



# Inside Can Am – Monthly News

*“Wholesome is Always in Season”*

Issue 3 – February 2026



As winter continues, February is a busy and important month for planning on the farm. While the fields rest under a blanket of snow, our team is hard at work preparing for the upcoming growing season. From crop planning to seed ordering, the groundwork we lay now helps ensure a successful and productive year ahead.

## Sustainability Focus

Winter planning also plays a key role in supporting our sustainability goals. By carefully selecting crops and planning rotations, we strive to protect soil health, manage resources responsibly, and continue producing high-quality food for our community.

## Maintenance Behind the Scenes

While our office team prepares for the upcoming season, our maintenance crew is busy behind the scenes completing repairs and preventative maintenance on trucks and farm equipment. Their dedication and attention to detail help ensure everything is safe, reliable, and ready when we need it most. Without their hard work, we wouldn't be able to keep things running smoothly.



## 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: Stephanie Fulsang

We are proud to recognize Stephanie Fulsang as our Employee of the Month! Stephanie has been working diligently to finalize crop plans and begin seed orders—an essential part of setting the farm up for success this season. Her dedication, attention to detail, and commitment to our operation do not go unnoticed.

Outside of work, Stephanie enjoys camping in her RV and spending quality time with her grandson.

Thank you, Stephanie, for your hard work and positive impact on our farm!

As the days slowly grow longer, we're looking forward to spring preparations ramping up. Thank you to our employees, partners, and community for your continued support—we're excited for the season ahead.

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

### CROP OF THE MONTH: Carrots 🥕

Carrots are our February Vegetable of the Month! This versatile root vegetable is a staple in many kitchens and plays an important role in healthy, seasonal eating.

#### Fun Facts

- Carrots were originally purple and yellow before orange varieties became popular.
- They are an excellent source of beta-carotene, which the body converts into vitamin A.
- Carrots can be eaten raw or cooked—and they become sweeter when cooked.
- Canada grows carrots year-round thanks to storage crops harvested in the fall.

#### Try this amazing Recipe:

#### Simple Roasted Carrot Recipe

**Ingredients:** Fresh carrots, olive oil, salt, pepper, and optional honey or herbs.

**Instructions:** Preheat oven to 400°F (200°C). Wash and peel carrots, then cut into sticks. Toss with olive oil, salt, and pepper. Roast for 25–30 minutes, turning once, until tender.

**Optional:** Drizzle lightly with honey or sprinkle with fresh herbs before serving.



Wholesome is always in season.