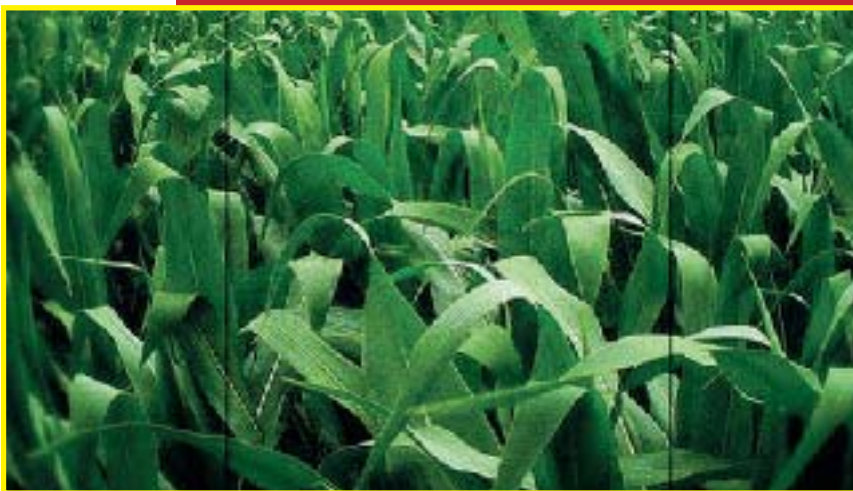


DO YOU KNOW

By ANNA VIVIENNE

WHERE TO STAY



Maize also known as Corn is grown in Sabah as catch crop. It is grown by the Kadazandusun people on hillsides with hill paddy. When matured they are picked either for commercial purposes or for food. It is available in the tamu or local market for RM1 a bunch.

Maize originates from Mexico and by the time Columbus arrived in the New World, there were already many domesticated varieties. Maize has become a particularly important crop in North America and Africa.

It is now grown throughout the world. In India it is used as a cereal, ground into fine flour. They are made into flat bread called rotis.

In Malaysia, particularly in Sabah, corn is rarely used ground. The young ears of corns are cooked as vegetables or the corn is boiled with salted water and eaten on the cob.

The corn is also made into cakes. The corn are grated from the cob and then mixed with flour. They are then wrapped in banana leaves and steamed. The fragrance of banana leaves and the corn make the cake more appetizing.

When purchasing corn on the cob, make sure it is young and fresh. The kernels should be plump and shiny, their skins stretched taut. If they look dull and shrunken, leave them on the shelf. While they will keep in the refrigerator for a day or two, the fresher the better, as time turns the natural sugar to starch.

Maize or scientifically known as Zea mays is used in various ways. The corn is scrapped off the cob and mixed with flour sugar and coconut extract. It is then steamed in a pot. This is a delicious local cake that is usually sold in tamus (Traditional market). A well-known Chinese corn recipe is Crab and Sweet Corn Soup.

In South East Asia corn is rarely used ground, but ears of sweet corn are boiled in salted water and sold as a snack. Or the kernels are popped and sold, also as a snack.

When purchasing corn on the cob, make sure it is young and fresh. The kernels should be plump and shiny, their skins stretched taut. If they look dull and shrunken, leave them on the shelf. While they will keep in the refrigerator for a day or two, the fresher the better, as time turns the natural sugar to starch.

There are several maize varieties. Some can grow up to 23 feet tall while others can grow up to nine feet tall. The local maize plant grows up to five feet tall.

The stems of this plant are like bamboo canes with joints.

The corn plant has a pithy noded stalk supported by prop roots. The staminate or male flowers form the tassel at the top of the plant. The pistillate or female flowers are the kernels on the cob, which is enclosed by a leafy husk beyond which extend threadlike styles and stigmas, which catch the pollen. The husk will then swell and slowly get into a pod-like shape where the succulent maize will grow and mature. When it is deemed big enough, it is then picked.

Like rice, maize can only be grown and harvested once. After the harvesting, the field will have to be furrowed again and re-planted with fresh seeds.

If you are interested in tasting the various strains of maize available in Sabah, you can take the route up to Kota Marudu and stop at the road-side stalls where roasted corns are sold.

MAIZE



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

Hotel Deleeton
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

Imperial International Hotel Kota Kinabalu
Phone: 6 088 522888 / 447200
Fax: 6 088 522999 / 442300
Email: www.imperialkk.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
Kola 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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