

Bistorta officinalis

Habitus and growth type

Plant height [m]: **0.53**

Life span: **Perennial**

Life form: **Hemicryptophyte**

Leaf

Specific leaf area [mm²/mg]: **24.76**

Flower

Flowering period: **June-September**

Fruit, seed and dispersal

Seed mass [mg]: **6.75**

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

Dispersal distance class: **2, 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 humidity relationship: **Wet**

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: **3.6**

Moisture indicator value: **7**

Reaction indicator value: **5.1**

Salinity indicator value: **0**

Disturbance indicator values

Disturbance frequency: **0.99**

Disturbance frequency (herb layer): **1.57**

Disturbance severity: **0.5**

Disturbance severity (herb layer): **0.44**

Mowing frequency: **0.54**

Grazing pressure: **0.19**

Soil disturbance: **0.18**

Habitat and sociology

Syntaxon

Diagnostic species of phytosociological classes: [CM \(MOL\) *Molinio-Arrhenatheretea*](#),
[IA \(ALN\) *Alnetea glutinosae*](#)

EUNIS habitat

Diagnostic species of EUNIS habitats: [R23 Mountain hay meadow](#), [R35 Moist or wet mesotrophic to eutrophic hay meadow](#)

Constant species of EUNIS habitats: [R23 Mountain hay meadow](#), [R35 Moist or wet mesotrophic to eutrophic hay meadow](#), [R56 Montane to subalpine moist or wet tall-herb and fern fringe](#), [S25 Subalpine and subarctic deciduous scrub](#)

Broad habitat

Occurrence in broad habitats: **Spring, Grassland (non-alpine, non-saline), Alpine-subalpine and arctic grassland, Scrub, Forest**

Distribution

Continentality: **7**

Continentality amplitude: **7**