Tephroseris helenitis

Habitus and growth type

Plant height [m]: **0.45**
Life span: **Perennial**
Life form: **Hemicryptophyte**

Fruit, seed and dispersal

Seed mass [mg]: **0.78**
Dispersal mode: **Anemochory**
Dispersal distance class: **5**

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**
Nutrient relationship: **Oligotrophic**
Salinity relationship: **Non-saline**

Ellenberg-type indicator values

Light indicator value: **7.8**
Salinity indicator value: **0**

Disturbance indicator values

Disturbance frequency: **1.32**
Disturbance frequency (herb layer): **1.76**
Disturbance severity: **0.44**
Disturbance severity (herb layer): **0.42**
Mowing frequency: **0.51**
Grazing pressure: **0.21**
Soil disturbance: **0.17**

Habitat and sociology

Broad habitat

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

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Distribution

Continentality: **3**
Continentality amplitude: **1**

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