

# Canada's Favourite Spa Returns to the Roots of Food Preparation with their Homegrown Beef Program

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07/10/12 — Ste. Anne's Spa offers hormone and antibiotic free, high quality cuts of beef that are raised humanely on their own property

For the last three years, [Ste. Anne's Spa](#), one of Canada's most established destination spas has

been offering homegrown beef to their guests as a part of the spa's evolution towards becoming a more sustainable, environmentally proactive company. Utilizing a homegrown approach to create menu favourites is nothing out of the ordinary for this establishment. Ste. Anne's Spa has been serving fresh vegetables and herbs from their onsite gardens for many years so their Beef Program is just another step forward.

"We wanted to return to the roots of food preparation; where people raised their own cattle with the intention of providing for their families," says [Executive Chef Christopher Ennew](#). "We not only know where the cattle are raised, but also what food we have used to raise them, what their living conditions are and how the beef is prepared. This is a wonderful gift to pass on to our guests."

The Beef Program at Ste. Anne's Spa falls hand-in-hand with the spas desire to provide sustainable, locally grown products, while at the same time,

providing an outstanding experience for their guests.

"Ste. Anne's is working towards being sustainable and purchasing locally so the beef program is one part of a much bigger picture. We're offering our guests a very high quality cut of beef; a hormone, antibiotic free animal that is raised humanely," said Tina Abernethy, Executive Assistant to the General Manager. "It is a healthy choice for our guests and I think that it is something that both of us can feel good about."

Once the cattle have been raised, it takes about 90 days to prepare the beef for consumption. All of the cattle are raised on [Ste. Anne's property](#) to ensure consistency in quality; therefore reducing both costs and emissions. The guests' response to the program has been very encouraging so far and as they move forward they are confident that it will continue to be successful.

"We want to provide a second home for our guests, something that is comfortable for them on many levels," says Executive Chef Christopher Ennew. "We intentionally offer 'comfort foods' such as lasagna and homemade burgers [both of which can be found on the [lunch menu](#)], things that people are comfortable with and can relate to."

For more information on *Ste. Anne's Beef Program* please contact Marijo Guerrier at 1-905-349-3704 ex 280 or by email at [marijo.cuerrier@steannes.com](mailto:marijo.cuerrier@steannes.com).

Visit the [Ste. Anne's Newsroom](#) for more news and events at the [#1 Relaxation Spa/Hotel in Canada](#).

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### **About the author:**

Since 1985, Ste. Anne's Spa has catered to the needs of its guests by creating an inviting and comfortable environment that focuses on rejuvenating your body and soul. The Main Inn and Ontario Spa Cottages are

nestled across over 400 acres of scenic, rolling countryside; each uniquely appointed accommodation features its own style and amenities. More than 35 rejuvenating spa treatments revitalize and soothe the senses while our culinary team creates scrumptious cuisine which delights the palette.

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