

DO YOU KNOW ?

By Anna Vivienne



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 / 241800 / 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

Beringgis Beacg Resort, Papar
Phone: 6 088 752 999
E mail: bbrpapar@tm.net.my

Water spinach or Kangkong is botanically called *Ipomoea reptans*. Also called swamp cabbage, it is available in all of Malaysia including Sabah.

If you look carefully, you will find that there two types of kangkong in Sabah. There are the pale green ones, usually sold in the market. They are planted by vegetable farmers. They have thin sharp pointed leaves. The flowers are white.

The other type is the dark green variety, usually thriving in marshy places like irrigation ditches, paddy fields and sluggish streams. The leaves are more rounded and the stalks more succulent looking. The flowers of this kangkong are light purple. They look a bit like sweet potato plants.

Practically all parts of the young plants are eaten. Since older stems become fibrous, young succulent tips are preferred. These are eaten fresh or cooked like spinach. Cooking in oil is common. Spices should be added to enhance the bland flavour.

It should be washed thoroughly. To keep bright colours,



blanch in boiling water for 30 seconds, refresh in cold water and drain. Add to recipe and toss with spices for a minute or so.

One of the most interesting and delicious way of eating this vegetable is 'sotong kangkong' or cuttlefish with kangkong. This dish is available in stalls and food centres in Kota Kinabalu.

The kangkong is usually available in the market, including the traditional local market (tamu) for about RM1 a bunch.

JUNE EVENTS

TRADITIONAL FOOD AND DRINK EXHIBITION

Date : June 2006
Organiser : Monsopiad Cultural Village
Venue : Monsopiad Cultural Village, Penampang
Further Info : Agil Bajera
Tel : 088 761336
Fax : 088 761336
Email : info@monsopiad.com

COMIC AND CARTOON EXHIBITION

Date : 08 June - 03 July 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

THE SABAH CULTURAL FESTIVAL 2006

Date : 20 - 21 June 2006
Organiser : Sandakan Municipal Council
Venue : (Not Stated)
Further Info : Yeo Boon Hai (President)
Tel : 089-275400 / 272460
Fax : 089-272112
Email : Yeo.BoonHai@sabah.gov.my

SABAH AMATEUR GOLF CLASSIC

Date : 24 June - 01 July 2006
Organiser : Moray Travel Company Pty Ltd (Australia)
Venue : Sutera Harbour Golf & Country Club
Further Info : Anthony Hunt
Tel : TOLL FREE 1800 818 002E (Australia)
Fax : 02 9221 4408 (Australia)
Email : anthony@moraytravel.com.au
Website : http://www.moraytravel.com.au

PIANO DUO & SOLO CONCERT BY AHN

SOHYUN & DAVID HENRY

Date : 24 June 2006
Organiser : Kota Kinabalu Music Society
Venue : Yayasan Sabah Mini Theatre, KK
Further Info : Helen Tseu
Tel : 60 88 437322
Fax : (Not Stated)
Email : (Not Stated)
Website : http://www.geocities.com/kkmusicociety.com

NUNUK RAGANG CEREMONY

Date : 30 June - 01 July 2006
Organiser : Kadazandusun Cultural Association
Venue : Kg. Tompios, Ranau
Further Info : Benedict Topin
Tel : 088 713695 / 715478
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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