

by ANNA VIVIENNE

DO YOU KNOW ?

WHERE TO STAY

MOST Rebung or Bamboo shoots are edible. The shoot pith is used as food after the tough outer layer is scrapped off. There are different species of bamboo however and not all are edible.

Fresh bamboo shoots have to be carefully peeled so that every trace of the fine sharp hairs that grow on the outer husks are removed.

After the outer husks are removed most people will chop the shoots lengthwise and boil them so that the acid is removed.

The shoots are then taken out of the wok and fried with other food ingredients. The most favourite food ingredients are salted fish.

If you are not familiar with what types of bamboo have edible shoots, buy them from vegetable vendors. They usually treat the shoots first before selling them. They usually marinate the shoots in rice water or water that have been used to wash rice.

Anyway, bamboos include over 1,000 species of woody, perennial grasses in more than 100 genera.

They are very useful plants and it is believed that they used by people all over the world. There are various products made from bamboo.

In Sabah people use bamboo to make a lot of utensils such as ladle, containers, fish traps, back packs, trays, winnows, baskets and even walls and floors of houses. Bamboo pulp can also be used to make paper, and small, polished stem segments are sometimes used in necklaces, while the leaves are used to wrap foodstuff. Another species of bamboo are used to make musical instruments such as the sompoton and the suling. Actually bamboos are very useful and play a great part in the lives of the people since time immemorial. Because of this, Tambunan district celebrates Bamboo Festival annually.



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Sutera Harbour Resort - Pacific Sutera
Phone: 6 088 318888
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Hotel Capital Sdn Bhd
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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

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

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

THE SABAH CULTURAL FESTIVAL 2006

PIANO DUO & SOLO CONCERT BY AHN

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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