



Inside Can Am – Monthly News

“Wholesome is Always in Season”

Issue 7 – June 2026

Summer Crop Update from Can-Am Fresh

As the weather continues to warm up across Ontario, our season is off to a great start.

Our 250 acres of broccoli are growing fast, and we’re expecting harvest to begin by the end of June.

We’re also excited to introduce several new specialty peppers this season alongside our green bell peppers, including: Poblano, Yellow Hots , Long Hots , Red & Green Thai ,Habanero, Scotch Bonnet ,Jalapeño and Finger Hots.

These varieties will be planted over the next two weeks and should be ready for harvest in early August. If you’re interested in any of these items, reach out to the Can-Am Fresh team to discuss pack styles and availability.

Our early bell pepper and Shepard pepper crops have also been planted and are looking great. We expect the first bell peppers to be ready by mid-July, with Shepards following in August.



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: Sharla Anger!

Sharla has been an incredible asset to the Can-Am Fresh team, consistently demonstrating a strong work ethic, reliability, and willingness to step in wherever needed. From helping train new hires to coordinating offshore worker arrivals and supporting day-to-day operations, Sharla continually goes above and beyond to help keep everything running smoothly.

Known by many as “the rock” of the company, Sharla’s dedication and positive impact do not go unnoticed. We’re grateful for everything she does and proud to recognize her hard work and commitment.

Thank you, Sharla, for being such a valued part of the team!

CROP OF THE MONTH: Peppers

Peppers takes the spotlight this month for the harvest season.

Peppers are botanically classified as fruit, but culinarily considered vegetables with low glycemic index, low calories, and higher Vitamin C per one pepper than 3 oranges. Be sure to connect with our sales team for availability and orders.

Fun Facts About Peppers:

- Rich in antioxidants (useful for preventing cancer, TYPE 2 diabetes, and cardiovascular diseases).
- Excellent for preventing retina illness (vision loss or blindness).
- There are over 50,000 varieties of peppers grown worldwide.

Reach out to the Canam Fresh team for your fresh supply of your selected pepper of choice.

Simple Recipe Idea: Pepper Dip

- Roast peppers at 400°F (200°C) for about 25 minutes.
- Once cooled and out of the heat, blend the soft peppers.
- Transfer blend to a bowl and chill before serving.



For any of your Produce needs,

email: info@canamfresh.com



Wholesome is always in season.