



Inside Can Am – Monthly News

“Wholesome is Always in Season”

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Pumpkin Season Is Here!

October has arrived, and pumpkin harvest is in full swing at Can-Am. From classic carving pumpkins to specialty varieties with unique shapes and colours, our fall lineup brings plenty of options for kitchens, porches and seasonal displays.

Meet Our Pumpkins

Whether you’re stocking up for the kitchen or planning a seasonal display, our pumpkin selection has something for every fall need:

- **Pie pumpkins:** A fall favourite for baking and cooking.
- **Jack-o’-lantern pumpkins:** Classic pumpkins ready for carving and Halloween displays.
- **White pumpkins:** A bright, versatile addition to autumn décor.
- **Specialty pumpkins:** Blue Doll, Cinderella, Fairytale, One Too Many, Porcelain Doll and Warty Goblin offer distinctive shapes, colours and character for eye-catching fall displays.

Behind every pumpkin is a busy harvest season, with our growing, harvesting and packing teams working together to bring the crop from the field to market.

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



Recipe of the Month: Creamy Pumpkin Soup

Ingredients: 2 lb (900 g) pie pumpkin, peeled, seeded and cubed; 1 small onion, diced; 2 garlic cloves, minced; 1 tbsp butter or oil; 3 cups vegetable or chicken broth; ½ cup cream or coconut milk; salt and pepper to taste. Optional: a pinch of nutmeg or pumpkin seeds to serve.

1. Heat butter or oil in a large pot. Cook onion for about 5 minutes, then add garlic and stir for 1 minute.
2. Add pumpkin and broth. Bring to a boil, then simmer for 20–25 minutes, until the pumpkin is tender.
3. Blend until smooth. Stir in cream or coconut milk and warm through. Season with salt and pepper.
4. Ladle into bowls and add a pinch of nutmeg or pumpkin seeds, if you like.



CROP OF THE MONTH: Squash

Our fall squash program offers a versatile selection for both retail and foodservice customers, with **organic and conventional options available**.

- **Butternut**
- **Kabocha**
- **Spaghetti**
- **Acorn**

Each variety offers its own flavour and culinary possibilities, making fall squash a great addition to seasonal menus, produce displays and home kitchens.

How to Enjoy Each Variety

Butternut: Sweet with a slightly nutty flavour. Roast it in cubes, mash it or blend it into soup.

Kabocha: Rich, sweet and creamy. Try roasting it in wedges or steaming and mashing it.

Spaghetti: Mild and less sweet, with flesh that separates into strands when cooked. Bake and serve with your favourite sauce.

Acorn: Mildly sweet with tender flesh. Roast the halves with butter and herbs for an easy fall side dish.





EMPLOYEE SPOTLIGHT!

Behind the Harvest: Meet Henry Wall

A successful fall harvest depends on the people working behind the scenes. This month, we're highlighting Henry Wall, whose dedication and long hours have helped keep our fields and packing houses running smoothly during one of our busiest seasons.

We're proud of the work Henry and the entire Can-Am team put into bringing our fall products to customers.

Quality and Food Safety Every Step of the Way

Fall harvest is a busy time, but quality and food safety remain at the heart of everything we do.

Our team recently completed this year's Code of Conduct and CanadaGAP audits, reflecting the processes and standards we follow throughout the season.

From growing and harvesting to packing and shipping, these practices help us deliver safe, quality products to our customers.



Looking Ahead to Fall

As pumpkin and squash season continues, we're excited to share the flavours, colours and variety of the fall harvest with you.

For product availability, orders or questions about our pumpkin and squash programs, please reach out to the Can-Am sales team

Thank you for choosing Can-Am Fresh. We look forward to being part of your fall season.

For all your produce needs,
email: info@canamfresh.com



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