



Inside Can Am – Monthly News

“Wholesome is Always in Season”

Issue 8 – July 2026



Summer Crop Update from Can-Am Fresh

Summer is finally here and our season is continuing a good momentum.

Our 250 acres of Broccoli harvesting is officially

underway!

Our 300 acres of pickling cucumbers will be starting in full production this month.

Our field teams have been working diligently throughout the season to establish healthy, and high-quality crops.

Our focus remains on producing fresh, premium vegetables while maintaining the high standards of quality, food safety, and service that our customers expect. The dedication of our field team, operational team, and our office team each play a vital role in making each season a success, and we appreciate their continued hard work and commitment.



CROPS WE GROW AND SOURCE:

- Asparagus
- Bell Peppers
- Broccoli
- Carrots
- Cauliflower
- Corn
- Cucumbers
- Eggplant
- Gourds
- Green Beans
- Onions
- Pumpkins
- Specialty Peppers
- Squash
- Sweet Potatoes
- Tomatoes
- Watermelon
- Zucchini

EMPLOYEE SPOTLIGHT!

Employee of the Month: Steve Benner

Steve has been an invaluable member of our team. As one of our senior employees, he consistently demonstrates professionalism, dedication, and a willingness to take on new challenges. Whether leading the recent organic audit with great attention to detail or stepping up to support the accounting team, Steve approaches every responsibility with skill and commitment.

Steve's hard work and contributions are truly appreciated. We are grateful for everything he does and proud to recognize the dedication and commitment he brings to Canam Fresh every day.

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

CROP OF THE MONTH: Broccoli

Broccoli takes the spotlight this month for the harvest season.

Broccoli is botanically classified as fruit, but culinarily considered vegetables with low calories, nutrient dense, and rich in vitamins, minerals, and fiber.

Fun Facts About Broccoli:

- Broccoli originated in the Mediterranean region over 2,000 years ago and was cultivated by the ancient Romans.
- Its name comes from the Italian word "broccolo," meaning "the flowering crest of a cabbage".
- Broccoli contains more Vitamin C than an orange.

Reach out to the Canam Fresh team for your fresh supply of your broccoli.

Simple Recipe Idea: Garlic Parmesan Roasted Broccoli

- Preheat oven to 425 degrees F/220 degrees C.
- Place broccoli florets onto the prepared baking sheet.
- Place into oven and bake for 10-12 minutes, or until tender.
- Serve immediately, sprinkled with Parmesan and lemon juice.



For all your Produce needs,

email: info@canamfresh.com



Wholesome is always in season.