



# Inside Can Am – Monthly News

*“Wholesome is Always in Season”*

Issue 6 – May 2026

## Harvest operations have begun, starting with Asparagus!!!

This is always an exciting time of year as we lay the groundwork for a successful season ahead. We have had an amazing start with the harvesting of over 3000 acres of Asparagus being well underway.

Broccoli and Sweet Corn seedlings have been planted and we are excited to watch them grow. Soon the 250 acres of Broccoli and 250 acres of Sweet Corn will be ready to be packed and shipped to 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



## CPMA

Last week our sales team had the pleasure of attending the CPMA. It was a successful 2 days of networking. Thank you to everyone who stopped by our booth to talk and connect.



## CROP OF THE MONTH: Zucchini

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

Zucchini is botanically a fruit, low in calories, high in water content and packed with potassium and vitamin C. Be sure to connect with our sales team for availability and orders.

### Fun Facts About Zucchini:

- The largest recorded size was 8 ft long.
- Grows very quickly, harvests are possible in just 35-55 days.
- The highest concentration of antioxidants is found in the skin, making it best to eat them unpeeled.

Reach out to the CanAm Fresh team with for your fresh supply of Zucchini.

Our partner growers in the U.S helping to ensure a steady supply.

### Simple Recipe Idea: Zucchini Noodles

- Sauté spiralized zucchini in butter and olive oil with minced garlic, for 2–3 mins until tender, not mushy.
- Finish with fresh parmesan and black pepper.



## EMPLOYEE SPOTLIGHT!

### Employee of the Month: Braydon Underhill!

We are proud to recognize Braydon Underhill as our Employee of the Month for May.

Braydon has been a great asset to the team, consistently showing strong work ethic and a positive attitude as we kick off the season. In his new role as Warehouse Manager, he has stepped up to take on additional responsibility and help keep operations running smoothly.

Outside of work, Braydon enjoys spending time outdoors. He loves golfing, fishing, kayaking, and even enjoys long walks on the beach.

**Thank you, Braydon, for your hard work and dedication, while also being such a valued member of our team!**



### Health & Safety – Getting Season-Ready

As we head into our busiest season, safety remains a top priority:

Please remember to:

- Stay hydrated and take breaks as needed.
- Be mindful of sun exposure—use hats, sunscreen, and proper clothing.
- Always follow equipment safety procedures
- Report any hazards or concerns immediately Review equipment safety procedures before use.

Starting the season safely sets the tone for the months ahead. Thank you for doing your part to keep our workplace safe.

For any of your Produce needs,

email: [info@canamfresh.com](mailto:info@canamfresh.com)



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