

Plantago lanceolata

Habitus and growth type

Plant height [m]: **0.23**

Life span: **Perennial**

Life form: **Hemicryptophyte**

Leaf

Specific leaf area [mm²/mg]: **16.5**

Flower

Flowering period: **February-October**

Fruit, seed and dispersal

Seed mass [mg]: **1.52**

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

Dispersal distance class: **1**

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: **Mesic**

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: **5.3**

Moisture indicator value: **4.5**

Reaction indicator value: **5.9**

Nutrient indicator value: **4.8**

Salinity indicator value: **0.3**

Disturbance indicator values

Disturbance frequency: **1.61**

Disturbance frequency (herb layer): **2.06**

Disturbance severity: **0.53**

Disturbance severity (herb layer): **0.51**

Mowing frequency: **0.96**

Grazing pressure: **0.28**

Soil disturbance: **0.33**

Habitat and sociology

Syntaxon

Diagnostic species of phytosociological classes: [CJ \(COR\) *Koelerio-Corynephoretea canescentis*](#), [CM \(MOL\) *Molinio-Arrhenatheretea*](#), [FH \(BUL\) *Poetea bulbosae*](#), [QF \(ART\) *Artemisietea vulgaris*](#)

EUNIS habitat

Diagnostic species of EUNIS habitats: [R1A Semi-dry perennial calcareous grassland \(meadow steppe\)](#), [R21 Mesic permanent pasture of lowlands and mountains](#), [R22 Low and medium altitude hay meadow](#), [R24 Iberian summer pasture \(vallicar\)](#), [R34 Submediterranean moist meadow](#), [S34 Balkan-Anatolian submontane genistoid scrub](#)

Constant species of EUNIS habitats: [MA222 Atlantic upper saltmarsh](#), [N15 Atlantic and Baltic coastal dune grassland \(grey dune\)](#), [N19 Atlantic coastal Calluna and Ulex heath](#), [N1A Atlantic and Baltic coastal dune scrub](#), [N1H Atlantic and Baltic moist and wet dune slack](#), [N34 Atlantic and Baltic soft sea cliff](#), [R12 Cryptogam- and annual-dominated vegetation on siliceous rock outcrops](#), [R13 Cryptogam- and annual-dominated vegetation on calcareous and ultramafic rock outcrops](#), [R14 Perennial rocky grassland of the Italian Peninsula](#), [R17 Heavy-metal dry grassland of the Balkans](#), [R18 Perennial rocky calcareous grassland of subatlantic-submediterranean Europe](#), [R19 Dry steppic submediterranean pasture of the Amphi-Adriatic region](#), [R1A Semi-dry perennial calcareous grassland \(meadow steppe\)](#), [R1B Continental dry grassland \(true steppe\)](#), [R1D Mediterranean closely grazed dry grassland](#), [R1M Lowland to montane, dry to mesic grassland usually dominated by *Nardus stricta*](#), [R1P Oceanic to subcontinental inland sand grassland on dry acid and neutral soils](#), [R1S Heavy-metal grassland in Western and Central Europe](#), [R1T Azorean open, dry, acid to neutral grassland](#), [R21 Mesic permanent pasture of lowlands and mountains](#), [R22 Low and medium altitude hay meadow](#), [R23 Mountain hay meadow](#), [R24 Iberian summer pasture \(vallicar\)](#), [R32 Mediterranean short moist grassland of lowlands](#), [R33 Mediterranean short moist grassland of mountains](#), [R34 Submediterranean moist meadow](#), [R35 Moist or wet mesotrophic to eutrophic hay meadow](#), [R36 Moist or wet mesotrophic to eutrophic pasture](#), [R37 Temperate and boreal moist or wet oligotrophic grassland](#), [R51 Thermophilous forest fringe of base-rich soils](#), [S34 Balkan-Anatolian submontane genistoid scrub](#), [U71 Unvegetated or sparsely vegetated gravel bar in montane and alpine regions](#), [U72 Unvegetated or sparsely vegetated gravel bar in the Mediterranean region](#), [V12 Mixed crops of market gardens and horticulture](#), [V32 Mediterranean subnitrophilous annual grassland](#), [V33 Dry Mediterranean land with unpalatable non-vernal herbaceous vegetation](#), [V34 Trampled xeric grassland with annuals](#), [V35 Trampled mesophilous grassland with annuals](#), [V38 Dry perennial anthropogenic herbaceous vegetation](#)

Broad habitat

Occurrence in broad habitats: **Coastal cliff, Wetland, Mire, Grassland (non-alpine,**

**non-saline), Heathland, Scrub, Sparsely vegetated (incl. rock and scree),
Synanthropic**

Distribution

Continentality amplitude: **9**