



Inside Can Am – Monthly News

“Wholesome is Always in Season”

Issue 4 – March 2026

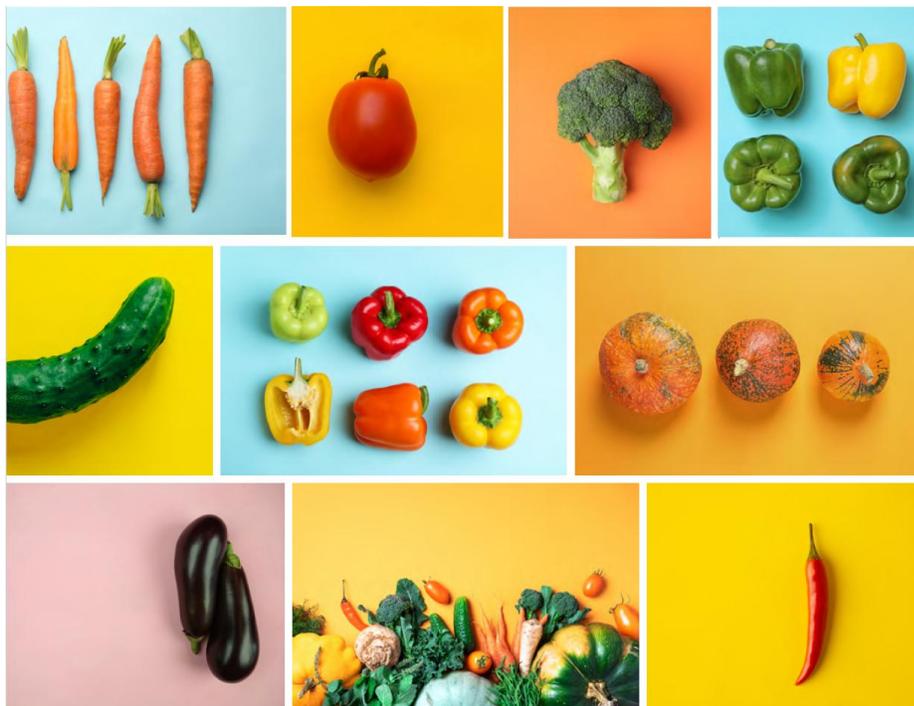
Spring Is Around the Corner at Can-Am Fresh!

March is here, bringing longer days and the excitement of spring just around the corner! While the fields may still be waking up, our team at **Can-Am Fresh** has been hard at work behind the scenes preparing for a safe, smooth, and successful growing season.

We’re energized for what’s ahead — and we’re grateful to have you with us as we step into another season together.

We’re looking forward to a productive spring and are excited for the opportunities ahead.

Thank you for your continued partnership and trust in Can-Am Fresh. Here’s to a strong season together!



CROPS WE GROW AND SOURCE:

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



EMPLOYEE SPOTLIGHT!

Employee of the Month: Tara MacIntyre

Please join us in congratulating **Tara MacIntyre**, our Employee of the Month!

Tara has stepped into the role of Manager of Logistics, bringing several years of dispatching experience to our operation. Her leadership plays a key role in keeping our trucks moving and ensuring your deliveries arrive smoothly and on time.

Outside of work, Tara is a proud hockey mom, often found cheering at the rink with her daughter. When she’s not at the arena, she enjoys crafting at home.

Thank you, Tara, for everything you do to support our team and our customers!



For any of your Produce needs, email: info@canamfresh.com



Wholesome is always in season.

CROP OF THE MONTH:

Watermelon 🍉

Our **Mexican watermelon crop is now ready** and shipping into both the U.S. and Canadian markets.

The quality is looking excellent, with strong sizing, great flavor and reliable supply.

We’re well-positioned to support your promotions and seasonal demand.

We encourage you to connect with our Sales Team to secure product for your upcoming programs. We look forward to supporting your watermelon needs this season!

Fun Facts About Watermelon

- Watermelon is about 92% water
- It has been grown for over 4,000 years
- There are more than 1,200 varieties worldwide
- The entire watermelon — rind, flesh, and seeds — is edible

🥗 Quick Recipe: Watermelon Summer Salad

Ingredients:

Watermelon cubes, cucumber slices, feta cheese, fresh mint, olive oil, lime juice, salt & pepper

Directions:

Combine watermelon, cucumber, feta, and mint. Toss gently with olive oil, lime juice, salt, and pepper. Chill before serving and enjoy!