

DO YOU KNOW ?

WHERE TO STAY



By Anna Vivienne

CEMPEDAK is a fruit in Sabah that is locally known as 'Cempulut'. It is also known in some Kadazandusun dialects as 'Pulutan'. This may be because the tree and the fruit will 'bleed' copious 'latex' when it is cut. This latex in Dusun is 'pulut.'

The tree grows very fast and will spurt up to 20 feet in a couple of years. It can typically grow up to 25 metres high. The trunk of this tree is quite tough and wiry, and the leaves are oval in shape and dull green in colour.

When the tree bears fruit you will be able to differentiate between the ones that will mature into edible fruit and those that will wither and die after a while: those that will become fruits have short stalks.

The fruits hang on thick stalks from the trunk and main branches until they ripen.

When they do you can smell them from afar. This attracts 'connoisseurs' ranging from squirrels to birds and bats.

In my community, we plant this tree from the seed, and it usually matures and produces after four years or more. The cempedak is a seasonal fruit and will only bear fruit once a year, normally in the month of June.

The young fruit is edible as a vegetable. The skin is sliced off and the soft pithy inside is cut into small pieces. The core has to be removed though. It is then cooked with other food items such as anchovies.

To eat ripe cempedak you have to slice the skin around the longer end, and pull it apart. This will reveal the flesh inside, which encases longish brown seeds. The flesh is very sweet, sometimes cloyingly so, especially when it is overripe. The seeds can be fried and eaten just like nuts. Or you can fry the flesh with the seeds encased with flour. This is sometimes available on sale with banana fritters when cempedak is in season.

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Sutera Harbour Resort - Pacific Sutera
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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 Beach Resort, Papar
Phone: 6 088 752 999
E mail: bbrpapar@tm.net.my

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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