INSERT INTO `4est`.`plant\_species`

(`Plant\_Latin\_Name`,

`Plant\_Common\_Name`,

`Toxic`,

`Edible`,

`Medicinal`,

`Plant\_Description`

)

VALUES

('Prunus Virginiana Demissa',

'Western Chokecherry',

False,

True,

True,

'The Western Chokecherry is generally described as a perennial tree or

shrub. Its most active growth period is in the spring and summer. The

Western Chokecherry has green foliage and inconspicuous white flowers,

with an abundance of conspicuous red fruits or seeds. The greatest bloom is

usually observed in the spring, with fruit and seed production starting in

June and continuing throughout the summer months. Leaves are not

retained year to year. The Western Chokecherry has a short life span

relative to most other plant species and a rapid growth rate. At maturity, the

typical Western Chokecherry will reach a maximum height of 20 feet at 20

years of age.\n

Reference:\n

LIDDIL, Audrey, et Al. Edible Wild Berries in Southeast Idaho. University of Idaho. 2011. Retreived 1 January 2023 from: https://www.uidaho.edu/-/media/UIdaho-Responsive/Files/Extension/county/Bannock/horticulture/Edible-Wild-Berries.pdf?la=en&hash=DF89BA8E1DC83EB12C9CF68D1111D0C3E3765989

\nJournal Entries: '

);

INSERT INTO `4est`.`plant\_species`

(`Plant\_Latin\_Name`,

`Plant\_Common\_Name`,

`Toxic`,

`Edible`,

`Medicinal`,

`Plant\_Description`

)

VALUES

('Ribes Aureum Pursh',

'Golden Current',

False,

True,

True,

'There are many species of currants in southeast Idaho but only one species

has fruit that actually tastes very good. The Golden Currant is so named

because of its display of golden yellow flowers in early spring. It is very

common along streams and in ravines and canyons and the seed is

commonly spread by birds so it can pop up just about anywhere. The fruit

can be golden – orange, red or black on the same species, in fact stands of

Golden Currant are often found with all three colors of ripe berries next to

each other. Golden Currant berries are by far the tastiest to eat fresh, far

sweeter than most other currants. The Golden Currant has a long life span

relative to most other plant species and a moderate growth rate. At maturity,

the typical Golden Currant will reach a maximum height of 10 feet at 20

years of age.\n

Reference:\n

LIDDIL, Audrey, et Al. Edible Wild Berries in Southeast Idaho. University of Idaho. 2011. Retreived 1 January 2023 from: https://www.uidaho.edu/-/media/UIdaho-Responsive/Files/Extension/county/Bannock/horticulture/Edible-Wild-Berries.pdf?la=en&hash=DF89BA8E1DC83EB12C9CF68D1111D0C3E3765989

\nJournal Entries: '

);

INSERT INTO `4est`.`plant\_species`

(`Plant\_Latin\_Name`,

`Plant\_Common\_Name`,

`Toxic`,

`Edible`,

`Medicinal`,

`Plant\_Description`

)

VALUES

('Sambucus Nigra Cerulea',

'Blue Elderberry',

True,

True,

True,

'The Blue Elderberry grows along the roadsides in the lower parts of

mountains and canyons. It is a large shrub or small tree. Blossoms are borne

in a large flat-topped umbel. When ripe, the berries are dark blue or purple,

and hang from the branches in heavy clusters. The Elderberry is fast-growing

and has sweet berries and is usually found in moist areas. The species elders

have medium-green leaves and are small trees averaging 12 feet in height,

but there are smaller ones around 6 feet in height and some as tall as 20 feet.\n

Reference:\n

LIDDIL, Audrey, et Al. Edible Wild Berries in Southeast Idaho. University of Idaho. 2011. Retreived 1 January 2023 from: https://www.uidaho.edu/-/media/UIdaho-Responsive/Files/Extension/county/Bannock/horticulture/Edible-Wild-Berries.pdf?la=en&hash=DF89BA8E1DC83EB12C9CF68D1111D0C3E3765989

\nJournal Entries: '

);

INSERT INTO `4est`.`location`

(`Location\_Name`,

`Geography`,

`Vegitative\_Zone`,

`Growing\_Zone`,

`Elevation`,

`Location\_Notes`)

VALUES

('City Creek Lower Trail',

'Steep Rolling Hills',

'Grassland/Savannah',

'5b',

4500,

'The lower trail following Pocatello\'s city creek in Idaho'

);

INSERT INTO `4est`.`location`

(`Location\_Name`,

`Geography`,

`Vegitative\_Zone`,

`Growing\_Zone`,

`Elevation`,

`Location\_Notes`)

VALUES

('Scout Mountain Overlook Trail',

'Mountain Forest',

'Deciduous Forest',

'6b',

6900,

'The trail leading from Scout Mountain Campground overlooking the Mink Creek Valley in Idaho'

);

INSERT INTO `4est`.`location`

(`Location\_Name`,

`Geography`,

`Vegitative\_Zone`,

`Growing\_Zone`,

`Elevation`,

`Location\_Notes`)

VALUES

('Mink Creek West Fork Trail',

'Mountain Forest',

'Deciduous Forest',

'6a',

5221,

'The trail starting at Mink Creek road passing the foot of slate mountain following the West fork of Mink Creek in Idaho'

);

INSERT INTO `4est`.`moment`

(`DTG`,

`Season`,

`Plant\_Growth\_Phase`,

`Weather`)

VALUES

('2023-01-28 01:57:22',

'Winter',

'Dormant',

'Snowy');

INSERT INTO `4est`.`moment`

(`DTG`,

`Season`,

`Plant\_Growth\_Phase`,

`Weather`)

VALUES

('2022-07-28 10:57:22',

'Summer',

'Fruiting',

'Sunny');

INSERT INTO `4est`.`moment`

(`DTG`,

`Season`,

`Plant\_Growth\_Phase`,

`Weather`)

VALUES

('2022-04-28 11:57:22',

'Spring',

'Flowering',

'Rainy');

INSERT INTO `4est`.`entry`

(`Moment\_DTG`,

`Body\_Trunk\_Stem\_Description`,

`Branch\_Leaf\_Pattern\_Description`,

`Flower\_Fruit\_Description`,

`Notes`,

`Location\_Location\_Name`,

`Plant\_Species\_Plant\_Latin\_Name`)

VALUES

('2023-01-28 01:57:22',

'Small Tree with dark brown bark, roughly 4in diameter.',

'Long slender branches, currently very brittle, no leaves.',

'A few shriveled berries are still attached to the branches',

'This is the initial Discovery of the plant',

'Mink Creek West Fork Trail',

'Prunus Virginiana Demissa');

INSERT INTO `4est`.`entry`

(`Moment\_DTG`,

`Body\_Trunk\_Stem\_Description`,

`Branch\_Leaf\_Pattern\_Description`,

`Flower\_Fruit\_Description`,

`Notes`,

`Location\_Location\_Name`,

`Plant\_Species\_Plant\_Latin\_Name`)

VALUES

('2022-07-28 10:57:22',

'large shrub with light grey bark, roughly 2 inches in diameter, grows as tightly packed bush.',

'Long, slender branches with long, spearshaped, jagged leaves.',

'Bush is covered in large umbles of white flowers. the umbles are flat.',

'This is the initial Discovery of the plant',

'Scout Mountain Overlook Trail',

'Sambucus Nigra Cerulea');

INSERT INTO `4est`.`entry`

(`Moment\_DTG`,

`Body\_Trunk\_Stem\_Description`,

`Branch\_Leaf\_Pattern\_Description`,

`Flower\_Fruit\_Description`,

`Notes`,

`Location\_Location\_Name`,

`Plant\_Species\_Plant\_Latin\_Name`)

VALUES

('2022-04-28 11:57:22',

'Small shrub with light grey bark, less than 0.5 in diameter, grows as tightly packed bush.',

'Long slender branches with large-lobed small green leaves.',

'many small, plump orange colored berries, each with what appears to be a stem protruding from the end of the berry. Small clumps of yellow flowers dot the bush as well.',

'This is the initial Discovery of the plant. The bush grows on the edge of the trail on an extremely steep slope. The stems range from 4 to 6 feet tall.',

'City Creek Lower Trail',

'Ribes Aureum Pursh');

INSERT INTO `4est`.`location\_has\_plant\_species`

(`Location\_Location\_Name`,

`Plant\_Species\_Plant\_Latin\_Name`)

VALUES

('Mink Creek West Fork Trail',

'Prunus Virginiana Demissa'),

('City Creek Lower Trail',

'Ribes Aureum Pursh'),

('Scout Mountain Overlook Trail',

'Sambucus Nigra Cerulea');