

March 16, 2010



Harris & Harris Group Reports Financial Statements as of December 31, 2009

NEW YORK, March 16, 2010 (GLOBE NEWSWIRE) -- Harris & Harris Group, Inc., (Nasdaq:TINY) reported today that, as of December 31, 2009, its net asset value and net asset value per share were \$134,158,258 and \$4.35, respectively. The Company's annual report on Form 10-K may be accessed at <http://www.hhvc.com/financials.cfm>.

SUMMARY OF FINANCIAL POSITION

	December 31, 2009 (Audited)	December 31, 2008 (Audited)	September 30, 2009 (Unaudited)
Total Assets	\$136,109,101	\$111,627,601	\$139,136,433
Net Assets	\$134,158,258	\$109,531,113	\$111,532,206
Net Asset Value per Share	\$4.35	\$4.24	\$4.30
Shares Outstanding	30,859,593	25,859,573	25,966,758

Harris & Harris Group is a publicly traded venture capital company that invests in nanotechnology and microsystems. Detailed information about Harris & Harris Group and its holdings, including articles on nanotechnology, cleantech and venture capital, can be found on its website at www.HHVC.com.

This press release may contain statements of a forward-looking nature relating to future events. These forward-looking statements are subject to the inherent uncertainties in predicting future results and conditions. These statements reflect the Company's current beliefs, and a number of important factors could cause actual results to differ materially from those expressed in this press release. Please see the Company's Annual Report on Form 10-K for the year ended December 31, 2009, as well as subsequent SEC filings, filed with the Securities and Exchange Commission for a more detailed discussion of the risks and uncertainties associated with the Company's business, including but not limited to the risks and uncertainties associated with venture capital investing and other significant factors that could affect the Company's actual results. Except as otherwise required by Federal securities laws, Harris & Harris Group, Inc., undertakes no obligation to update or revise these forward-looking statements to reflect new events or uncertainties. The reference to the website www.HHVC.com has been provided as a convenience, and the information contained on such website is not incorporated by reference into this press release.

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