0.09**

Grazing pressure: **0.43**

Soil disturbance: **0.23**

Habitat and sociology

Syntaxon

Diagnostic species of phytosociological classes: [QI \(BID\) *Bidentetea*](#)

EUNIS habitat

Diagnostic species of EUNIS habitats: [MA223 Atlantic upper-mid saltmarsh and saline and brackish reed, rush and sedge bed](#), [N31 Atlantic and Baltic rocky sea cliff and shore](#)

Constant species of EUNIS habitats: [MA223 Atlantic upper-mid saltmarsh and saline and brackish reed, rush and sedge bed](#)

Broad habitat

Occurrence in broad habitats: **Coastal saltmarsh, Wetland, Grassland (non-alpine, non-saline)**

Distribution

Continentality amplitude: **5**