



# Inside Can Am – Monthly News

*“Wholesome is Always in Season”*

Issue 2 – January 2026

## Happy New Year from Can Am Fresh!

As we step into 2026, the entire team at **Can Am Fresh** extends our warmest wishes for a happy, healthy, and prosperous New Year. We’re excited for the opportunities ahead and grateful for the dedication, teamwork, and passion that continue to move our company forward.

Here’s another year of growth, innovation, and success across all our farms, facilities, and partnerships!



## DEALS ON THE RISE!

### Your One-Stop Solution for Fresh Produce

Our sales team is here to help you secure any commodity you’re looking for. Whether we grow it ourselves or source it through our trusted network, we’re committed to delivering quality and reliability.

Plus, our in-house trucking service ensures smooth, efficient transportation from farm to facility—delivering produce that arrives fresh, on time, and hassle-free. If you need it, we can help you find it, ship it, and deliver it.

## 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



## EMPLOYEE SPOTLIGHT!

### Employee of the Month: Landon Underhill

We are proud to celebrate **Landon Underhill** as our January Employee of the Month. Recently promoted to **Chief Operating Officer**, Landon has taken on an expanded leadership role that has already strengthened every corner of the company.

In addition to managing the farm side of the business and contributing to sales, Landon is now overseeing full facility operations. His thoughtful leadership, strategic mindset, and steady hands-on approach have been instrumental as we continue to grow.

#### Fun Facts About Landon:

- An avid golfer - always ready for a round
- Enjoys hunting and spending time outdoors
- Loves fishing, especially during the warmer months out on the water

Landon's dedication, adaptability, and work ethic make him an invaluable member of the Can-Am Fresh Company team. Thank you, Landon, for stepping up and leading with integrity as we move forward.

## CROP OF THE MONTH: Cauliflower

Cauliflower might look simple at first glance, but it's one of the most interesting and versatile vegetables we grow. This month, we're highlighting some fun facts and history behind this incredible crop.

### Fun Facts

It grows in more than just white—natural varieties also come in orange, green.

Composed of about 92% water and works well in creamy, low-carb swaps like mashed cauliflower.

The whole plant is edible—leaves, stems, and florets.

Farmers often fold its outer leaves over the head to protect its bright white color.

Cauliflower has been cultivated for nearly 2,000 years, with early versions appearing in the 1st century AD.

It originated around Italy, Cyprus, and the Middle East before gaining popularity across early Europe.

By the 1500s, it was considered a luxury crop in France and England due to the challenges of growing it consistently.

### Try this amazing Recipe:

<https://thecozyapron.com/cauliflower-casserole>



## Winter Preparation on the Farm

As temperatures continue to drop here in Ontario, our team is working hard to prepare the farm for the months ahead. Winterization is a critical step in protecting our crops, equipment, and facilities so we can enter the next growing season strong.

**This month, our crews have been focused on:**

- Completing field clean-up and removing irrigation lines
- Servicing tractors, sprayers, and packing equipment
- Checking insulation and heating systems throughout the facility
- Reviewing crop plans and seed orders for spring 2026
- Updating Health & Safety and Food Safety training materials for the upcoming year

Thank you to everyone involved in transitioning the farm into winter mode. Your work during this season sets us up for success in the next.



## Health & Safety Corner

Winter brings unique safety challenges across the farm and facility. Here are this month's key reminders:

- **Watch for slippery surfaces:** Ice patches in parking lots, yards, and around water access points
- **Wear proper winter PPE:** Gloves, insulated boots with strong traction, and layered clothing
- **Equipment safety:** Ensure all guards are back in place after maintenance
- **Lighting checks:** With shorter days, verify that flashlights, headlights, and yard lights are in good working order

Let's stay alert, stay warm, and keep safety a priority.

For any of your Produce needs, email:  
**[info@canamfresh.com](mailto:info@canamfresh.com)**



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