

DO YOU KNOW

By ANNA VIVIENNE

WHERE TO STAY

Coconut tree

The Coconut tree is quite common in Sabah. In fact, in my community, this tree grows in the compound of most homes.

Kudat is well known for its coconut and its copra produce. However, this tree is not a novelty in this region. In fact, the coconut tree is prevalent in the Pacific islands and South East Asia.

The coconut is the tree of life. It provides food and drink. The water of the young coconut is very sweet and its flesh soft as jelly. All you have to do is scoop out the flesh and you have soft sweet jelly. An older nut will have harder flesh and the water will be a bit sour, but it is edible and drinkable all the same.

The flesh of the matured brown nut will be quite tough but you can grate it and squeeze off thick

coconut milk. This is good for making curry. The water will taste quite bland. The grated coconut flesh is also good as ingredients for cakes and biscuits.

On other usage for Coconut trees, well, its bark is used to build houses, its leaves for roofing, husks for making ropes and mats, the shells are polished and fashion into decorations and kitchen utensils. The whole trunk has been known to be used as bridge.

In Kudat, coconut husks, leaves and whatever can be derived from this tree are also made into attires. Even though the dresses are only meant as 'fancy dresses' during the annual Coconut Festival, this prove that the coconut tree is a very useful.

However, it is as food and drink that coconuts are of prime importance.



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

Langkah Syabas Beach Resort
Phone: 6 088 752000
Email: lsr@po.jaring.my

Megah D'Aru Hotel
Phone: 6 088 239666
Email: mdaru2@streamyx.com

Radius International Waterfront Kota Kinabalu
Phone: 6 088 525969 / 447200
Fax: 6 088 525967
Email: www.radius-waterfrontkk.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
Donggongon, Telipok, Tenghilan, Pekan Nabalu, Sipitang, Tambunan, Keningau

FRIDAY 6am - 2pm
Donggongon, Sunsuron, Weston, Mesapol, Kanibangan

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

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