



Inside Can Am – Monthly News

“Wholesome is Always in Season”

Issue 5 – April 2026

Spring has arrived, bringing renewed energy and exciting opportunities across our operations. As we head into one of our busiest seasons, we want to extend our sincere thanks to everyone for your hard work, teamwork, and ongoing commitment to excellence.

Our maintenance team has been working diligently to complete preventative equipment servicing, ensuring everything is ready for plowing and planting in the coming weeks.

Meanwhile, seeds have been delivered to our greenhouses, where early-stage crop development is already in progress. It’s an exciting time as the new season begins to take shape.

Here’s to a productive, safe, and successful spring season ahead!

New Crop Additions for 2026

As part of our continued growth and diversification, we’re excited to introduce new crops for the 2026 season:

- Green beans
- Corn
- Broccoli

These additions will expand our product offerings and create new opportunities to better serve our customers.



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



CROP OF THE MONTH: Asparagus

Asparagus takes the spotlight this month as harvest season begins—one of the first true signs of spring.

This versatile vegetable can be enjoyed grilled, roasted, steamed, or fresh in seasonal dishes. Be sure to connect with our sales team for availability and orders.

Fun Facts About Asparagus:

- One of the earliest vegetables harvested in spring
- Can grow up to 7 inches in a single day under ideal conditions
- Plants can produce for 15–20 years
- Comes in green, white, and purple varieties
- White asparagus is grown without sunlight to preserve its color
- Rich in fiber, folate, and vitamins A, C, E, and K
- Acts as a natural diuretic
- Valued since ancient times, including by the Romans
- Part of the lily family, related to onions, leeks, and garlic
- Its name comes from a Greek word meaning “shoot” or “sprout”

Workforce Update

We are pleased to welcome back our Temporary Foreign Workers for the growing season.

Their experience, dedication, and strong work ethic play a vital role in our success each year. We greatly value their contributions and are excited to have them back as part of our team.



Quick Recipe: Bacon Wrapped Asparagus

<https://www.allrecipes.com/recipe/6572419/bacon-wrapped-asparagus-6572419>



EMPLOYEE SPOTLIGHT!

Employee of the Month: Krissy Moyer!

We are proud to recognize Krissy Moyer as our Employee of the Month for April.

Krissy has demonstrated exceptional dedication in securing sales for the processing side of our upcoming season, helping to build strong momentum for the months ahead. Her professionalism, reliability, and consistent effort make a meaningful impact on both our team and our overall success.

She is also known for her positive attitude and willingness to support others, always stepping in wherever help is needed.

Outside of work, Krissy is an avid reader and a passionate animal lover—qualities that reflect her thoughtful and caring nature.

Thank you, Krissy, for your outstanding contributions and for being such a valued member of our team!



Health & Safety – Getting Season-Ready

As fieldwork and production increase, maintaining a safe work environment remains a top priority.

Please remember to:

- Review equipment safety procedures before use
- Wear all required personal protective equipment (PPE)
- Stay aware of changing weather and field conditions
- Report hazards, near misses, or concerns immediately
- Take regular breaks and stay hydrated during long outdoor shifts

A safe start leads to a successful season for everyone. Thank you for doing your part to keep our workplace safe.

For any of your Produce needs,

email: info@canamfresh.com



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