

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

FORM 8-K

Current Report Pursuant to Section 13 or 15(d) of
the Securities Exchange Act of 1934

Date of Report (Date of earliest event reported):

May 14, 2007

HARRIS & HARRIS GROUP, INC.

(Exact name of registrant as specified in its charter)

New York 0-11576 13-3119827
(State or other jurisdiction (Commission File (I.R.S. Employer
of incorporation) Number) Identification No.)

111 West 57th Street
New York, New York 10019

(Address of principal executive offices and zip code)

Registrant's telephone number, including area code: (212) 582-0900

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Item 8.01 Other Events

On May 15, 2007, Harris & Harris Group, Inc. (the "Company") issued a press release announcing that pursuant to 10b5-1 trading plans entered into on March 27, 2007, certain officers of the Company exercised vested stock options on May 14, 2007, that would have expired on June 26, 2007. A copy of the press release is furnished herewith as Exhibit 99.1.

On May 16, 2007, the Company issued a press release announcing that Douglas W. Jamison, the Company's President, Chief Operating Officer and Chief Financial Officer, exercised stock options that would have expired on June 26, 2016, to purchase 3,000 shares of Harris & Harris Group stock. A copy of the press release is furnished herewith as Exhibit 99.2.

Item 9. Financial Statements and Exhibits

- (a) Not applicable.
- (b) Not applicable.
- (c) Exhibits.

Exhibit No.	Description
99.1	Press Release dated May 15, 2007
99.2	Press Release dated May 16, 2007

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SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the Registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

Date: May 16, 2007 HARRIS & HARRIS GROUP, INC.

By: /s/ Charles E. Harris

Charles E. Harris
Chief Executive Officer

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EXHIBIT INDEX

Exhibit No.	Description
99.1	Press Release dated May 15, 2007
99.2	Press Release dated May 16, 2007

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PRESS RELEASE FOR IMMEDIATE RELEASE

HARRIS & HARRIS GROUP, INC. (R) MAY 15, 2007
111 WEST 57th STREET, SUITE 1100
NEW YORK, NEW YORK 10019 CONTACT: CHARLES E. HARRIS

NASDAQ/NMS SYMBOL: TINY TEL. NO. (212) 582-0900

HARRIS & HARRIS GROUP OFFICERS EXERCISE STOCK OPTIONS

Pursuant to 10b5-1 trading plans entered into on March 27, 2007, the following officers of Harris & Harris Group, Inc., exercised vested stock options on May 14, 2007, that would have expired on June 26, 2007: Douglas W. Jamison, Alexei A. Andreev, Daniel V. Leff, Sandra M. Forman, Patricia N. Egan and Mary P. Brady. The total number of shares purchased through such exercises was 391,855 for \$3,961,647. Of these 391,855 shares, on May 14, 2007, 367,989 were sold for a total of \$4,564,805, and 23,866 shares were retained by the employees. Altogether, these employees increased their aggregate ownership of the Company's shares by 23,866 shares, from 36,357 shares to 60,223 shares.

The total \$4,564,805 proceeds of the sales were used in the following manner.

Dollar Amounts

Purchase of 391,855 Shares \$ 3,961,647
Through Exercise of Options

Taxes Withheld by the Company on \$ 317,753
Exercises of Options

Brokerage Commissions \$ 18,574

Net Cash Retained by Employees
from Sales \$ 266,831

Total Proceeds of Sales \$ 4,564,805

For more information, please see the Form 4s that will be filed shortly with the Securities and Exchange Commission. There remain vested options outstanding that will expire on June 26, 2007, to purchase 67,019 shares.

Harris & Harris Group is a publicly traded venture capital company that makes initial investments exclusively in tiny technology, including nanotechnology, microsystems and microelectromechanical systems (MEMS). The Company's last 33 initial private equity investments have been in tiny technology-enabled companies. The Company has 21,732,884 shares of common stock outstanding.

Detailed information about Harris & Harris Group and its holdings can be found on its website at www.TinyTechVC.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 Registration Statement on Form N-2 and Annual Report on Form 10-K for the year ended December 31, 2006, 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.TinyTechVC.com has been provided as a convenience, and the information contained on such website is not incorporated by reference into this press release.

PRESS RELEASE FOR IMMEDIATE RELEASE

HARRIS & HARRIS GROUP, INC. (R) MAY 16, 2007
111 WEST 57th STREET, SUITE 1100
NEW YORK, NEW YORK 10019 CONTACT: CHARLES E. HARRIS

NASDAQ/NMS SYMBOL: TINY TEL. NO. (212) 582-0900

HARRIS & HARRIS GROUP PRESIDENT EXERCISES STOCK OPTIONS

Harris & Harris Group, Inc. (the "Company") announced today that Douglas W. Jamison, President, Chief Operating Officer and Chief Financial Officer of Harris & Harris Group, Inc., exercised stock options today that would have expired on June 26, 2016, to purchase 3,000 shares of Harris & Harris Group stock. With this purchase, Mr. Jamison increased his ownership of the Company's shares, from 15,256 shares to 18,256 shares.

For more information, please see the Form 4 that will be filed shortly with the Securities and Exchange Commission.

Harris & Harris Group is a publicly traded venture capital company that makes initial investments exclusively in tiny technology, including nanotechnology, microsystems and microelectromechanical systems (MEMS). The Company's last 33 initial private equity investments have been in tiny technology-enabled companies. The Company has 21,735,884 shares of common stock outstanding.

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