

FORM 11

NOTICE OF PROPOSED STOCK OPTION GRANT OR AMENDMENT

Name of Listed Issuer: Harvest Health & Recreation Inc. (the "Issuer").

Trading Symbol: HARV

Date: July 14, 2020

1. New Options Granted:

Date of Grant: July 14, 2020

Name of Optionee	Position (Director/ Officer/ Employee/ Consultant/ Management Company)	Insider Yes or No?	No. of Optioned Shares	Exercise Price	Expiry Date	No. of Options Granted in Past 12 Months
Deborah Keeley	Chief Financial Officer	Yes	600,000 ISOs	\$1.48 CAD	7/14/2030	98,765 Restricted Stock Units Granted on 5/5/2020
Nicole Stanton	General Counsel, Secretary & Vice President	Yes	140,000 ISOs	\$1.48 CAD	7/14/2030	360,000 ISOs
Other Employees	Various	No	548,500 ISOs	\$1.48 CAD	7/14/2030	N/A

Total Number of Options proposed for acceptance: 1,288,500 Options

2. Other Presently Outstanding Options:

Name of Optionee	Position (Director/ Officer/ Employee)	No. of Optioned Shares⁽¹⁾	Exercise Price	Original Date of Grant	Expiry Date
Elroy Sailor	Director	150,000	US\$6.55	November 14, 2018	November 14, 2028
		150,000	CAD\$10.20	March 13, 2019	March 13, 2029
		75,000	CAD \$4.05	February 3, 2020	March 13, 2029
Mark Barnard	Director	150,000	US\$6.55	November 14, 2018	November 14, 2028
		150,000	CAD\$10.20	March 13, 2019	March 13, 2029
		75,000	CAD \$4.05	February 3, 2020	March 13, 2029
Eula Adams	Director	150,000	CAD \$4.07	January 9, 2020	January 9, 2030
Steve White	Director and Chief Executive Officer	55,478	US\$7.21	November 14, 2018	November 14, 2023
		2,444,522	US\$6.55	November 14, 2018	November 14, 2028
Ron Goodson	Chief Operating Officer	750,000	CAD \$4.07	January 9, 2020	January 9, 2030
Deborah Keeley	Chief Financial Officer	98,765 RSUs	N/A	May 5, 2020	N/A
Elroy Sailor	Chief Strategy Officer	750,000	CAD \$4.07	January 9, 2020	January 9, 2030
Nicole Stanton	General Counsel, Secretary & Vice President	240,000	CAD \$7.04	September 10, 2019	September 10, 2029
		120,000	CAD \$4.05	February 3, 2020	September 10, 2029

Other employees		1,019,687 3,261,312 36,250 750,000 252,500 133,500 2,056,625 50,300 RSUs	USD \$6.55 CAD\$10.20 CAD\$11.74 CAD\$10.95 CAD \$7.04 CAD \$4.07 CAD \$4.05 N/A	November 14, 2018 March 13, 2019 May 1, 2019 May 7, 2019 September 10, 2019 January 9, 2020 February 3, 2020 May 2, 2019	November 14, 2028 March 13, 2029 May 1, 2029 May 7, 2029 September 10, 2029 January 9, 2030 Various N/A
Hybrid Financial LTD	Consultant/ Consulting Services	100,000 NQSOs	CAD \$7.96	April 9, 2020	11/19/2023

(1) Set out number of optioned shares for each grant with different terms.

3. Additional Information

- (a) If shareholder approval was required for the grant of options (including prior approval of a stock option plan), state the date that the shareholder meeting approving the grant was or will be held.

Shareholder approval for the Stock Option Plan was obtained on November 13, 2018.

- (b) State the date of the news release announcing the grant of options.

None.

- (c) State the total issued and outstanding share capital at the date of grant or amendment.

Subordinate Voting Shares: 174,039,471

Multiple Voting Shares: 1,909,223.63

Super Voting Shares: 2,000,000

- (d) State, as a percentage of the issued and outstanding shares of the Issuer indicated in (c) above, the aggregate number of shares that are subject to incentive stock options, including new options, amended options and other presently outstanding options.

10.00%

- (e) If the new options are being granted pursuant to a stock option plan, state the number of remaining shares reserved for issuance under the plan.

22,388,744

- (f) If the Issuer has completed a public distribution of its securities within 90 days of the date of grant, state the per share price paid by the public investors.

N/A

- (g) Describe the particulars of any proposed material changes in the affairs of the Issuer.

N/A

4. Certificate of Compliance

The undersigned hereby certifies that:

1. The undersigned is a director and/or senior officer of the Issuer and has been duly authorized by a resolution of the board of directors of the Issuer to sign this Certificate of Compliance.
2. As of the date hereof there is no material information concerning the Issuer which has not been publicly disclosed.
3. The undersigned hereby certifies to the Exchange that the Issuer is in compliance with the requirements of applicable securities legislation (as such term is defined in National Instrument 14-101) and all Exchange Requirements (as defined in CNSX Policy 1).
4. All of the information in this Form 11 Notice of Proposed Stock Option Grant or Amendment is true.

Dated July 14, 2020.

Nicole Stanton
Name of Director or Senior
Officer



Signature

Secretary
Official Capacity