Inside Can Am – Monthly News

"Wholesome is Always in Season"

Issue 10 – November 2026

Winding Down the Season

As November arrives, activity across Can-Am Fresh begins to wind down following another busy harvest season. It's a time to reflect on the hard work, teamwork, and dedication that have kept our operations moving and helped us meet the demands of the season.

Thank you to everyone across our farms, barns, transportation, and offices for the important role you have played. Your commitment and contributions have made a difference, and we are grateful for the efforts of our entire team.

A Special Thank You to Our Temporary Foreign Workers

As many of our temporary foreign workers begin wrapping up their season with us, we want to extend our sincere thanks for their hard work, dedication, and commitment to Can-Am Fresh.

Wherever your next chapter takes you, please know that your contributions are valued and appreciated.

We recognize the sacrifices that come with spending extended periods away from home and loved ones. Thank you for sharing your skills, supporting your coworkers, and playing such an important part in our operations.

We wish you safe travels, a well-deserved rest, and joyful reunions with family and friends. Thank you for being part of the Can-Am Fresh team!

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

Winter Squash Available Through December

Our seasonal selection of butternut, kabocha, spaghetti, and acorn squash will continue to be available throughout November and December. Whether for comforting soups, roasted side dishes, or festive holiday menus, these versatile varieties offer something for every table.

Looking for more than squash? We can also source a range of fresh vegetables to help meet your purchasing needs.

Contact our sales team to discuss available products, quantities, and delivery requirements.

Roasted Kabocha with Maple-Ginger Glaze

Ingredients

2 lb (900 g) kabocha squash, 2 tbsp olive oil, ½ tsp kosher salt, ¼ tsp black pepper, 2 tbsp maple syrup, 2 tsp soy sauce, ¼ tsp ground ginger, Toasted sesame seeds (optional)

1. Heat oven to 400°F (205°C). Wash and dry squash. **2.** Halve, remove seeds, and trim stem and tough bottom. Set flat-side down; cut into 1-inch wedges. **3.** Toss with oil, salt, and pepper. Arrange on a lined baking sheet in one layer. **4.** Roast 25-30 minutes, turning halfway, until fork-tender. **5.** Mix syrup, soy sauce, and ginger. Brush onto wedges. **6.** Broil 2-3 minutes per side, brushing after turning. Watch closely to prevent burning. **7.** Add sesame seeds if desired. Serve warm.

Crop of the Month: Kabocha Squash

Often referred to as Japanese pumpkin, kabocha is known for its sweet, rich orange flesh and distinctive flavour, with notes of sweet potato and roasted chestnut. Its dense, satisfying texture makes it a favourite for comforting fall and winter dishes.

Some Fun Facts:

- **No peeling required:** Kabocha skin softens during cooking and is edible.
- **Save the seeds:** Clean and roast them for a tasty snack, just like pumpkin seeds.
- **A tempura favourite:** Kabocha is a popular ingredient in Japanese vegetable tempura.
- **Not always green:** The Sunshine variety stands out with its bright orange skin.
- **Versatile in the kitchen:** Kabocha's natural sweetness makes it a great choice for baking, including pies and other desserts.
- **A distinctive texture:** Its flesh is dense, dry, and pleasantly flaky when cooked.

From savory dishes to sweet treats, kabocha is a versatile winter squash worth discovering.

EMPLOYEE SPOTLIGHT!

Tina Redecop and Alisa Pollock

We are proud to recognize **Alisa Pollock and Tina Redecop** for their outstanding contributions this season. Both stepped up to take on packing, shipping, and receiving responsibilities for our Processing and Fresh Market operations.

Taking on these responsibilities requires long hours, a willingness to learn, and the ability to navigate the many challenges of a busy season. Alisa and Tina rose to the occasion, demonstrating flexibility, teamwork, and dedication when it mattered most.

Their efforts played an important role in keeping our operations running smoothly, and we are grateful for everything they have done.

Congratulations, Alisa and Tina! Thank you for your hard work, commitment, and continued support of your coworkers and Can-Am Fresh.

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Finishing the Season

As we wrap up the season and seasonal activity slows, we take the time to clean, inspect, and properly store tools and equipment. These simple steps help us finish the season safely, protect our team, and prepare for a successful start next season.

We also use this time to reflect on what went well and where we can improve. Your feedback and ideas are valuable in helping us plan for the months ahead, strengthen our operations, and ensure our teams have the tools and support they need for the next season.

Wishing everyone a safe, restful, and enjoyable off-season. We look forward to another successful season together

For all your produce needs,

email: info@canamfresh.com

CANAM FRESH Wholesome is always in season.