

Hot this month *Game of Thrones* camp, edible chopsticks, cover bands, luxe riverboats

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AUGUST 2017



SOOOO SHADY: OUR SOLAR ECLIPSE GUIDE

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DOG ADOPTS MAN IN THE GOBI DESERT

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"EVERY BRUSH STROKE IS A LEARNING EXPERIENCE."

GEORGE W. BUSH ON HIS PAINTING SKILLS

DAK
IN THE SADDLE

Inside the mind of Dallas Cowboys quarterback Dak Prescott as he looks to top his stunning rookie season



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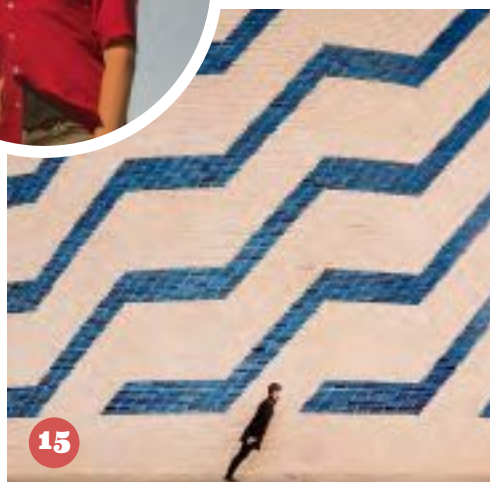
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On the cover
Dak Prescott photographed exclusively for *American Way* in Dallas by Jeff Lipsky



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The South falls for food halls

The newest one-stop foodie paradise is in Raleigh, North Carolina

THERE'S NO DENYING THAT CITY-block-sized food halls—essentially, fancy, mall-less food courts—are among the hottest trends in the food world, with New York's Gotham West Market (home to the breathlessly lauded Ivan Ramen Slurp Shop) and Los Angeles' overhauled Grand Central Market just two of the most notable examples.

This month, add Raleigh's Morgan Street Food Hall & Market to the growing list. The 22,000-square-foot venue boasts 65 vendors, with chefs doling out everything from Cow Bar burgers to Oak City Fish & Chips.

"What's different about this is we're showcasing local foods, fresher foods, fresher ingredients," explains Morgan Street founder Niall Hanley. "Food halls have a niche market to allow start-up restaurant concepts to completely flourish." —JEFF MILLER



MORE SOUTHERN HOSPITALITY

There's a slew of other food halls croppin' up below the Mason-Dixon line

Pizitz Food Hall

Birmingham, Alabama

This recently opened emporium's offerings range from the Alabama Biscuit Co. to a noodle house.



Workshop

Charleston, South Carolina

This hall from local phenom Michael Shemtov includes Vietnamese food and artisan grilled cheese.



The Canteen

Atlanta, Georgia

The Canteen boasts the protein-heavy Fred's Meat & Bread and Yalla's Mediterranean dishes.



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You can eat these chopsticks

Help the environment (and your digestion, too)

A new edible chopstick lets the feast continue even after you've run out of sushi on your plate. Made of *igusa*—the aquatic plant *tatami* mats come from—these crisp utensils are a nutritious, eco-friendly alternative to wooden chopsticks.

One pair holds as much fiber as a salad, with a distinct grassy aroma of the traditional mat. "Most people told us that they never knew *igusa* was edible," says Manabu Fukushima, who organizes a local *tatami* conference. Just remember that the rest of your tableware isn't. igusa.jp



These chopsticks absorb a dish's flavor, like biscotti