FORM 4	1
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1	Check this box if no	
	longer subject to Section	
	16. Form 4 or Form 5	
	obligations may	
	continue. See Instruction	
	1(b).	

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)										
1. Name and Address of Reporting Person [*] McGrath Kevin Francis		2. Issuer Name and Towell Farms Inc.		-	Symbol			5. Relationship of Reporting Person(s) to Is (Check all applicable _X_ Director10%		
(Last) (First) C/O LOWELL FARMS INC., 19 QUAIL CIRCLE, SUITE B	DIDI	Date of Earliest Tran 2/31/2021	nsaction (Mo	onth/D	ay/Year)			Officer (give title below)Othe	(specify below))
(Street) SALINAS, CA 93907	4.	If Amendment, Date	e Original Fil	ed(Mo	nth/Day/Yea	;)		6. Individual or Joint/Group Filing(Check Ap _X_Form filed by One Reporting Person Form filed by More than One Reporting Person	plicable Line)	
(City) (State)	(Zip)		Table I - N	lon-D	erivative	Securities	s Acqu	ired, Disposed of, or Beneficially Owned		
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	Execution Date, if any	(Instr. 8)	on	4. Securit (A) or Di (Instr. 3,	sposed of		5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form:	Beneficial
		(Month/Day/Year)	Code	v	Amount	(A) or (D)	Price	(Instr. 3 and 4)	Direct (D) or Indirect (I) (Instr. 4)	Ownership (Instr. 4)
Subordinate Voting Shares	12/31/2021		М		75,000	A	\$0	763,000	D	

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (an ante college of the memory optime comparison)

(e.g., puts, calls, warrants, options, convertible securities)															
1. Title of Derivative Security (Instr. 3)	Conversion		3A. Deemed Execution Date, if any (Month/Day/Year)	Code	tion	of D Secu	erivative	(Month/Day/Y	te	7. Title and An Underlying Sec (Instr. 3 and 4)	urities	Derivative	9. Number of Derivative Securities Beneficially	10. Ownership Form of Derivative	11. Nature of Indirect Beneficial Ownership
(msu: 5)	Derivative Security		(Hondi Day Foar)	(insu: o		or D of (I	isposed D) r. 3, 4,					(1150.5)	Owned Following Reported Transaction(s)	Security: Direct (D) or Indirect	(Instr. 4)
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		(Instr. 4)	(Instr. 4)	
Restricted Stock Units	(1)	12/31/2021		М			75,000	<u>(2)</u>	<u>(2)</u>	Subordinate Voting Shares	75,000	\$ 0	0	D	
Convertible Debenture of Indus Holdings Company	\$ 0.20							07/01/2021		Subordinate Voting Shares ⁽³⁾	5,015,984 <u>(4)</u>		5,015,984	D	
Warrants (right to buy)	\$ 0.28							07/01/2020	10/13/2023	Subordinate Voting Shares	5,015,984		5,015,984	D	
Warrants (right to buy)	\$ 1.81 (5)							12/21/2020	12/21/2023	Subordinate Voting Shares	135,000		135,000	D	

Reporting Owners

		Relationships				
Reporting Owner Name / Address	Director	10% Owner	Officer	Other		
McGrath Kevin Francis C/O LOWELL FARMS INC. 19 QUAIL RUN CIRCLE, SUITE B SALINAS, CA 93907	х					

Signatures

/s/ Kevin McGrath	01/04/2022
**Signature of Reporting Person	Date

Explanation of Responses:

- * If the form is filed by more than one reporting person, see Instruction 4(b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- (1) Each Restricted Stock Unit ("RSU") represents a contingent right to receive one Subordinate Voting Share on the vesting date.
- (2) The RSUs vested on December 31, 2021.
- The principal amount of the Convertible Debenture is convertible into Class C Common Shares of Indus Holding Company ("Class C Common Shares"). Class C Common Shares may be redeemed at (3) the option of the holder for Subordinate Voting Shares of the issuer on a one-for-one basis in accordance with the certificate of incorporation of Indus Holding Company. Class C Common Shares may be redeemed at any time and have no expiration date.
- (4) Interest accrues on the Convertible Debenture and is payable quarterly in arrears; any accrued and unpaid interest at the time of conversion of the Convertible Debenture is convertible into additional Class C Common Shares at \$0.20 per share.
- (5) The exercise price was converted from \$2.20 CAD using the closing rate of exchange of the Bank of Canada on May 7, 2021. The actual exercise price is the Canadian dollar amount regardless of the exchange rate on the date of exercise.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

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