The study aimed at determining the occurrence of herbs in meadow communities of Dynowskie Foothills in relation to certain habitat factors and quality of fodder obtained from the meadows. Based on phytosociological relevés taken in compliance with the Braun-Blanquet method, plant communities were distinguished and further compared for the occurrence of selected herbs. Samples of soil and sward for chemical analysis were also collected. Dry matter obtained from 1 ha and fodder value of sward were determined with the method elaborated by Filipek.

Twelve distinguished communities included 27 herb species. Definitely more herb species were found in associations belonging to the order Arrhenatheretalia, but most common and most frequent were: Achillea millefolium, Leontodon hispidus, Plantago lanceolata, Rumex acetosa and Taraxacum officinale. By contrast, the share of herbs of fodder and therapeutic properties was smaller in communities of the order Molinietalia from moist habitats. The following less valuable and poisonous species occurred frequently: Ranunculus repens, Ranunculus acris, Lysimachia vulgaris, Cirsium rivulare, Scirpus sylvaticus, Equisetum palustre, Juncus sp. and Carex sp. Mineral soils of these grasslands were generally acid, poor in easily available phosphorus, rich in magnesium and of diverse K content. The yield obtained from the first regrowth was variable ranging from 1.9 to 4.7 t from 1 ha. Fodder value of sward depended mainly on the valuable forage grasses and legumes. Excessive contribution of herbs (above 10%) reduced the efficiency of meadows and the fodder value. However, herbs favorably affected the chemical composition of the sward, increasing the content of macronutrients P, K and Mg and micronutrients Cu, Zn and Fe.

**Key words:** Dynów Foothills, fodder value, herbs, meadow and pasture, plant communities