

Charlotte

AUGUST/SEPTEMBER 2019

# HOMIE

DESIGN & DECOR®

*Kitchen  
& Bath*



*PLUS:*  
MOUNTAIN  
GETAWAYS

WHAT'S  
COOKING:  
DESIGNERS'  
GO-TO TRENDS

# MOUNTAIN MOOD

Asheville's culinary scene is drawing inspiration from its Appalachian roots.

Written by Michelle Boudin



The Foundry Hotel

Asheville has long been known as the perfect weekend getaway for Carolinians looking to escape the heat and take in some cool(er) mountain air. But now, more than ever, this popular mountain town has so much more to offer, especially when it comes to its food scene. For Asheville, it's about getting back to its roots, which means drawing inspiration, techniques, and ingredients from the Appalachians. From James Beard–nominated chefs to notable new restaurants with can't-miss dishes steeped in deep Southern history, there's an abundance of new offerings appearing every month in Asheville's emerging modern Appalachian culinary scene.

Here's a look at how the Appalachian-inspired culinary scene is unfolding in Asheville and why you need to take advantage of it now.



District 42  
in Hotel Arras

COURTESY OF THE FOUNDRY HOTEL AND HOTEL ARRAS

# EAT

## Chow Chow

This fall, from September 12 to 15, Asheville will play host to the inaugural Chow Chow, a brand-new food festival bringing together chefs, farmers, and other producers who are the foundation of the region's growing culinary identity. It will take place in downtown Asheville and has some big names behind it—including James Beard–award winners Meherwan Irani and Katie Button—and it will feature more than two dozen signature events.

## Cider Fest

For the seventh year, on October 12, Cider Fest will take place along the French Broad River, not far from downtown. There will be nearly one hundred different varieties represented from two dozen makers of cider, mead, apple wine, and apple spirits, all paying homage to the long history of craft beverages in the Appalachian region.

## Button & Co. Bagels

Because locally grown flour is flavorful but typically only used for biscuits, Button, a James Beard finalist and owner of Asheville's famed Cúrate restaurant, got creative with her recipe and mixed the locally grown flour with flour from the North to

give the bagel the right, doughy texture. Button also uses sorghum syrup, made from a Carolina-grown grass, to help sweeten the dough.

## The Greenhouse

It's a family affair at The Greenhouse, a new bar and modern-American restaurant that will highlight apples in a fun and flavorful way. The concept will feature craft cocktails made with locally produced cider,

a charcoal oven that uses wood from surrounding orchards, and a menu highlighting local beef fed with apple mash left over from the cider-making process.

## Benne on Eagle

When five-time James Beard–semifinalist chef John Fleer went to work on his newest venture, an Appalachian-inspired soul food restaurant, he wanted to incorporate the oft-overlooked culinary contributions of African Americans. So he went into The Block, the historic African-American neighborhood, where he built Benne on Eagle and recruited recipes and talent such as Hanan Shabazz to help craft the menu. Seventy-year-old Shabazz, who once owned her own soul food restaurant, whips up can't-miss fish cakes, bread, and more for the restaurant.



Chef Katie Button



Benne on Eagle

Don't miss:  
**CRAFT CITY  
FOOD & ART  
TOUR 2019**

9/7, 9/21 & 10/5

## BENNE ON EAGLE



This is Southern comfort food with a twist! Come hungry and make sure to try the Potlikker Braised Chicken Wings, Braised Rabbit, Fried Catfish and Waffles, and Hot Water Cornbread.

## BUTTON & CO. BAGELS

Don't miss the egg and cheese with Benton's Country Ham bagel sandwich. Or grab a plain bagel and make sure to smother it in chef Katie Button's house-made pecan butter.



## STAY

### The Foundry Hotel

This former twentieth-century steel foundry (it once made the steel that was used to build much of Asheville and the nearby Biltmore Estate) was restored in 2018, resulting in a charming, upscale boutique hotel. In keeping with its original early-1900s architecture, the restoration maintained details such as the original brick and hardwood floors, as well as the original pulley elevator, exposed beams, steel-star fastenings, and industrial-style windows. The guest rooms are an eclectic mix of new and old with exposed brick and framed pictures and artifacts from the Appalachian Mountains.

### Hotel Arras

Asheville's famed Art Deco skyline got a new icon and four-star luxury property when Hotel Arras opened this summer in the heart of downtown. The 128-room hotel is filled with local artwork and an effortlessly luxurious and comfortable aesthetic for which the Kimpton brand



Workshop Lounge at The Foundry Hotel

Asheville arts community, even offering guests private art tours throughout the hotel.

Guests can choose from two on-site restaurants run by the local husband and wife duo who own Posana, also in downtown Asheville. Expect family-style Mediterranean cuisine at Bargello. Or grab a seat at the counter and watch as wood-fired gourmet pizzas are pulled from the scorching hot oven. District 42 takes a different approach to food with small bites complemented by

is known. Named for a region in France famous for its woven fabrics, Hotel Arras captures the essence of the eclectic

hand-crafted cocktails that are a nod to old Asheville.

## DO

See the Biltmore in a new way by exploring George Vanderbilt's farming legacy on the estate's Segway Tour. If that's not your thing, you can also enjoy English tea service, check out America's most-visited winery, or eat at one of the Biltmore's many restaurants where they serve their own pasture-raised meats and produce.



## SHOP

### Bette

Two girlfriends opened this shop that carries something for "every Bette." (The store got its moniker from the old-time name that refers to an attractive, stylish, and self-confident woman.) Bette has everything from basic jeans and fun tees to cocktail dresses. Make sure to snag Hazelwood Soap Company's bestselling beach-scented soaps and candles created just for Bette.

### Nest Boutique and DIY Studio

This fun clothing and crafts store is full of affordable, trendy clothes, accessories, home decor, and gifts for all the fun girls in your life. They also offer regular DIY classes.



### Porter & Prince

Recently voted the Most Beautiful Independently Owned Store in North Carolina by *Architectural Digest*, this charming shop is filled with curated home furnishings, fine linens, and unique luxury gifts. Porter & Prince has been an Asheville staple for more than two decades. While you're there, scoop up French Milled Shea Butter soaps, satin loungewear, and silk linens.

# RUSTIC AND REFINED

A getaway to the mountain resort towns of Cashiers and Highlands offers equal parts simple charm and elegant luxury.

Written by Sarah Crosland

**W**ith their bustling small-town streets and colorful tree-filled vistas, there's no better time than early fall to plan a visit to Cashiers and Highlands. The two idyllic mountain towns, long a favorite for Southerners seeking a retreat from summer's heat, have become popular in recent years for those in search of elevated cuisine, luxury spas, and upscale shopping—all in a picturesque and peaceful setting.

In Cashiers, you'll find Lonesome Valley, a verdant meadow in the shadow of a granite rock face. Here the cozy Canyon Spa, tucked inside a historic cottage, features treatments made from farm-fresh ingredients in a garden just across the field. Next to the garden is Canyon

Kitchen, an award-winning restaurant with a menu that changes daily and includes local offerings ranging from trout to quail.

Just twenty minutes up the curving mountain road is Highlands, where Old Edwards Inn is taking focus on the land to the next level with its new Glen Cove community. Opening this fall, the "agrihood" will have an organic farm, garden, and trout pond as its centerpiece.

While these additions may be more recent, they reflect the same focus that has lured visitors for decades—the chance to relax and unwind amid the simple pleasures of life in this enchanting mountain setting.



Old Edwards Inn and Spa

COURTESY OF OLD EDWARDS INN AND SPA

# STAY

The original Old Edwards Inn and Spa with its red brick facade and flowering window boxes sits squarely in the center of downtown Highlands. But the Inn has

continued to expand since its original early 2000s renovation, adding cottages, guest-rooms, suites, and even vacation homes. Regardless of where you choose to stay on the property, you're in for a decadent experience. Bubbly wine greets you at check-in,

warm whirlpools offer the chance for a dip in any weather, and a famously well-stocked fridge full of Dove Bars provides the chance for a playful indulgence (or two).

This kind of thoughtful attention to detail can also be found in the Inn's accommodations. One-of-a-kind antiques fill many of the rooms and cottages, while sumptuous Italian linens and local art add sophisticated accents. Luxury amenities like Molton Brown soaps and heated bathroom floors round out the luxurious spaces.



The spa at Old Edwards



Sunset Rock in Highlands

# EAT Canyon Kitchen

Arrive early for dinner at this acclaimed restaurant in Lonesome Valley. Order one of the cocktails made with herbs from its adjacent garden and take a stroll around the picturesque pasture before your meal.

Chef Ken Naron, whose background includes stints at Michelin Star restaurants

in California, creates fresh, seasonal dishes with both global and local flavors for the nightly price-fixed menu. (Canyon Kitchen is only open May through October, so plan accordingly.)



Canyon Kitchen

## Madison's

On warm nights, the windows open up to the Wine Garden in this farm-to-table restaurant housed inside Old Edwards Inn.

The sound of the garden's waterfall sets the scene for an authentic mountain meal with hearty dishes like braised short ribs, roasted pork tenderloin, and hand-crafted pasta with a local lamb sauce. For a more intimate dining experience, request seating in the

wine cellar, a wine-walled room that feels more European than Appalachian.



Madison's at Old Edwards



## Mountain Fresh Grocery & Wine Market

This specialty food shop and restaurant in Highlands includes a sandwich grill, coffee bar, wine bar, wood-fired pizza counter, and bakery—and a selection of wine to rival any grocer in the state. It's the ideal destination for a post-hike bite or a casual dinner with gourmet flavors.

# BEAUTY IN BLOWING ROCK

Once considered a sleepy mountain town, today Blowing Rock is booming with a thriving arts scene, outstanding dining, and plenty of shopping.

Written by Blake Miller

One might think they'd arrived at the entrance to the sky as they summit the switchback turns leading to the small town of Blowing Rock. It is, after all, 3,500 feet high, perched atop the glorious Blue Ridge Mountains overlooking some of the state's most magnificent valleys and mountain ranges. The views—from the overlooks to the secluded wooded back roads bursting with azalea blooms in the spring and a bold palette of oranges, reds, and yellows in the fall—have served as inspiration for artists for centuries. Acclaimed twentieth-century American artist Elliott Daingerfield set his roots in Blowing Rock and was easily the trailblazer for Appalachian artists to follow.

And follow they did. Today, Blowing Rock is less a sleepy mountain town and more an emerging arts and culture scene. The Artists in Residence at Edgewood Cottage—Daingerfield's former home and Main Street's first art studio—hosts High Country artists

weekly from May through September. The rotating selection of artists features a variety of media and celebrates its tenth anniversary this summer. And there are more arts to be had. Created by a handful of area artists in 1962, the popular Art in the Park showcases the work of more than ninety artisans from May through October. Because of its high standards and professional jury, Art in the Park features some of the Southeast's top artists, who display everything from handcrafted jewelry and pottery to photography and painting. If that weren't enough to solidify Blowing Rock as a prominent fixture in the South's art scene, the Plein Air Art Festival, where top artists set up their easels and paint "en plein air," coupled with the new Sculpture Walk Weekend at Chetola Lake, should be.

There's more to Blowing Rock, of course, than its art scene. Here's a look at where to go, what to do, and places to dine while in town.



Westglow Resort & Spa

COURTESY OF WESTGLOW RESORT & SPA

# STAY

Part of the beauty of Blowing Rock is its intimacy. Small, early twentieth-century homes have been restored and transformed into exclusive resorts and inviting bed and breakfasts. These charming places are not just places to lay your head, but rather destinations unto themselves. Such is the case with Westglow Resort & Spa. This Relais & Châteaux property is the former home of Daingerfield and was lovingly restored to its circa-1917 splendor during a massive renovation in 2005. Daingerfield camped out on the forty-three-acre property for two weeks before building the Greek Revival mansion to ensure that the home had the best views and morning and afternoon sunlight. White rocking chairs line the side porch of the home, which overlooks the Blue Ridge Mountains, while the front of the home, with its stunning manicured drive, features



Westglow Resort & Spa

expansive views of the mountains and beyond; both settings are ideal for a morning coffee or pre-dinner glass of wine.

# DO

Blowing Rock's proximity to the Blue Ridge Parkway and Pisgah National Forest makes it a favorite with nature- and adventure-lovers alike. A light hike on Cone Trails is great for the beginner, while the experienced hiker will want to head to Ship Rock, which

Wicked Weed, Booneshine Brewing, and, a favorite, Blowing Rock Brewing Company.

With Blowing Rock's arts scene blowing up, a gallery crawl through town is ideal. Start at Edgewood Cottage at the end of Main Street where you'll find free weekly art shows featuring a variety of High Country artists. Be sure to wander down the side streets where other smaller art galleries are, as well.

Unwind after a long day of hiking with a spa treatment at Westglow Resort & Spa. Choose from an



Pisgah National Forest

is home to some of the area's most epic rock climbing.

For something less active, a stroll down Main Street is a must. Wander in and out of antique shops and clothing boutiques before settling in at one of the restaurant bars to have a pint of a local North Carolina beer from places like

array of menu treatments such as an aromatherapy massage. The best part of the spa, though, is its view. Relax in a lounge chair in the common area, which features an astounding, near 180-degree view of the Blue Ridge Mountains—breathtaking during the fall color season.



# EAT

## High Country Boil at Rowland's at Westglow Resort & Spa

This elevated take on a traditional Southern dish is easily one of Rowland's best entrees on the menu. Featuring a tender grilled lobster tail and claw over a "high country boil" of soft, local red potatoes, shrimp, and clams with a buttery roasted squash cream and Old Bay aioli, this dish cannot be missed.



New Public House

## Habi Mac & Cheese at Bistro Roca

There are four signature mac & cheese options, but if you're going to pick, opt for the Habi mac & cheese. This indulgent "side" dish is creamy and spicy due to the Habi (habanero) sauce drizzled atop crunchy pieces of bacon and onion and smooth cheese.

## French Toast at New Public House

Sure, dinner is fantastic here, too. But New Public House's breakfast is simply outstanding. The perfectly grilled French toast is served with a slightly sweet anglaise and fresh berries and is excellent when coupled with a side of crispy bacon.



# PRISTINE PRIMLAND

The woodland preserve in Meadows of Dan, Virginia, is celebrating an anniversary this year.

Written by Katie Coleman

**M**ost people hear about Primland from other people who have experienced Primland. This Blue Ridge Mountain retreat is that special kind of place where, once you visit, you need to tell everyone about it simply so that you have an excuse to come back. The resort is the ultimate escape from the hustle and bustle of daily life—and only a quick two-hour drive from Charlotte.

Primland is celebrating the anniversary of The Lodge on August 29, ten years to the day that it opened. To celebrate, the resort staff is drawing inspiration from the original grand opening. As in 2009, guests can expect an abundance of local flowers and produce and specialty cocktails to complement the occasion.



The Lodge at Primland

THE LODGE AT PRIMLAND PHOTO CREDIT: COURTESY OF PRIMLAND

## STAY

The property has several lodging options, but the centerpiece is The Lodge. Keeping as much of the natural environment intact was a priority for the late Didier Primat, founder of Primland. Likewise, the stunning building is a testament to nature and conservation, with building materials locally sourced from barns and buildings and the roof constructed from recycled tires. The interior of the Great Hall of The Lodge is meant to evoke upscale comfort in a home away from home aesthetic. Guests will find twin stone fireplaces, familial details like board games, and aboriginal art curated by the owners.

Rooms in The Lodge take cues from the environment with live-edge and natural wood pieces, subtle earth tone accents, and natural stone in the bathrooms. The smallest option, the Mountain Room, ranges from 518 to 800 square feet. For the utmost in luxury, book the Pinnacle Suite. Located in The Lodge's Observatory Tower, this 1,800-square-foot getaway includes a custom-designed spiral staircase to the bedroom loft and expansive views of the vistas beyond.



Cooper's Hawk Tree House

## DO Starwalk

An observatory in an old grain silo is an unusual addition to a resort—but it's an interesting way to cap off a day in the wilderness. A guided tour of the night sky, the Starwalk takes place every night at Primland, showing celestial bodies near and far. There's no artificial light on-site, so even with the naked eye, you can't beat the view.



The Lodge and Observatory at Primland

## RTV Adventures

The best way to see the 12,000-acre property is to sign up for a Recreational Terrain Vehicle (RTV) off-road adven-

ture. All off-road tours are guided and can accommodate up to four passengers, and guests have the option of a one- or two-hour tour. Expect to cross streams and rock beds and stop at overlooks around the property, where on a clear day, guests can easily spot downtown Winston-Salem.

## Golf

Designed with a mountain location in mind, the Highland Course at Primland is a delight. The Audubon-certified eighteen-hole course was designed by preeminent golf architect Donald Steel and is meant as a challenge for golfers of all levels. *Golf Digest* ranked the course as number twenty-eight on its list of top public courses in 2017–2018, and it was chosen by *Golf* magazine as the number two course in Virginia.

## Spa

The Spa at Primland takes cues from Native American influences and rituals of the lands the resort sits on, which were

once home to eight tribes. The spa services pull from Native American figures and legends, as well as honored ingredients like blue corn, which is used in several of the spa's body therapies and treatments. Guests will also notice more subtle touches, like traditional native music in the background. Services include massages, full-body treatments, yoga, and meditation.

## EAT

Primland houses three on-property eateries: 19th Pub, Elements, and Stables Saloon. Open for breakfast and dinner, Elements is Primland's upscale dining option and pulls from local flavors for its seasonal menus. (There's also a by-reservation chef's table that's worth it to all foodies.) Get a dose of the property's history with moonshine at 19th Pub, a more relaxed option with a cocktail menu that heavily features the spirit. And for a casual experience with traditional Southern food, drop by Stables Saloon, located on the second floor of Primland's old horse stables. While staying on-site, Primland's pig candy (thick-cut bacon coated in maple syrup and cayenne pepper) is a must-try—you can even get an order to go for the ride home.