Carex helodes

Habitus and growth type

Life span: **Perennial**
Life form: **Hemicryptophyte, Geophyte**

Fruit, seed and dispersal

Dispersal mode: **Local non-specific dispersal**
Dispersal distance class: **2**

Trophic mode

Parasitism and mycoheterotrophy: **autotroph**
Carnivory: **non-carnivorous**
Symbiotic nitrogen fixation: **no nitrogen-fixing symbionts**

Taxon origin

Origin in Europe: **native**

Ecology

Disturbance indicator values

Disturbance frequency: **0.85**
Disturbance frequency (herb layer): **1.57**
Disturbance severity: **0.5**
Disturbance severity (herb layer): **0.39**
Mowing frequency: **0.36**
Grazing pressure: **0.2**
Soil disturbance: **0.13**

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