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Myriads of food are available at Bali's most popular destinations, fulfilling the appetites of the multi-national mix of tourists who visit the island of gods.

A wide range of cuisine is available in Ubud, the centre of art and culture on the island.

Western gourmet, pasta, pizza, ribs, mojitos and other popular world delights are on offer at most restaurants in Ubud.

In addition, restaurants serving Asian cuisine are growing in popularity in the city, as more travellers seek new culinary experiences and wish to explore the roots of the island's culture.

One such restaurant is China Moon Cafe, which combines traditional Taiwanese and Balinese culinary styles. The menu features scrumptious soups, toast, noodles and fresh fruit juices, which, depending on which you choose, will enhance your energy, boost your immune system, or help you detoxify.

Located at No 8 Jl Monkey Forest at the corner of Jl Hanoman and Jl Monkey Forest, near the legendary Monkey Forest, China Moon is run by Carol Chen, who dreamed of introducing traditional Taiwanese cuisine to Ubud.

China moon in Ubud



Going by the name along, you might expect China Moon to specialise in Chinese cuisine. However, Chinese cuisine differs greatly between the country's regions, with Szechuan, Pekinese, Cantonese and Taiwanese cooking all notably different despite all being categorised as simply Chinese.

Taiwanese food is Chinese food, but the difference is in the taste as spices and cooking techniques differ.

China Moon's tasty mushroom pork soup or the chicken & veggie stuffed French toast are highly recommended.

Then there is also the sesame oil chicken noodle soup, beef noodle soup and fish ball soup. Taiwanese food is indeed characterised by stews and soups.

Other delicious traditional dishes on the menu are chicken fried popcorn, which is essentially Taiwanese-style crispy fried chicken — small chunks of crispy chicken sprinkled with pepper.

Chen, born in Taiwan in 1967, opened China Moon eight months after launching De Ubud Villas & Spa, which is located in the same lot as the restaurant, in August 2006.

Text & pix by Chintha Kosinna and Dr. Wasantha S. Welinge

When we were in primary school, we used to pick flowers from our gardens or from a pond to decorate the class teachers table, and there the vases were full of fresh flowers in the morning almost everyday. A few decades ago, decorating the vase in the classroom with flowers picked from home gardens was a routine, assigned to students. It was an important learning experience for children. Unfortunately today's children have been led to a wrong path by adults introducing artificial flowers which deviate children from the opportunity to enjoy the wonders of nature happening in the garden outside their homes.

Every human being adores flowers. Flowers give fresh feelings and help improve the beauty of your surrounding. Flowers are fascinating creations of nature. People love flowers for their beauty and fragrance. Flowers are used as a symbol of love, sympathy, determination, courage and for many other human feelings. Human beings domesticated many plants that bloom to improve the aesthetic feeling of the home gardens. Moreover they plucked flowers and decorated the living rooms, which filled the home with fragrance and beauty.

Society now adores artificial, odourless, lifeless flowers more than the most wonderful creations of nature. It is a shame that adults are leading their children to a world of unrealistic nature. Adults are only collecting garbage that gets covered with cobwebs after a few days once they are put in the vases. The lifeless material coming from different manufacturing companies also destroy the emotions and growing feelings of children too. This is something to think more than twice, as we all have a responsibility to make creative today for tomorrow's leaders.

We offer flowers at the temple with great respect. Offering a garland or bouquet is a tradition of most cultures. Flowers are such an incomparable creation of Nature. Flowers are the simplest example, according to great philosophy of Lord Buddha, that tells us about the truth of life and how life can change.

Think about a child who only sees plastic flowers in school as well as at home. There are many children who have no time to relax in a garden in daylight to feel the wonders of the nature. Unfortunately many children these days spend a considerable amount of time in school buses and in tuition classes. How can such a child be sensitive to the changes of the

nature and fall in love with nature's wonders? How do his/her childhood dreams and creative imaginations develop without feelings about nature? Think about your life. The one who is reading this is probably an adult or a youngster. You have had a wonderful childhood in which you associated nature and its creations during all your leisure time. Today's children are not only deviated from nature but surrounded by artificial duplications of nature.

No matter how natural they look or match all the rainbow colours, artificial flowers do not stimulate emotions. Artificial flowers can not bring the feeling of happiness and freshness with elegance that a bouquet of natural flowers gives for the time they last.

Recently polythene was banned by law, but plastic and polythene flowers are blooming from kitchen table to the altar in the temple. Isn't this a contradictory practice in our country? This new law is only another run added to 100 scores of the environmental law but nothing else. What is more important here is not adding laws but trying to change the attitudes of the people. If things develop in this way, Lotus flowers will bloom not in the waters

but from the plastic moulding machines.

The plastic industry can duplicate everything, from rose buds to huge Ficus trees, and many people decorate their homes and work environments using them.

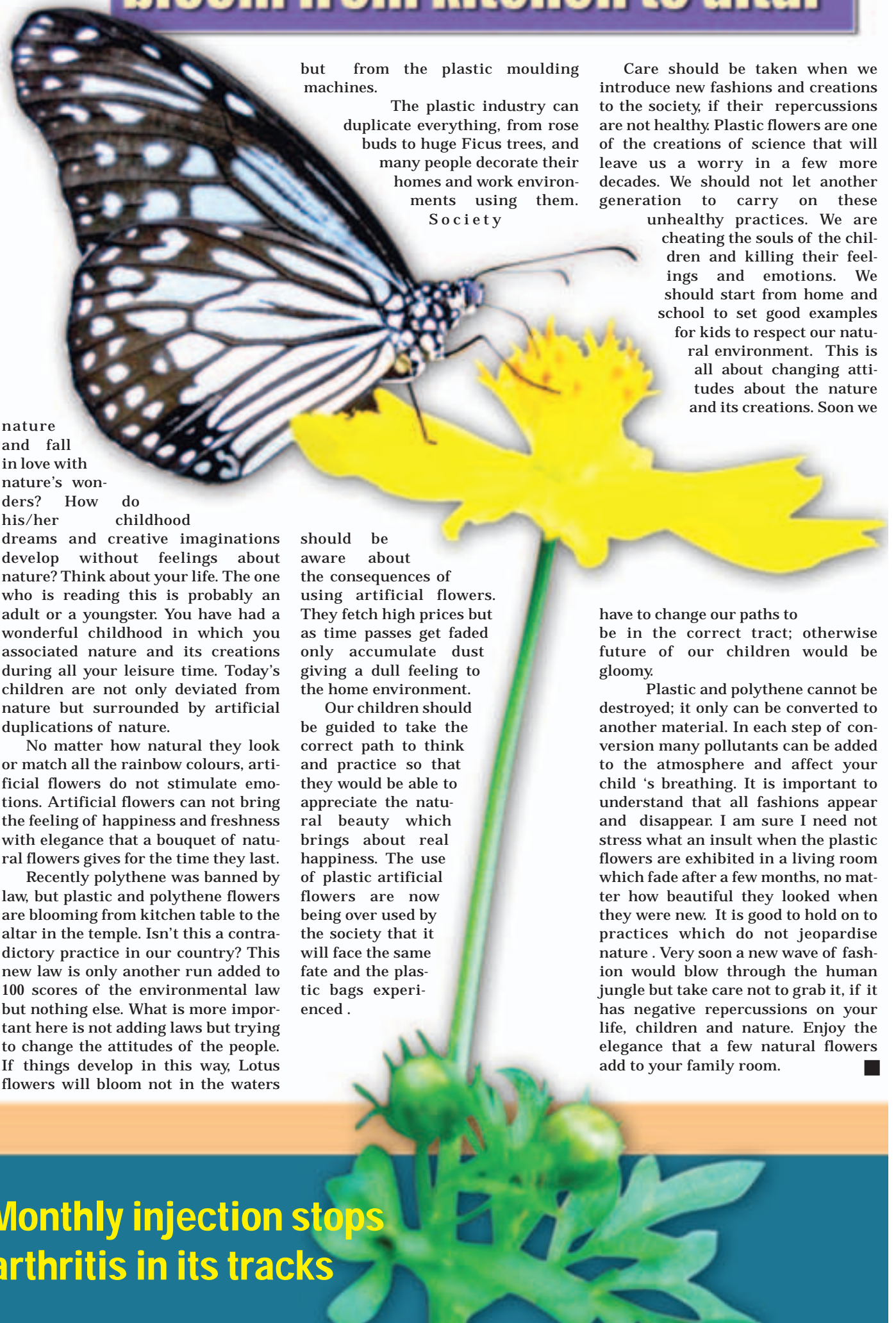
Society

Care should be taken when we introduce new fashions and creations to the society, if their repercussions are not healthy. Plastic flowers are one of the creations of science that will leave us a worry in a few more decades. We should not let another generation to carry on these unhealthy practices. We are cheating the souls of the children and killing their feelings and emotions. We should start from home and school to set good examples for kids to respect our natural environment. This is all about changing attitudes about the nature and its creations. Soon we

have to change our paths to be in the correct tract; otherwise future of our children would be gloomy.

Plastic and polythene cannot be destroyed; it only can be converted to another material. In each step of conversion many pollutants can be added to the atmosphere and affect your child's breathing. It is important to understand that all fashions appear and disappear. I am sure I need not stress what an insult when the plastic flowers are exhibited in a living room which fade after a few months, no matter how beautiful they looked when they were new. It is good to hold on to practices which do not jeopardise nature. Very soon a new wave of fashion would blow through the human jungle but take care not to grab it, if it has negative repercussions on your life, children and nature. Enjoy the elegance that a few natural flowers add to your family room. ■

Magic flowers bloom from kitchen to altar



Leisureland 2-3



King Solomon's Mines 'discovered'



Monthly injection stops arthritis in its tracks