Plantago lanceolata

Habitus and growth type

Plant height [m]: **0.23**
Life span: **Perennial**
Life form: **Hemicryptophyte**

Leaf

Specific leaf area [mm^2/mg]: **16.5**

Flower

Flowering period: **February-October**

Fruit, seed and dispersal

Seed mass [mg]: **1.52**
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: **Mesic**
Substrate reaction relationship: **Slightly acidic to near-neutral**
Nutrient relationship: **Mesotrophic**
Salinity relationship: **Non-saline**

Ellenberg-type indicator values

Light indicator value: **7.1**
Temperature indicator value: **5.3**
Moisture indicator value: **4.5**
Reaction indicator value: **5.9**
Nutrient indicator value: **4.8**
Salinity indicator value: **0.3**

Disturbance indicator values

Disturbance frequency: **1.61**

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Disturbance frequency (herb layer): **2.06**
Disturbance severity: **0.53**
Disturbance severity (herb layer): **0.51**
Mowing frequency: **0.96**
Grazing pressure: **0.28**
Soil disturbance: **0.33**

Habitat and sociology

Syntaxon

Diagnostic species of phytosociological classes: **CJ (COR) *Koelerio-Corynephoretea canescentis*, CM (MOL) *Molinio-Arrhenatheretea*, FH (BUL) *Poetea bulbosae*, QF (ART) *Artemisietea vulgaris***

EUNIS habitat

Diagnostic species of EUNIS habitats: **R1A Semi-dry perennial calcareous grassland (meadow steppe), R21 Mesic permanent pasture of lowlands and mountains, R22 Low and medium altitude hay meadow, R24 Iberian summer pasture (vallicar), R34 Submediterranean moist meadow, S34 Balkan-Anatolian submontane genistoid scrub**

Constant species of EUNIS habitats: **MA222 Atlantic upper saltmarsh, N15 Atlantic and Baltic coastal dune grassland (grey dune), N19 Atlantic coastal Calluna and Ulex heath, N1A Atlantic and Baltic coastal dune scrub, N1H Atlantic and Baltic moist and wet dune slack, N34 Atlantic and Baltic soft sea cliff, R12 Cryptogam- and annual-dominated vegetation on siliceous rock outcrops, R13 Cryptogam- and annual-dominated vegetation on calcareous and ultramafic rock outcrops, R14 Perennial rocky grassland of the Italian Peninsula, R17 Heavy-metal dry grassland of the Balkans, R18 Perennial rocky calcareous grassland of subatlantic-submediterranean Europe, R19 Dry steppic submediterranean pasture of the Amphi-Adriatic region, R1A Semi-dry perennial calcareous grassland (meadow steppe), R1B Continental dry grassland (true steppe), R1D Mediterranean closely grazed dry grassland, R1M Lowland to montane, dry to mesic grassland usually dominated by Nardus stricta, R1P Oceanic to subcontinental inland sand grassland on dry acid and neutral soils, R1S Heavy-metal grassland in Western and Central Europe, R1T Azorean open, dry, acid to neutral grassland, R21 Mesic permanent pasture of lowlands and mountains, R22 Low and medium altitude hay meadow, R23 Mountain hay meadow, R24 Iberian summer pasture (vallicar), R32 Mediterranean short moist grassland of lowlands, R33 Mediterranean short moist grassland of mountains, R34 Submediterranean moist meadow, R35 Moist or wet mesotrophic to eutrophic hay meadow, R36 Moist or wet mesotrophic to eutrophic pasture, R37 Temperate and boreal moist or wet oligotrophic grassland, R51 Thermophilous forest fringe of base-rich soils, S34 Balkan-Anatolian submontane genistoid scrub, U71 Unvegetated or sparsely vegetated gravel bar in montane and alpine regions, U72 Unvegetated or sparsely vegetated gravel bar in the Mediterranean region, V12 Mixed crops of market gardens and horticulture, V32 Mediterranean subnitrophilous annual grassland, V33 Dry Mediterranean land with unpalatable non-vernal herbaceous vegetation, V34 Trampled xeric grassland with annuals, V35 Trampled mesophilous grassland with annuals, V38 Dry perennial anthropogenic herbaceous vegetation**

Broad habitat

Occurrence in broad habitats: **Coastal cliff, Wetland, Mire, Grassland (non-alpine,**

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non-saline), Heathland, Scrub, Sparsely vegetated (incl. rock and scree), Synanthropic

Distribution

Continentality amplitude: **9**

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