

SECURITIES AND EXCHANGE COMMISSION

FORM 4

Statement of changes in beneficial ownership of securities

Filing Date: **2013-01-28** | Period of Report: **2013-01-25**
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REPORTING OWNER

Blanford Lawrence J.

CIK: **1398612**

Type: **4** | Act: **34** | File No.: **001-12340** | Film No.: **13553092**

Mailing Address

33 COFFEE LANE

WATERBURY VT 05676-1529

ISSUER

GREEN MOUNTAIN COFFEE ROASTERS INC

CIK: **909954** | IRS No.: **030339228** | State of Incorporation: **DE** | Fiscal Year End: **0929**
SIC: **2090** Miscellaneous food preparations & kindred products

Mailing Address

33 COFFEE LANE

WATERBURY VT 05676

Business Address

33 COFFEE LANE

WATERBURY VT 05676
8022445621

FORM 4

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

OMB APPROVAL	
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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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. Name and Address of Reporting Person Blanford Lawrence J.			2. Issuer Name and Ticker or Trading Symbol GREEN MOUNTAIN COFFEE ROASTERS INC [GMCR]			5. Relationship of Reporting Person(s) to Issuer (Check all applicable) <input checked="" type="checkbox"/> Director <input type="checkbox"/> 10% Owner <input type="checkbox"/> Officer (give title below) <input type="checkbox"/> Other (specify below)		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 01/25/2013			6. Individual or Joint/Group Filing (Check applicable line) <input checked="" type="checkbox"/> Form Filed by One Reporting Person <input type="checkbox"/> Form Filed by More than One Reporting Person		
33 COFFEE LANE (Street) WATERBURY, VT 05676-1529			4. If Amendment, Date Original Filed(Month/Day/Year)					
(City)	(State)	(Zip)						

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		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)
			Code	V	Amount	(A) or (D) Price			
GMCR Common Stock	01/25/2013		<u>M</u>		12,789	A \$6.09	115,255	D	
GMCR Common Stock	01/25/2013		<u>M</u>		17,211	A \$5.24	132,466	D	
GMCR Common Stock	01/25/2013		<u>S</u> ⁽¹⁾		30,000	D \$45.1987	102,466	D	

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. Transaction Code (Instr. 8)		5. Number of 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 Securities Underlying Derivative Security (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Number of Derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form of Derivative Security: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
				Code	V	(A)	(D)	Date Exercisable	Expiration Date						Title
GMCR Stock Option	\$6.09	01/25/2013		<u>M</u>		12,789		(2)	03/13/2018	GMCR Common Stock	12,789	(4)	0	D	
GMCR Stock Option	\$5.24	01/25/2013		<u>M</u>		17,211		(3)	05/04/2017	GMCR Common Stock	17,211	(4)	792,789	D	

Explanation of Responses:

1. This sale was affected to a Rule 10b5-1 trading plan, duly executed on 8/20/2012.
2. Grant vests in four equal installments, with the first installment vesting on the first anniversary of the grant date, on 3/13/2009.
3. Grant vests in five equal installments, with the first installment vesting on the first anniversary of the grant date, on 5/04/2008.
4. 1 for 1

Signatures

/s/ Valerie Jennings pursuant to a Power of Attorney

** Signature of Reporting Person

01/28/2013

Date

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

* 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.

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 Number.