

Do you know?

By Anna Vivienne

WHERE TO STAY

PADDY

Paddy is planted in most countries in South East Asia and is the staple food of the people in this region. In fact it is food for half the people in the world. Actually the plant that produces the edible grain is also called rice as is the grain itself. In many regions, as in Sabah, it is eaten in every meal.

According to the United Nations Food and Agricultural Organization, rice supplies an average of 889 calories per day per person in China.

Rice is a nutritious food, providing about 90 percent of calories from carbohydrates and as much as 13 percent of calories from protein.

Of the 20 known species of rice, only two are cultivated—the widely grown Asian rice and the tougher African rice. Asian rice produces significantly more grain per plant than African rice, and for this reason is the preferred type in the majority of rice-growing countries.

Flooded rice, also known as lowland rice, is grown in fields that contain water enclosed by low walls of earth called bunds. Flooded rice fed by rainfall alone accounts for about 50 percent of all rice grown worldwide.

The major rice-producing countries, including China, India, and Vietnam, primarily cultivate flooded rice.

Actually, rice plants are a type of grass. They have narrow, tapered leaves and grow to about two to six feet tall. When the plant matures, it will start to flower. The flower is like a loose cluster of stalks, called a panicle. It usually sport small green 'flowers' from each stem.

When the grain develops, the panicle will droop with the weight of the grains. , the panicle droops under the weight of the ripened kernels. It will turn yellowish or golden in colour. It will then be ready for harvesting.

After harvesting the rice is processed. The hull is removed, exposing the bran. Rice at this stage is brown rice.

To make white rice, the bran is removed. White rice is less nutritious than brown rice and, when feasible, is enriched with the addition of vitamins and minerals to increase its nutritive value. Without the tough bran layer, white rice cooks faster and stores longer than brown rice.

Rice is used for a variety of food and non-food products. Foods include cooked rice, breakfast cereals, desserts, and rice flour. Rice is also used in making alcoholic beverages such as tapai and the Japanese Saki. Asian countries produced about 90 percent of the 576 million tons of rice grown worldwide in 2002.

Major rice-importing countries include Côte d'Ivoire, Nigeria, Philippines, Iran, Saudi Arabia, Brazil, Senegal, Japan, and Indonesia. In Sabah, the Harvest Festival celebrates the annual rice harvest. The festival is currently ongoing and will culminate in a grand festival on May 30 and 31.



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Beringgis Beach Resort, Papar
Phone: 6 088 752 333
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E mail: bbrpapar@tm.net.my

MAY EVENTS

Tabin Wildlife Photo Hut

Date : May to July 2006
Organiser : Tabin Wildlife S/B/Intra Travel Service Sdn Bhd
Venue : Tabin Wildlife Reserve, Lahad Datu
Further Info : Alixon Ho
Tel: 088260558 / 262558, Fax: 088 267558
Email : enquiry@tabinwildlife.com.my

Crafts Exotica

Date : 02 - 27 May 2006
Organiser : Sabah Museum
Venue : Sabah Museum, Kota Kinabalu
Further Info : Datuk Joseph Pounis Gun-tavid
Tel : 088 253199, Fax : 088 240230
Email : Muzium.Sabah@sabah.gov.my

Patterns and Colours of Sabah

Date : 11 May - 05 June 2006

Organiser : Sabah Art Gallery
Venue : Sabah Art Gallery, Kota Kinabalu
Further Info : Datuk Yaman Mus
Tel : 088 268875
Fax : 088 210040
Email : gallery_9@msn.com
Tel : 088 232121
Fax : 088 265540
Email : shahira@sabahtourism.com
Website :
http://www.sabahtourism.com/event/kkso

Harvest Festival Celebration

Date : 15 - 31 May 2006
Organiser : Hyatt Regency Kinabalu
Venue : Tanjung Ria Café, Hyatt Regency Kinabalu, Kota Kinabalu
Further Info : Food & Beverage Dept
Tel : 088 221234
Fax : 088 254315
Email : hyatt.kinabalu@hyattintl.com

Harvest Festival Regatta

Date : 27 - 28 May 2006
Organiser : Kinabalu Yacht Club
Venue : (Not Stated)
Further Info : Mr. Christopher Chin
Tel : 088 240070 / 243070
Fax : 088 243007

Grand Finale – Tadau Kaamatan Celebrations

Date : 30 - 31 May 2006
Organiser : Kadazandusun Cultural Association (KDCA)
Venue : KDCA Hall Penampang
Further Info : (Not Stated)
Tel : 088 713696
Fax : 088 713350
Email : bovis@asia.com

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

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