Lescalleet Thomas M. Form 4 August 02, 2018

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB APPROVAL

OMB Number: 3235-0287

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if no longer subject to Section 16. Form 4 or Form 5

obligations

may continue.

See Instruction

Check this box

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section

30(h) of the Investment Company Act of 1940

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * 5. Relationship of Reporting Person(s) to 2. Issuer Name and Ticker or Trading Lescalleet Thomas M. Issuer Symbol GRIFFIN INDUSTRIAL REALTY, (Check all applicable) INC. [GRIF] (Last) (First) (Middle) 3. Date of Earliest Transaction Director 10% Owner Officer (give title __X_ Other (specify (Month/Day/Year) below) below) C/O GRIFFIN INDUSTRIAL 07/31/2018 SVP, Griffin Indust division REALTY, INC., 204 WEST **NEWBERRY ROAD** (Street) 4. If Amendment, Date Original 6. Individual or Joint/Group Filing(Check Filed(Month/Day/Year) Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting BLOOMFIELD, CT 06002 Person

(City)	(State)	(Zip) Tab	le I - Non-	Derivative	Secu	rities Acqui	red, Disposed of,	or Beneficiall	y Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transactic Code (Instr. 8)		sed of	` '	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
Common Stock (exercise of options)	07/31/2018		M	84	A	\$ 33.07	84	D	
Common Stock	07/31/2018		S	84	D	\$ 42	0	D	
Common Stock (exercise of options)	08/01/2018		M	2,635	A	\$ 33.07	2,635	D	

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Common Stock 08/01/2018 S 2,635 D \$ 41.1056 D

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

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SEC 1474

(9-02)

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transactic Code (Instr. 8)	5. Number conf Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)		8. D So (I
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Stock Options	\$ 33.07	07/31/2018		X	84	01/21/2012	01/20/2019	Common Stock	84	
Stock Options	\$ 33.07	08/01/2018		X	2,416	01/21/2012	01/20/2019	Common Stock	2,416	
Stock Options	\$ 33.07	08/01/2018		X	219	01/21/2013	01/20/2019	Common Stock	219	

Reporting Owners

Reporting Owner Name / Address

Director 10% Owner Officer Other

Lescalleet Thomas M. C/O GRIFFIN INDUSTRIAL REALTY, INC. 204 WEST NEWBERRY ROAD BLOOMFIELD, CT 06002

SVP, Griffin Indust division

Signatures

/s/Thomas M. Uscalleet 08/02/2018

**Signature of Reporting Date
Person

Reporting Owners 2

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).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.