Bistorta officinalis

Habitus and growth type

Plant height [m]: **0.53**
Life span: **Perennial**
Life form: **Hemicryptophyte**

Leaf

Specific leaf area [mm^2/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**

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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**

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