

Subject: Monthly Activity Report for AGREEN

Date: August 9, 2020

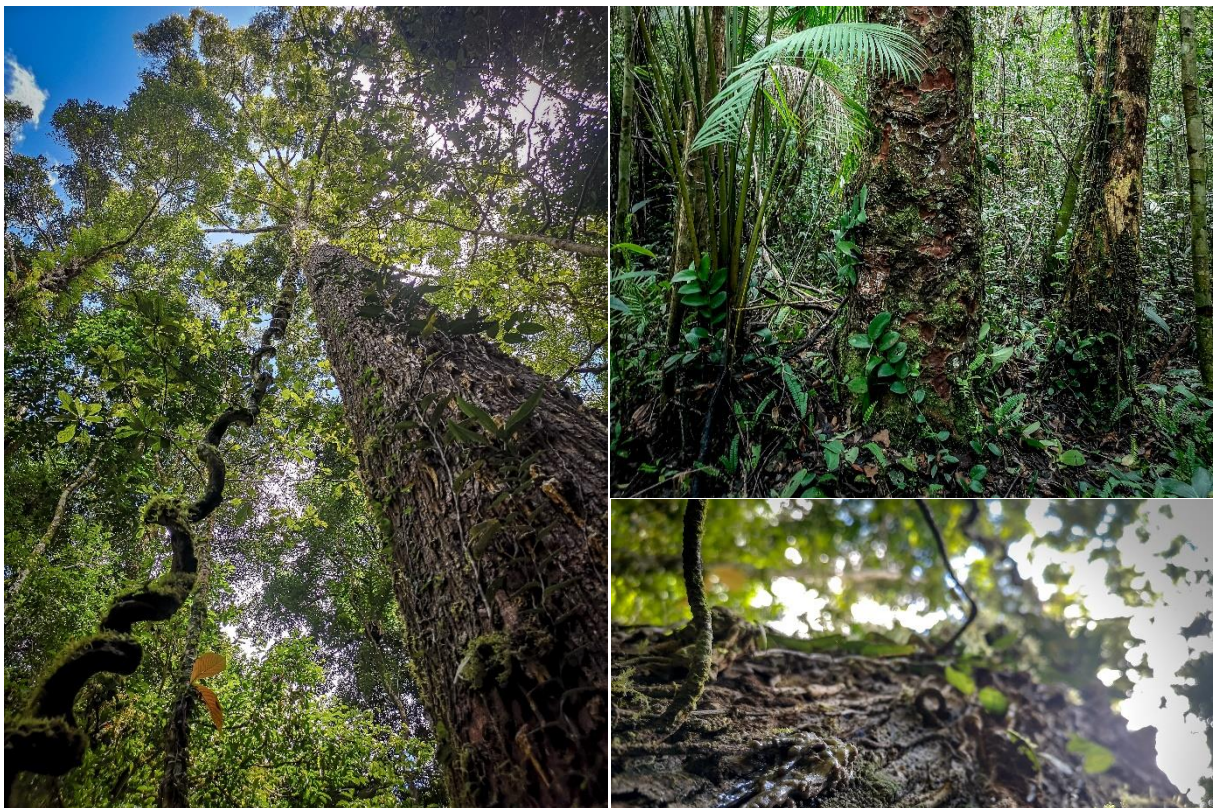
Site: Long Semadoh, Sarawak, Malaysia

Title: Indigenous botanical knowledge

The Lun Bawang community are largely agrarian and relies mainly on wet rice paddy for sustenance but they still retain vestiges of their hunter gatherer past. Forests, be it logged, or pristine are still very accessible from the village. It provides crucial ecosystem services and sustenance. In July, I managed to follow the community on a recce trek for a potential tourist trail. These are some basic photographic documentations, local names and uses of the plant material.

Tumu (*Agathis Borneensis*)

- *Agathis Borneensis* is a softwood timber that's highly prized as an interior finishing timber. It has been selectively logged for more than 30 years and exported for the high value that it fetches
- The Lun Bawang community used to collect damar resin from the Tumu to be traded in Lawas (about 5 days walk away) for rations such as sugar, porcelain wares and beads. Damar resin is used as caulking for wooden ships
- Damar resin is used by the community as a fire starter.





Pokok Nawe

The sap of the tree is used to treat shingles



Don Ipong

The leaves of this bush is fuzzy, reminiscent of Lamb's Ear. The leaves give off an aroma similar to sage. The leaves and stalks are harvested and boiled. The resultant water is used as bath water for patients with fever or heat stroke



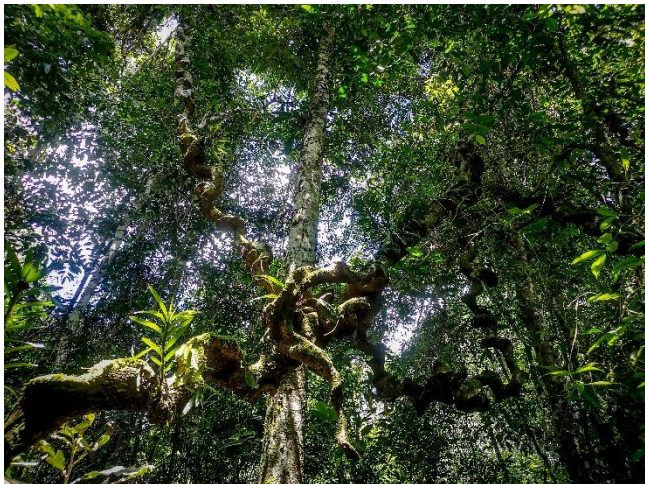
Don Likad

The leaves are used like a mitten to form rice balls from rice cooked with lard and salt. The small micro-hairs on the surface of the leaf provides some insulation from the hot rice and also prevents the rice from sticking to the hands. It is also used as a wrapper to portion up individual portions of dishes especially during mass gatherings.



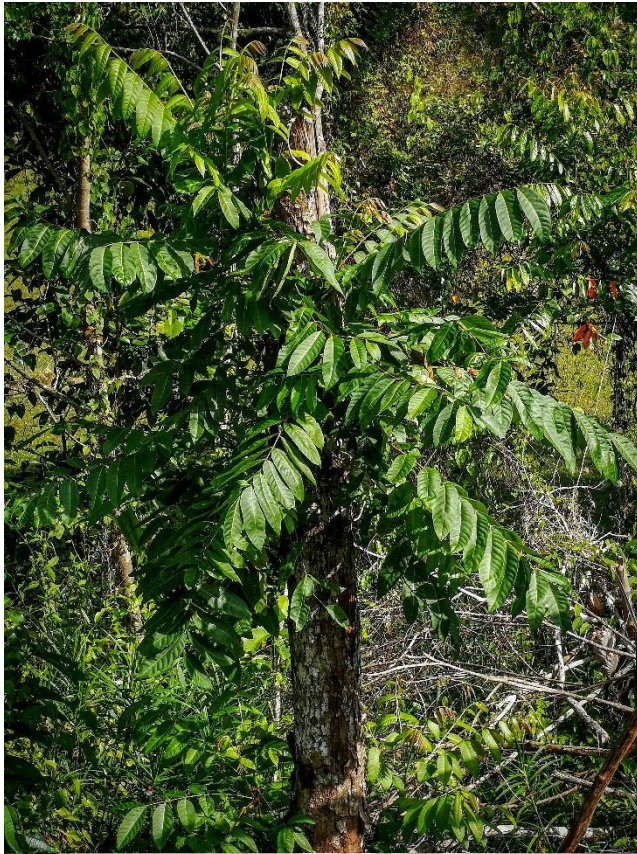
Don Lepak

Used as a liner to cook rice in bamboo. It makes it easier to remove the rice from the bamboo when it's cooked. Since it grows quite ubiquitously in this region, it is usually used for quick cooking especially during overnight hunting expeditions.



Imang

A type of Liana that were once used for personal care, colloquially referred to as 'jungle shampoo'. The vine can be harvested, cut into smaller chips and dried, so that it can be easily stored and easy to be bring to the river to bathe with.



Tara'

Light wood, not suitable for construction but perfect to be hollowed out and used as a wood canoe (locally known as 'alud').



Uber Payeh

Hardwood, not suitable for construction but great firewood as it gives off intense heat and burns for a prolonged period.