



News Release

September 23, 2009

Trading Symbol: SKYH:OTCBB

SKY HARVEST ADOPTS 2009 STOCK OPTION PLAN

VANCOUVER, BRITISH COLUMBIA—Sky Harvest Windpower Corp. OTCBB:SKYH (the "Company") is pleased to announce that effective September 11, 2009, the Company's board of directors adopted the 2009 Stock Option Plan. The purpose of the 2009 Stock Option Plan is to enhance the long-term stockholder value of our company by offering opportunities to directors, officers, employees and eligible consultants of the Company to acquire and maintain stock ownership in the Company in order to give these persons the opportunity to participate in the Company's growth and success, and to encourage them to remain in the service of the Company. A total of 2,900,000 shares of common stock are available for issuance under the 2009 Stock Option Plan.

The 2009 Stock Option Plan provides for the grant of incentive stock options and non-qualified stock options. Incentive stock options granted under the 2009 Stock Option Plan are those intended to qualify as "incentive stock options" as defined under Section 422 of the Internal Revenue Code. However, in order to qualify as "incentive stock options" under Section 422 of the Internal Revenue Code, the 2009 Stock Option Plan must be approved by the stockholders of our company within 12 months of its adoption. The 2009 Stock Option Plan has not been approved by our stockholders. Non-qualified stock options granted under the 2009 Stock Option Plan are option grants that do not qualify as incentive stock options under Section 422 of the Internal Revenue Code.

**ON BEHALF OF THE BOARD OF
DIRECTORS**

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Chris Craddock, President

For information on Sky Harvest Windpower Corp. see www.skyharvestwind.com