



'In' Sites

Sabah Travel & Leisure Guide

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Little Italy
Pasta & Pizza Corner

DELICIOUS PASTA DISHES,
SUPERB STONE BAKED PIZZAS

Great Italian Hospitality

DOWN TOWN:
23 Jalan Haji Saman,
Ground Floor (Hotel Capital)
83613 Kota Kinabalu, Sabah.
Tel : 088-232 231



If you are travelling down to Sindumin at this precise moment, you will notice many fruit stalls from Putatan, near Kota Kinabalu right down to Sipitang. That is about three hours worth of driving, so you can imagine the number of stalls by the road, and the number of fruits being sold to passers by.

Presently, Durian is flooding these stalls. You can see round durians, longish ones, fat ones and even perfectly round ones.

The fruits season is here again and it can be promoted as tourism products by tour operators at this time.

Durian I believe has tremendous potential as a tourism product especially if the whole ranges of variety are displayed.

There are many types of local durian that have not been fully promoted in the market. They include the wild 'Sukang' and "Dalit" types which smell more tangy than the cultured durian.

These types of durian taste more creamy and rich but not very sweet. These fruits grow on trees as tall as 20 metres, maybe taller.

These durians can be sampled at the roadside stalls. If you don't know how to evaluate the ripeness and types of durians, talk to the vendors, they are very friendly and will be more than happy to share information about this.

Besides durian, the next most interesting fruit on sale now and easily available is the mangosteen. The tree usually bears fruit at the same time as Durian. That is why it is called the Queen of Fruits to durian's "King of Fruits". It is believed to contain ingredients that have cooling effects; so it is usually consumed after eating durian; as durians are believed to be 'heaty'.

The round mangosteen has four prominent sepals around the stem with thick, dark purple shell protects small white segments which are thirst quenching, sweet with a hint of sourness, and delicious.

The 'rambutan' a hairy local fruit is also sold in abundance at roadside stalls. This hairy little fruit looks very attractive and delicious. It will not disappoint, as it is really very tasty.

There are also several types of rambutan. There is the yellow type, which has very thick juicy flesh. There is also the rambutan kelapa or literally translated 'coconut rambutan'. It has a kernel that is a wee bit harder than the others do but it is very sweet none the less. It also has less juice meaning to say one don't get a mess when eating this rambutan.

The Tarap fruit is also worth introducing. This fruit has white flesh-covered seeds inside, which taste very sweet but a bit cloying. The smell is sweetish but not as strong as durian. This fruit may put off some people, but tourists may find it different and interesting.

At the Kimanis Papar road right down to Bongawan there are stalls selling water melon. The water melons are excellent thirst quenchers and so tour buses should stop and introduce the stalls to tourists.

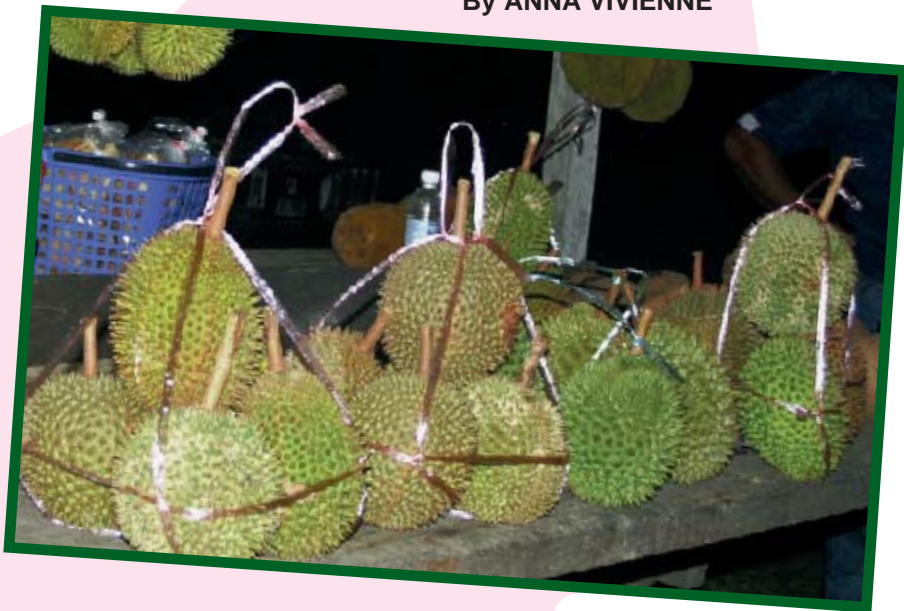
The Visit Malaysia Year 2007 (VMY) is formulated and carried out to generate interest by the international community to come to Malaysia and experience the peoples' where of life here.

This campaign is also aimed at according 'little' businesses some revenue and as such tour operators should form an understanding with stall owners and achieve a win-win situation.

Banking on fruits



By ANNA VIVIANNE



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