

## GASTRONOMY TOURISM OF PALM CABBAGE AS A SUPPORTING TOURISM ATTRACTION IN SURROUNDING TAMBING LAKE

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### **Abstract**

*A local community has intense interaction with forests that generate the local knowledge how to utilize and sustain of forest resources. Umbut based foods are the local food uniqueness of the Sedoa Community that potentially offered in gastronomic tourism. Currently, there is no local food that has been considered as a tourist attraction in tourism activities in Tambing Lake, Lore Lindu National Park (LLNP). Therefore, the purpose of this paper is to promote umbut based foods as a part of special interest tourism to support tourism in Tambing Lake in LLNP. Data were obtained through in-depth interviews with 12 respondents who were selected purposively. Sedoa Village is located near Tambing Lake tourist attractions, which is the main of TNLL's natural tourism activities. The results showed that there are 8 palm species are possible for promoting of gastronomic tourism. Furthermore, Umbut based foods have a unique variety in flavors and served for different uses for both daily needs and part of community events. Finally, gastronomic tour packages are offered for foreign tourists who are interested in the unique nature and culture in the TNLL*

**Keywords:** *Sedoa, gastronomy, palm cabbage,*

### **1. INTRODUCTION**

Long interaction between local communities with forests generates knowledge in the utilization and conservation of forest resources (Wekke, 2015, Lestari et.al, 2014, Istiawati, 2016, Lake et.al, 2017). Communities have a wealth of knowledge and observations but they generally lack the documentation needed to provide this information (Fadhilia et al, 2016). Umbut, young bud of several palm plants, has a cultural and economic value for communities surrounding their forest. Dayak community in West Kalimantan use umbut as food and medicine

(Nuryanti et.al, 2015; Meliki et.al 2013; Julia et.al, 2020). Traditional food is one of the cultural treasures of the Indonesian people. Almost every island has its own unique traditional foods. Preservation of traditional food knowledge is important, not only for nutrition demand but also for a cultural identity. Furthermore, it correlates with effort for conserving plants that have used for the main food materials. Generally, traditional foods are inseparable from the cultures, natural resources, and also its landscapes. The relationship between local communities and plants studied as an ethnobotanical study. It has made it easier to understand how close the bond of an ethnic group to

existing plants. Moreover, not only related with ethnobotany, traditional food is also related to gastronomy.

Gastronomy comes from the French (1800-1900) *gastronomie* which was adopted from the ancient Greek (*αστρονομία*) *gastronómia*. *Gastro* or *gastér* means "belly", while *nómos* (*γαστήρ*) means knowledge or law. Hence, *gastro* is understood as "cooking" and *nomi* means "rules or legal systems regarding a particular field". Therefore, gastronomy is understood not only as a cooking or culinary art, but gastronomy actually discusses in more detail a food related to the knowledge of choosing food ingredients, processing them, to serving those related to certain cultures. Horn and Tsai (2008) reveal that gastronomy is more about a general understanding of consuming food and drink, especially

when delicious food is enjoyed as a beautiful art and part of a superior lifestyle. To make it more interesting, gastronomy is aligned with tourism to become gastronomic tourism. According to Hall et al (2003) gastronomy includes visits to food producers, food festivals, restaurants and special places related to some special foods along with tasting special dishes, observing how to cook them and serve it.

Food and tourism are interrelated and are currently developing as products of basic needs by tourists. Food is also a differentiating tourist destination which later becomes the identity of the destination. UNWTO (2017) explained that there are many things that attract tourists to visit culinary-based tourist destinations as shown in Table 1.

Tabel 1. Motivation to visit culinary tourism destinations  
[Source: UNWTO, 2017]

No	Motivation	Percent
1	Food Tourism	63 %
2	Visiting food markets and producers	53%
3	Culinary exhibition	56%
4	Museum	12%
5	Cooking workshop	62%
6	Culinary activities	79%
7	Other	20%

According to UNWTO (2016) in the Global Report on Shopping Tourism, shopping tourism is an important part of the tourism destination component. Moreover, spending is the second largest component at 22% after hotel spending at 46%. The component of expenditure, including expenditure on food, reached 16%. Traveling cannot be separated from local food where a tourist destination is located (Kivela & Croots, 2006).

Local or traditional food is food that inherited for generations including how to cook, standard recipes, cultural values in it, to the rules of eating. On the other hand, enjoy local food can be a tour. According to Beer (2008) tourists tend to enjoy the culture of the tourist

destinations visited. This means that eating local food is one way to enjoy the existing culture.

Lore Lindu National Park (LLNP) is one of the national parks in Central Sulawesi. LLNP has interesting cultural and biodiversity-based natural tourism attractions. Located in the Wallacea area, it has a very rich biodiversity and high edemicity of flora and fauna. Cultural tourism is popular attraction in LLNP and its surrounding area such as a megalithic heritage site. The communities around TNLL have ethnic diversities. Caldecott and Ng Forge (1996) in TNC et al. (2004) grouped the main ethnic groups around TNLL into Bada, Behoa, Perkurehua, and Kaili. The Sedoa community is dominated

by Baria-Tawaelia. The existence of food that characterizes a destination is currently very important in tourism development. Gastronomic tourism can be a supporter in the various attractions on offer there. The natural resource management system by the people living in the buffer zone of TNLL is very diverse, one of which is their knowledge in processing local food as a gastronomic heritage that has been inherited from generation to generation. Activities to enjoy nature tourism in TNLL can be enriched with gastronomic tourism, especially in terms of providing attractive consumption using local food for tourists. Gastronomy provides a gastronomic experience originating from the destination, in the form of recreation or entertainment (Harp & Sharples, 2003).

Tambing Lake and its surrounding area is the main tourism destination of LLNP with attractions that offer bird watching, camping, and hiking. However, local foods are available there offering for tourists, especially foreign tourists on the sidelines of bird watching activities. Therefore, the purpose of this paper is to develop gastronomic tourism as a supporter of eco-tourism activities surrounding the Tambing Lake in LLNP.

## 2. METODS

The research was carried out from August to September 2021. The research location was in Sedoa Village, North Lore District, Poso Regency, Central Sulawesi. The data was collected qualitatively, namely primary data with in-depth interview techniques. Respondents were 12 people consisting of people who use various types of forest plants, tourism actors and LLNP staff. The selection of respondents was done by purposive sampling. The interview technique uses open interviews by directly selecting respondents. According to Bungin (2003), informants are people who control and understand data, information, or facts from an object under study who are considered competent and able to provide accurate descriptions and information.

The field survey was carried out exploratively to find out the plants of NTFPs that were used for their roots and also to check the information obtained from the desk study. The secondary data collected included how to harvest and select umbut, cooking methods, serving umbut and data related to tourist visitors and tourism attraction in Lake Tambing.



Figure 1. Site of research

### 3. RESULTS AND DISCUSSION

#### 3.1 Ethnobotany of Umbut

The Sedoa community based on ethnicity is dominated by Topobaria which historically has close relations with the forest because its settlement area is surrounded by forest with status as a national park and production forest. Generally, the people of Sedoa have livelihood as farmers and field farmers. Interaction with the forest related to

farming activities, collecting rattan, and hunting. In these activities, people often have to stay in the forest and look for food materials that available in the forest such as umbut. Umbut is the tip of the stem of a plant that has soft texture and edible. Umbut is categorized as Non-Timber Forest Products (NTFPs). From the results of the interviews, it was obtained on the species of palm plants from the forest as it showed in Table 2.

Table 2. Species of palms used by the Sedoa Community for their umbut dishes  
[Source: Primary Data]

No	Local name	Latin Name	Family
1.	Mpire	<i>Caryota mitis</i> Lour.	Arecaceae
2.	Aren	<i>Arenga pinnata</i> Merr.	Arecaceae
3.	Take	<i>Arenga undulatifolia</i> Becc.	Arecaceae
4.	Wanga	<i>Pigafetta elata</i> (Mart.) H. Wendl.	Arecaceae
5.	Rotan batang	<i>Calamus zollingeri</i> Becc	Arecaceae
6.	Rotan nook	<i>Daemonorops macroptera</i> (Miq.) Beccari	Arecaceae
7.	Sarao	<i>Areca vestiaria</i> Giseke	Arecaceae
8.	Wongu	<i>Areca sp.</i>	Arecaceae

Umbut used by the local community comes from the palm the member of Arecaceae family. The plants in this family are monocotyledonous seeds. These plants growing naturally both in gardens and forests in the Sedoa Village area. Collecting umbut is needed special skill to

select edible part and several species have thorns. However, rattan's umbut is easy-to-find products in the traditional market for instance rattan umbut sold IDR 10,000 for 3 sticks. Figure 2-8 showed the plants producing umbut.



Figure 2. Umbut from rattan



Figure 3. Take



Figure 4. Wanga



Figure 5. Sarao



Figure 6. Aren



Figure 7. Sugar palm umbut



Figure 8. Processed food from areca and rattan umbut called sayur umbut

One of the local cuisines in the buffer zone of LLNP used as a gastronomic attraction is the umbut based foods. They are served in various important events such as weddings, customary events, and mourning events, as well as for daily needs. The delicious taste makes these foods worthy to be served as part of the tourist attractions for supporting tourism attraction of Taming Lake. Besides its uniqueness, it benefits for nutrition for instance rattan umbut contains various substances that are good for the human body. Referring to the nutritional content, rattan's umbut can be used as a good food to energy booster. According to TKPI (2019), rattan's umbut has a composition per 100 grams of water (87.6 g), Calcium (184 mg) Phosphorus (135 mg), Sodium (256 mg), and Potassium (81 mg).

Ethnobotanical factors affect the type of utilization of umbut. Sarao's umbut can be consumed directly, while others consuming by cooked called sayur umbut. Seasoning ingredient for cooking sayur umbut is quite simple, such as chili, salt, flavoring, onion, garlic and coconut

milk. For Sedoa Community, umbut based foods are often served in special events such as weddings, while others are for daily consumption. The tastes of sayur umbut are varies greatly depending on the composition of the spices and also the sources of umbut plants. Umbut of Batang rattan is bitter than Noko rattan. Wanga's umbut has a slightly bitter taste and usually cooked mixed with beef. The unique taste will provide an interesting experience for tourists who have never tasted the foods made from umbut.

### 3.2 Umbut based Foods as Tourism Gastronomy

Sedoa Village has an area of 264.01 km<sup>2</sup> that the large part of it has a function as a conservation area, Lore Lindu National Park. One of the tourist destinations of LLNP is the Lake Taming which is administratively as part the Sedoa Village area. The main attractions of this destination are camping and bird watching. The number of visitors at the Taming OTDW before the pandemic is shown in Figure 8.

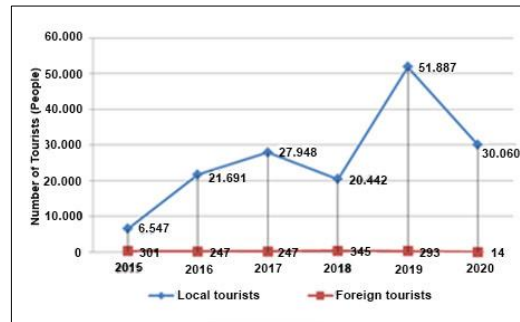


Figure 8. Graph of tourist visitors in Tambing Lake, Lore Lindu National Park  
[Source:Primary Data]

Even though larger numbers of visitors, there are no restaurants in Tambing, so tourists, especially foreign tourists who do bird watching activities, go to nearby villages to eat and stay, such as in Sedoa, Wuasa and Kamarora Villages. Generally, the foods served the restaurants are ordinary menus. However, the tourist's guide occasionally offers tourists with umbut based foods, called sayur umbut. The tourists enjoy having a new experience to eat the foods. Therefore, it can be used as part of a gastronomic tour package for supporting tourism activities in Tambing Lake. Umbut based foods will provide a unique local culinary experience for tourists. Previously, the local guides have several times offering the tourists "sayur umbut" and they enjoyed it. Apart from that, the nutritional content in sayur umbut is very good in increasing energy after doing physical activity in bird watching.

located in Sedoa Village. This tourist attraction has become a local tourist destination for camping and the starting point for hiking to Mount Rorekatimbu. Sedoa Village is also a stopover for foreign tourists visiting megalith sites in the Napu and Behoa Valley. Behoa Valley is located 52 km from Napu and takes about 2 hours drive. In the Napu Valley there are 29 sites with 752 relics, while in the Behoa Valley there are 22 sites with 825 relics (BPCBG, 2018). Between the activities, tourists will serving local food accompanied by storytelling of the food is served as a gastronomic tourist attraction. Gastronomic tourism can be part of bird watching tourism activities and cultural tourism with the target of being foreign tourists. The integration of umbut gastronomic tourism activities will improve to the tourist attraction and provide a travel experience that is closely related to the uniqueness of local culture.

### 3.3 Gastronomic Tour Packages

Tambing Lake is the main tourist attraction in LLNP and administratively is



Figure 9. Bird watching activities in surrounding Tambing Lake, LLNP

Food is not only one of the basic needs, but also it has become part of recognizing the identity and culture of the destination. Umbut based foods need to be served in attractive packaging, both in terms of taste and appearance of the food itself. For taste, various variations can also be made. By not leaving the original taste and way of cooking that is done by local people. Adapting umbut based foods for foreign tourists with Western or Asian food preference is necessary for instance less spicy.

The development of gastronomic tourism can involve local communities such as restaurants in Sedoa and local guides who come from the surrounding community. The Lore Lindu National Park Office has conducted training and coaching for Local Guides in 2018. In addition, birdwatching integrated with gastronomic tourism promotes an economic potential for the local community. Local food businesses have the potential to create many job opportunities. This gastronomic tourism, if carried out in earnest, can be an additional household income for people who want to pursue this field.

### 3.4 Sustainable use

Promoting the gastronomic experience will strengthen the natural and cultural tourist attraction of an existing destination (Manola *et al.* 2020). Gastronomic tourism is expected to have an impact on the local scale economy in the Sedoa Community. According to Galvez *et al.* (2017) tourists who show an interest in local gastronomy tend to be able to spend more money on the tourist destinations they visit. Food and tourism cannot be separated, gastronomic tourism in Sedoa Village can generate sustainable tourism. According to Pittsburgh magazine (2019) eating local foods helps to preserve local open spaces. This means that umbut gastronomic tourism can be one of the reasons for the Sedoa community to preserve their environment.

Although the use of NTFPs is considered more environmentally friendly than wood, the issue of sustainability remains a concern to ensure sustainable use. There are several local rules that are used by the community to sustain the plants that are taken for their umbut. People do not cut wanga that are 3 meters and above. The collecting umbut site is allocated in the traditional zone and forest production in the location of Tamadedi, Toroa, Sedoalu. The utilization of NTFPs within the TNLL area has been regulated through a Community Conservation Partnership with the utilization locus in the traditional zone. The traditional zone for the Sedoa Village community is allocated as wide as 666,8.ha.

## 4. CONCLUSIONS AND RECOMMENDATIONS

Processed ingredients of umbut from the palm plants have been used traditionally by the Sedoa community. The absence of local iconic food has become an opportunity for umbut based food as part of a tourist attraction. Gastronomic tourism has the opportunity to be integrated with bird watching special interest tourism in Taming Lake. The target of gastronomic tourism is foreign tourists by involving local communities as providers. The preservation of umbut plants needs to be considered by applying local wisdom and planting efforts. The development of gastronomic tourism surround Taming Lake in Lore Lindu National Park needs the concern of all parties by identifying and mapping the potential of local foods that can be used as gastronomic attractions.

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