

Melissa officinalis

Habitus and growth type

Plant height [m]: **0.6**

Life span: **Perennial**

Life form: **Hemicryptophyte**

Flower

Flowering period: **April-August**

Fruit, seed and dispersal

Seed mass [mg]: **0.75**

Dispersal mode: **Myrmecochory, Anthropochory**

Dispersal distance class: **3, 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 reaction relationship: **Alkaline**

Nutrient relationship: **Mesotrophic**

Salinity relationship: **Non-saline**

Ellenberg-type indicator values

Light indicator value: **6.1**

Reaction indicator value: **7.1**

Nutrient indicator value: **4.8**

Salinity indicator value: **0**

Disturbance indicator values

Disturbance frequency: **0.28**

Disturbance frequency (herb layer): **1.48**

Disturbance severity: **0.68**

Disturbance severity (herb layer): **0.36**

Mowing frequency: **0.12**

Grazing pressure: **0.2**

Soil disturbance: **0.14**

Habitat and sociology

Syntaxon

Diagnostic species of phytosociological classes: [HA \(POP\) *Alno glutinosae-Populetea albae*](#), [QF \(ART\) *Artemisietea vulgaris*](#)

EUNIS habitat

Diagnostic species of EUNIS habitats: [T14 Mediterranean and Macaronesian riparian forest](#)

Broad habitat

Occurrence in broad habitats: **Scrub, Forest, Synanthropic**

Distribution

Continentality: 7

Continentality amplitude: 5