# Subalpine Tall Forb

<table>
<thead>
<tr>
<th>Period</th>
<th>Grasses</th>
<th>Forbs</th>
<th>Shrubs</th>
<th>Trees</th>
</tr>
</thead>
<tbody>
<tr>
<td>Early</td>
<td>Dryland sedges 20%&lt;br&gt;Wooly arnica, alpine daisy, sitka valarian 30%&lt;br&gt;Sitka valarian 30%&lt;br&gt;Wood rush 5%&lt;br&gt;Arrow-leaved groundsel, false hellebore, actic lupine 35%&lt;br&gt;False hellebore 50%&lt;br&gt;White spruce, subalpine fir</td>
<td>False hellebore 50%&lt;br&gt;Arrow-leaved groundsel, false hellebore, actic lupine, wooly pussytoes</td>
<td>None</td>
<td>None</td>
</tr>
<tr>
<td>Mid</td>
<td>Dryland sedges 10%&lt;br&gt;Wooly arnica, alpine daisy, sitka valarian 15%&lt;br&gt;Wood rush 5%&lt;br&gt;Arrow-leaved groundsel, false hellebore, actic lupine 35%&lt;br&gt;False hellebore 50%</td>
<td>Miterwort</td>
<td>None</td>
<td>None</td>
</tr>
<tr>
<td>Late</td>
<td>Dryland sedges 5%&lt;br&gt;Kentucky bluegrass 5%&lt;br&gt;Arrow-leaved groundsel, false hellebore, actic lupine 35%&lt;br&gt;False hellebore 50%</td>
<td>None</td>
<td>None</td>
<td>White spruce, subalpine fir</td>
</tr>
<tr>
<td>PNC</td>
<td>30%</td>
<td>30%</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Yielde</td>
<td>3000 kg/ha</td>
<td>3000 kg/ha</td>
<td>0.5 Ha/AUM</td>
<td>0.5 Ha/AUM</td>
</tr>
<tr>
<td>CC</td>
<td>0.5 Ha/AUM</td>
<td>0.5 Ha/AUM</td>
<td>1 Ha/AUM with rest to improve</td>
<td>1 Ha/AUM with rest to improve</td>
</tr>
</tbody>
</table>

**Notes:**
- Light fall use with Long rest
- Heavy use with little rest
- Heavy to severe use with Long rest
- Moderate use with rest
- Moderate to severe use with rest

**Legend:**
- G: Grasses
- F: Forbs
- S: Shrubs
- T: Trees
- BC: Biological Crusts

**Yield:**
- Extreme grazing
- Low Fire frequency
- Moderate use with rest
- Heavy use with little rest
- Heavy to severe use with rest
- Moderate use with rest
- Light fall use with Long rest

**Extractions:**
- Extreme grazing
- Low Fire frequency
- Moderate use with rest
- Heavy use with little rest
- Heavy to severe use with rest
- Moderate use with rest
- Light fall use with Long rest