



Inside Can Am – Monthly News

“Wholesome is Always in Season”

Issue 1 – Dec 2025

Welcome to the First Edition of Inside Can-Am – Monthly News!

We are excited to launch the very first edition of *Inside Can-Am – Monthly News*, your new source for company highlights, field updates, team stories, and a closer look at the work that keeps our farms and operations thriving across North America.

Whether you’re in the fields, on the road, in the warehouse, or supporting from the office, this newsletter is for you. Each month, we’ll bring you updates from all regions, introduce team members, share crop reports, highlight community initiatives, and celebrate the incredible work done across the entire Can-Am family.

Thank you for being part of our story—past, present, and future.

Honoring Our Team

As the Ontario growing season comes to an end, we extend our appreciation to our **Temporary Foreign Workers**, many of whom have now returned to Mexico. Their hard work, skill, and commitment play a vital role in our success.

A special thank-you goes to the many workers who return year after year—you are an essential part of the Can-Am family.

CROPS WE GROW AND SOURCE:

- Asparagus
- Peppers
- Tomatoes
- Watermelon
- Pumpkins
- Squash
- Cucumbers
- Carrots
- Broccoli
- Cabbage
- Cauliflower
- Corn
- Eggplant
- Gourds
- Green beans
- Melons
- Onions
- Sweet potatoes
- Zucchini



Can-Am Biography

Back in the 1920s, great-grandfather **Elgin Underhill** began farming tobacco in Southwestern Ontario—never imagining how that humble beginning would shape generations to come. What started as a small family farm grew steadily through hard work, innovation, and a deep commitment to agriculture.

Today, **Jammie Underhill and family** proudly carry forward that legacy through **Can-Am**



Pepper Company Ltd. and **Can-Am Fresh Transportation Ltd.**, established to support the growing demands of the family's expanding operations across Canada and the United States.

From one farm to a multi-faceted agricultural enterprise, the Underhill family's dedication continues to drive Can-Am forward, helping shape the future of farming across borders.

Our Growing Regions

From Ontario to Nogales, Arizona, and the Yucatán region of Mexico, Can-Am Fresh owns and operates farms and distribution hubs across North America, ensuring a reliable supply of fresh, high-quality produce year-round.

Our Commitment

Can-Am Fresh delivers a true farm-to-table experience, defined by the quality of our produce, the integrity of our people, and the reliability of our service to customers, growers, processors, distributors, and retailers



Our Values

We combine year-round farming across 20,000 hectares with advanced innovation, a century of agricultural expertise, and strong sustainability practices to deliver reliable, high-quality produce. Our approach integrates leading agronomy, efficient logistics, modern processing, and environmentally responsible growing methods.

Giving Back to Our Community

We're proud to partner with local **Food Banks**, helping ensure families in need have access to fresh, nutritious produce. Thank you to our teams who make these efforts possible.

Feature Vegetable of the Month

Spaghetti Squash

Fun Facts:

- First documented in China in 1850 as *yúchì gua* ("shark-fin gourd").
- Introduced to the Americas via mail-order seed kits in the 1930s.
- Popular during WWII when pasta was scarce.
- Rich in fiber and beneficial for heart health.



Great Recipe link below!!!

Stuffed Spaghetti Squash with Savory Beef & Mushroom Ragu

<https://mypocketkitchen.com/stuffed-spaghetti-squash>



We still have plenty of inventory. Please reach out to our sales team for your spaghetti squash needs.

InfoCA@canamfresh.com



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