

# *Sideritis macrostachys*

## Fruit, seed and dispersal

Seed mass [mg]: **0.87**

## Trophic mode

Parasitism and mycoheterotrophy: **autotroph**

Carnivory: **non-carnivorous**

Symbiotic nitrogen fixation: **no nitrogen-fixing symbionts**

## Habitat and sociology

### Syntaxon

Diagnostic species of phytosociological classes: [GC \(LAU\) \*Pruno lusitanicae-Lauretea azoricae\*](#)

### Broad habitat

Occurrence in broad habitats: **Forest**