



## 2019 HEMP CROP: UPDATE ON ONGOING HARVEST

Vancouver, British Columbia - September 30, 2019 - Gaia Grow Corp. (TSXV: GAIA) (the “Company” or “Gaia”) is pleased to provide the following insights regarding harvesting:

Gaia had completed one-third of its harvesting before unfavourable weather began in the region. The crop is healthy, and thus far, moisture has been the only reason for the delay. The Company anticipate that harvesting will resume this week as conditions look favourable moving forward.

Further information regarding the planted crop and our harvest:

- The cultivar planted is a X59, sourced from a pedigreed seed producer in Manitoba. This cultivar is known to be able to withstand periods of cold and still be fiscally viable.
- Harvesting is just over one-third complete and as soon as the ground moisture conditions allow, we will be back in the fields on a 18-24 hour-per-day push to finish this crop harvesting off.
- The crop is insured (see news release dated August 20<sup>th</sup>, 2019) against weather related damages.
- As we have heard from our agronomists, contract farmers and other agricultural professionals in Alberta, we expect to have a long, warm, dry October to help us finish the harvesting, drying, baling and transport of the crop.

*“The timeline for our harvest has been pushed back due to weather, but with over one-third of the harvest complete, we don’t have much left to go” says Frederick Pels, CEO of Gaia. “I am eagerly awaiting an improvement in the weather so we can resume what we’ve started. Our team is committed to completing this harvest as soon as possible and with only two-thirds remaining, I anticipate it to move very quickly. Upon completion, we can move to off-take and implementation of Gaia’s further growth plans.”*

For further information, contact Frederick Pels, Chief Executive Officer of Gaia, at [fp@gaiagrow.com](mailto:fp@gaiagrow.com).

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