

## **Plant parts and preparation of edible plants by indigenous Sama-Bajau and Dusun people in Kota Belud, Sabah**

### **ABSTRACT**

This work presents plant parts and preparation of edible plants by indigenous SamaBajau and Dusun people in Kota Belud district, Sabah. A total of ten plant parts were used for the food plants by indigenous Sama-Bajau in Usukan, Kota Belud, Sabah. The most used part of plants is leaves (29.6%), followed by fruit (20.4%) and young leaves (14.8%). Meanwhile, a total of seven plant parts were used for traditional vegetables by indigenous Dusun people from the same district. The most used part of plants by Dusun people in Kadamaian, Kota Belud are leaves (48.1%), tuber (14.8%), stem (14.8%) and fruit (11.1%). There are five types of preparation for plants that were consumed as traditional vegetable; eaten fresh, blanched, boiled, grilled, and stir fry. The findings could provide the baseline data of Dusun and SamaBajau sustainable usage of plant resources that are readily available from their surroundings. A study on traditional knowledge on uses of wild edibles and food plants is a necessity to preserve the knowledge and extend the application of its beneficial properties for future ethnopharmacological related research.