

DO YOU KNOW



LEMON Grass is used in most Malaysian dishes, especially when it is fish based. Botanically called *Cymbopogon citrates* it is a tall lemon-scented grass which multiplies into clumps as it grows.

The leaves are narrow and quite sharp edged. It is easy to grow in Easy to grow and need only a bit of water. You do not have to tend it like you would vegetables.

It is used to flavour all sorts of dishes, be it curries and soups. If lemon grass is not available, we usually use the leaves of kaffir lime or lemon.

If using lemon grass, the outer, tougher layers should be peeled away and only the pale lower portion of the stem used. Since it is a very fibrous plant, slice it very thinly crossways so that there are no long fibres to spoil the finished dish. You can also smash the stalks and mix it with the dish. After the dish is cooked however it is recommended that you remove the fibrous stalks.

Lemon grass purchased from markets is usually devoid of leaves. Make sure the stem is firm and smooth. Avoid those stems which look dry and wrinkled.

If you grow lemon grass yourself or someone offers you some from their clump, take care when handling as the edges of the leaves are razor sharp and even brushing past can cause almost invisible lacerations to exposed areas of skin. With a sharp knife, cut a stem close to the ground and trim off the grassy top section. The bulbous lower stem, creamy white to pale green, is the part to use.

If you want to purchase Lemon grass, the traditional local market or tamu is the best place to go. This is because the people sell them in huge bunched of ten or twelve stalks. Lemon grass can keep for as long as one month in your fridge.

This plant is very hardy and even if their leaves and roots have been snipped off you can still plant them. Lemon grass can be used to treat coughs and colds.

The leaves in water are used in a bath to reduce swelling, remove body odour, and improve blood circulation and to treat cuts and wounds. Some people have been known to pound lemon grass and use it as shampoo.

In Western herbal medicine a tea made from the leaves is used for stomach ache, diarrhoea, headaches, fevers and flu. The antiseptic oil is a treatment for athlete's foot and acne, and is sprayed to reduce airborne infections. In aromatherapy, the oil is said to improve circulation and muscle tone.



Lemon Grass

WHERE TO STAY

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

JUNE EVENTS

Other Cultural Events:

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

SUTERA HARBOUR JUNIOR AMATEUR OPEN 2007

Date: 15 - 16 June 2007

Organiser: Sutera Harbour Golf Club

Contact Person: Communications Dept

Telephone: +6088-318888 ext. 3341

Fax: +6088-303338

Email Contact: communications@sutera-harbour.com.my

Event Website:

<http://www.suteraharbour.com.my>

3RD MAH ENVIRONMENTAL WEEK 2007

Date: 16 June 2007

Organiser: Malaysian Association of Hotels (MAH), Sabah / Labuan Chapter

Contact Person: Keith Pointer

Telephone: +6088-752333

Fax: +6088-752999

Email Contact: keith_pointer@hotmail.com,

pointer@beringgis.com

22ND SABAH DRAGON BOAT RACE

Date: 17 June 2007

Organiser: Sabah Tourism Board, Sri Pelancongan Sabah Sdn Bhd & Sabah Chinese Cultural Association

Venue: Teluk Likas, Likas

Contact Person: Zachary Mobijohn

Telephone: +60 88 232121

Fax: +60 88 265540

Email Contact:

zachary@sabahtourism.com

Event Website:

<http://www.sabahtourism.com/dragonboat/>

DAMA ORCHESTRA CONCERTS (SANDAKAN)

Date: 21 June 2007

Organiser: Sri Pelancongan Sabah Sdn Bhd

Contact Person: Susan Shahira

Telephone: +60 88 232121

Fax: +60 88 265540

Email Contact: shahira@sabahtourism.com

DAMA ORCHESTRA CONCERTS (TAWAU)

Date: 23 June 2007

Organiser: Sri Pelancongan Sabah Sdn Bhd

Contact Person: Susan Shahira

Telephone: +60 88 232121

Fax: +60 88 265540

Email Contact: shahira@sabahtourism.com

PESTA MENUGAL

Date: 30 June 2007

Organiser: Persatuan Petani dan Penternak Bumiputera Sabah (PETANAH)

Contact Person: Gaibin Ransoi

Telephone: +60 88 499157 / +6016 813 3156

Fax: +60 88 499157

Email Contact: petanah88@yahoo.com

KK ADVENTURE PARK CHALLENGE

Date: 30 June 2007

Organiser: KK Adventure Park

Contact Person: Rahmahwati Andi Samsiar

Telephone: +60 88 750 959

Fax: +60 88 755959

Email Contact: wati@kkadventurepark.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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