

MLK *in* ROCKY MOUNT | COZY UP *in* BEAUFORT | 1950s: DECADE *in* MOTION

Our State[®]

CELEBRATING NORTH CAROLINA

January 2019 \$5.99



WARM WINTER ESCAPE

BILTMORE'S HIDDEN JUNGLE

Rare orchids, exotic plants, and
gardening gurus in Asheville P.56

*A Florida
thatch palm
catches morning
light at Biltmore
Conservatory.*

GREENSBORO

Setting the Table

At The Extra Ingredient, a pair of high school sweethearts knows that a well-appointed kitchen is the first step toward creating great meals — and great friendships.



Customers return to The Extra Ingredient regularly to find the perfect preserves or dinnerware — and to visit Martha and Art Nading.



FOR FOOD LOVERS Art and Martha Nading, it was fitting that their dream of owning a kitchen supply shop came to life around the dinner table. The two had always loved entertaining — on prom night, Art kicked his parents out of the house and served Martha shish kebabs and shrimp cocktail — and they were interested in starting a small business. Now, 33 years later, The Extra Ingredient in Greensboro stands as a testament to the couple's devotion to their work and values. Just inside the door, the aroma of fresh coffee fills the air, and carefully arranged displays of dinnerware evoke memories of delicious family meals. There's a shelf of pasta makers, the same kind that Art owned in the '80s, and a wall full of colorful cookware.

Customers drawn by the store's high-quality products and attentive service browse everything from snacks and seasonings to blenders and aprons. People often return to the store to proudly share pictures of their culinary creations, like a fresh apple cake made after purchasing a cake pan. The Nadings have even attended customers' weddings. But the store is not just about helping people bake pound cake like their grandmas'. "We try to encourage people to share not just their food," Martha says, "but their experiences and their lives with each other around the table." — *Kaia Findlay*

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