Mentha aquatica

Habitus and growth type

Plant height [m]: **0.56**
Life span: **Perennial**
Life form: **Hemicryptophyte**

Leaf

Specific leaf area [mm^2/mg]: **30.02**

Flower

Flowering period: **May-October**

Fruit, seed and dispersal

Seed mass [mg]: **0.16**
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: **Alkaline**
Nutrient relationship: **Mesotrophic**
Salinity relationship: **Non-saline**

Ellenberg-type indicator values

Light indicator value: **7.1**
Moisture indicator value: **8.8**
Reaction indicator value: **6.6**
Nutrient indicator value: **5**
Salinity indicator value: **0.3**

Disturbance indicator values

Disturbance frequency: **1.02**
Disturbance frequency (herb layer): **1.68**

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Disturbance severity: **0.4**
Disturbance severity (herb layer): **0.34**
Mowing frequency: **0.36**
Grazing pressure: **0.19**
Soil disturbance: **0.13**

Habitat and sociology

Syntaxon

Diagnostic species of phytosociological classes: **OD (PHR) *Phragmito-Magnocaricetea***

EUNIS habitat

Diagnostic species of EUNIS habitats: **N1H Atlantic and Baltic moist and wet dune slack**

Constant species of EUNIS habitats: **N1H Atlantic and Baltic moist and wet dune slack**, **N1J Mediterranean and Black Sea moist and wet dune slack**, **Q43 Tall-sedge base-rich fen**, **Q51 Tall-helophyte bed**, **Q52 Small-helophyte bed**, **Q53 Tall-sedge bed**, **Q54 Inland saline or brackish helophyte bed**, **R35 Moist or wet mesotrophic to eutrophic hay meadow**, **R36 Moist or wet mesotrophic to eutrophic pasture**, **S92 Salix fen scrub**, **T15 Broadleaved swamp forest on non-acid peat**

Broad habitat

Occurrence in broad habitats: **Aquatic, Wetland, Mire, Grassland (non-alpine, non-saline), Scrub, Forest**

Distribution

Continentality amplitude: **5**

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