

# DO YOU KNOW

By ANNA VIVIENNE

## WHERE TO STAY



**T**he people used to scour the jungle for food in the olden days to supplement their staple diet of rice, and at times sago and manioc.

They therefore know where to look for edible leaves, mushrooms and wild tuber.

One of the most coveted forms of food is the pith of the palm tree.

One of their favourite source of pith is the Nibong Tree, a palm tree that is thorny and very tall when it matures.

The nibong tree pith is quite bland, with a 'tree-y' after taste. The pith of this palm is better eaten when cooked with salted fish.

The coconut palm pith taste a bit better. It is firm and crunchy and slightly sweet. It is also larger than the nibong tree. The pith can be cooked with anything including chicken and other meat, but the people prefer to cook it with salted fish.

There is a negative side to eating pith though. In order to enjoy this 'vegetable' the tree has to die.

The nibong tree's 'demise' will not evoke any lamentation, as it is no longer used as building materials, like it was in the past.

People no longer use it for floorings or stairs.

The coconut tree is also cut when it does not bear fruit so getting its pith is not saddening either.

Under some circumstances a tree has to be sacrificed for very good reasons, and then the heart of palm may be

enjoyed without guilt.

Getting palm pith is not difficult. You just have to cut the tree in half and extract the insides. You just need a good axe and a parang.

Or you can go to the tamu or traditional market and purchase it from the people. It will cost you anything from RM2 upwards. Treat your tourists to a good dish of palm pith while they are here.

## Palm pith

## FEBRUARY EVENTS

### KOTA KINABALU CITY IDOL

Date : February 2007  
 Organiser : Kota Kinabalu City Hall  
 Contact Person : Joannes Solidau  
 Telephone : +6088-521800  
 Fax : +6088-316137  
 Email Contact :  
 joannes@dbkk.sabah.gov.my



### PESTA KALIMARAN

Date: 14th - 15th April 2007  
 Venue: Murut Cultural Centre, Tenom.  
**Sandakan Cultural Carnival**  
 Date: 9th - 10th June 2007  
 Venue: Sandakan Town Field  
**Tuaran Cultural Carnival**  
 Date: 21st - 22nd July 2007  
 Venue: Tuaran  
**Kudat Cultural Carnival**  
 Date: 27th - 28th October 2007  
 Venue: Esplanade Sidek, Kudat  
 For more information please contact:  
 Sabah Cultural Board  
 Telephone : +6088-268812/268884  
 Fax : +6088-264235  
 Email :



Rusman.Abdullah@sabah.gov.my  
 or  
 Mackey.Apison@sabah.gov.my

## Weekly TAMU (Open Market) in Sabah

■ Tamus are held in almost every town/district in Sabah. Most local traders gather to buy, sell or barter their farm produce, handicrafts, traditional ware, musical instruments, etc.

**SUNDAY 6am - 2pm**  
 Kota Belud, Tuaran, Putatan, Papar, Babagon, Tambunan, Tenom, Membakut, Kota Marudu, Sikuati, Gaya Street Fair (Kota Kinabalu)

**MONDAY 6am - 2pm**  
 Tandek

**TUESDAY 6am - 2pm**  
 Kiulu

**WEDNESDAY 6am - 2pm**  
 Pinggan-pinggan, Tamparuli & Kudat

**THURSDAY 6am - 2pm**  
 Donggongan, Telipok, Tenghilan, Pekan Nabal, Sipitang, Tambunan, Keningau

**FRIDAY 6am - 2pm**  
 Donggongan, Sunsuron, Weston, Mesapol, Kanibangan

**SATURDAY 6am - 2pm**  
 Kinarut, Beaufort, Sindumin, Matunggong, Pekan Pitas

**Winner Hotel**  
 Phone: 60 088 243222  
 Fax: 60 088 217345

**Hotel Deleton**  
 Phone: 60 088 252222  
 Fax: 60 088 267999

**Kinabalu Daya Hotel**  
 Phone: 60 088 240000  
 Fax: 60 088 263909

**Berjaya Palace Hotel**  
 Phone: 60 088 211911  
 Fax: 60 088 211600

**Hotel Shangri-La**  
 Phone: 60 088 212800  
 Fax: 60 088 212078

**Likas Square Business Suites**  
 Phone: 60 088 252233  
 Fax: 60 088 251122

**Tang Dynasty Hotel**  
 Phone: 60 088 263389 / 251155  
 Fax: 60 088 263989 / 265566

**Beverly Hotel**  
 Phone: 60 088 258998  
 Fax: 60 088 258778

**Promenade Hotel**  
 Phone: 60 088 265555  
 Fax: 60 088 246666 / 253980

**Hyatt Regency Kinabalu**  
 Phone: 60 088 221234  
 Fax: 60 088 225972

**Le Meridien Kota Kinabalu**  
 Phone: 60 088 322222  
 Fax: 60 088 322223

**Nexus Resort Karambunai**  
 Phone: 6 088 411222 / 411030  
 Fax: 6 088 411020 / 412028

**Shangri-La Tanjung Aru Resort**  
 Phone: 60 088 225800 / 41800 / 293306 (Reserv)  
 Fax: 60 088 244871 / 217155

**Sutera Harbour Resort - Magellan Sutera**  
 Phone: 6 088 318 888  
 Fax: 6 088 317 777

**Sutera Harbour Resort - Pacific Sutera**  
 Phone: 6 088 318888  
 Fax: 6 088 317777

**Hotel Capital Sdn Bhd**  
 23, Jalan Haji Saman  
 P.O Box 11223, 88813  
 Kota Kinabalu  
 Phone: 6 088 231 999 (10 lines)  
 Fax: 6 088 237 222  
 E mail: capitalh@streamyx.com

**Impiana Mutiara Hotel**  
 Ground Floor, No 3, Block BC  
 Lot 15, Lorong Ikan Juara 3  
 88100 Sadong, Kota Kinabalu  
 Phone: 6 088 268 823 / 268 824  
 Fax: 6 088 258826

## sabahtravelguide.com

### The Ultimate Travel Guide to Sabah, Borneo's Paradise

Sabah Travel Guide.com (STG) is a comprehensive online free travel guide for visitors to Sabah, Malaysia. It is also presently the most accepted and complete information hub for tourism industry of Sabah. Main focus of STG is to create more awareness of visiting Sabah to the global tourism market and to provide an online automated market place for tourist and tour operators.

To subscribe to STG newsletter, please sign up as a member and enjoy special offers