



Harvest Energy Trust

Harvest Energy Trust – News Release (HTE.UN – TSX)

HARVEST ENERGY TRUST CONFIRMS OCTOBER 15TH, 2004 DISTRIBUTION

Calgary, September 16, 2004 (TSX: HTE.UN) – Harvest Energy Trust (“Harvest”) today announces that a cash distribution of \$0.20 per trust unit will be paid on October 15th, 2004 to Unitholders of record on September 30th, 2004. Harvest trust units are expected to commence trading on an ex-distribution basis on September 28th, 2004. This distribution amount represents Distributable Cash earned in the month of September 2004.

Harvest Energy Trust is a Calgary-based energy trust actively managed to deliver stable monthly cash distributions to its Unitholders through its strategy of acquiring, enhancing and producing crude oil, natural gas and natural gas liquids. Harvest trust units are traded on the Toronto Stock Exchange (TSX) under the symbol “HTE.UN”. Please visit Harvest’s website at www.harvestenergy.ca for additional corporate information and recent corporate presentations.

Investor & Media Contacts:

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