

FORM 11

NOTICE OF PROPOSED STOCK OPTIONS GRANT OR AMENDMENT

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

Trading Symbol: HARV

Date: July 22, 2021

1. New Stock Options Granted:

Date of Grant: July 20, 2021

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
Other Employees	Employee	No	126,500	CAD \$4.73	July 20, 2031	N/A

Total Number of Stock Options proposed for acceptance: 126,500

2. Other Presently Outstanding Options/Restricted Stock Units:

Name of Optionee	Position (Director/ Officer/ Employee)	No. of Optioned Shares/RSUs ⁽¹⁾	Exercise Price	Original Date of Grant	Expiry Date
Elroy Sailor	Director and Chief Strategy Officer	150,000 750,000	CAD \$10.20 CAD \$4.07	March 13, 2019 January 9, 2020	March 13, 2029 January 9, 2030
Mark Barnard	Director and Chairman of the Board	150,000 69,447 RSUs	CAD \$10.20 N/A	March 13, 2019 December 31, 2020	March 13, 2029 N/A
Eula Adams	Director	46,298 RSUs	N/A	December 31, 2020	N/A
Steve White	Director and Chief Executive Officer	55,478 2,444,522	US \$7.21 US \$6.55	November 14, 2018 November 14, 2018	November 14, 2023 November 14, 2028
Ana Dutra	Director	46,298 RSUs	N/A	December 31, 2020	N/A
Scott Atkison	Director	46,298 RSUs	N/A	December 31, 2020	N/A
Deborah Keeley	Chief Financial Officer	600,000	CAD \$1.48	July 14, 2020	July 14, 2030
Nicole Stanton	General Counsel, Secretary & Vice President	240,000 120,000 140,000 200,000	CAD \$7.04 CAD \$4.05 CAD \$1.48 CAD \$2.75	September 10, 2019 February 3, 2020 July 14, 2020 December 31, 2020	September 10, 2029 February 3, 2030 July 14, 2030 December 31, 2030
Other employees		663,125 2,046,688 12,813 308,750 211,250 72,750 1,162,063 414,000 137,500 106,000 1,679,500 27,500 485,000 97,000	USD \$6.55 CAD\$10.20 CAD\$11.74 CAD\$10.95 CAD \$7.04 CAD \$4.07 CAD \$4.05 CAD \$1.48 CAD \$1.65 CAD \$2.44 CAD \$2.75 CAD \$3.97 CAD \$5.28 CAD \$3.48	November 14, 2018 March 13, 2019 May 1, 2019 May 7, 2019 September 10, 2019 January 9, 2020 February 3, 2020 July 14, 2020 September 10, 2020 November 17, 2020 December 31, 2020 January 15, 2021 February 10, 2021 April 29, 2021	November 14, 2028 March 13, 2029 May 1, 2029 May 7, 2029 September 10, 2029 January 9, 2030 February 3, 2030 July 14, 2030 September 10, 2030 November 17, 2030 December 31, 2030 January 15, 2031 February 10, 2031 April 29, 2031

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Hybrid Financial LTD	Consultant/ Consulting Services	100,000 NQSOs	CAD \$7.96	April 9, 2020	November 19, 2023
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(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: 268,831,741
Multiple Voting Shares: 1,443,171.89
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.

28,217,111

(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 22, 2021.

Nicole Stanton
Name of Director or Senior
Officer

/s/ Nicole Stanton
Signature

Secretary
Official Capacity