FORM	4
------	---

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

(Print or Type Perpone

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

OMB APPROVAL OMB Number: 3235-0287 Estimated average burden hours per response... 0.5

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

1. Name and Address of Reporting Person [*] Seaberg Karen			2. Issuer Name MGP INGRE					5. Relationship of Reporting Person(s) to Issuer (Check all applicable) X Director 10% Owner			
(Last) (First) (Middle) 20076 266TH ROAD			3. Date of Earlies 10/01/2020	st Transact	ion (I	Month/Da	y/Yeai	Officer (give title below)	Other (specify	below)	
ATCHISON, KS 660	4. If Amendment	, Date Oriș	ginal	Filed(Mont	th/Day/Y	6. Individual or Joint/Group Filing(Check Applicable Line) _X_Form filed by One Reporting Person Form filed by More than One Reporting Person					
(City)	T	able I - N	on-D	erivative	Secur	ired, Disposed of, or Beneficially Owned					
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)		3. Transac Code (Instr. 8)	ction	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)			Beneficially Owned Following Reported Transaction(s)	6. Ownership Form:	Beneficial	
			(Month/Day/Year)	Code	v	Amount	(A) or (D)	Price	(Instr. 3 and 4)		Ownership (Instr. 4)
Common Stock		10/01/2020		S		6,876	D	\$ 40.024	158,178	I	Cloud Cray Family Trust
Common Stock		10/01/2020		S		2,499	D	\$ 40.024	2,367,539	I	by Cray MGP Holdings LP
Common Stock		10/01/2020		S		625	D	\$ 40.024	278,289	Ι	by spouse's trust
Common Stock		10/01/2020(1)		А		754	А	\$ 39.74	7,625	D	
Common Stock		10/02/2020		S		10,000	D	\$ 41.2353	148,178	I	Cloud Cray Family Trust
Common Stock									99,066	Ι	by IRA
Common Stock									63,404	Ι	by trust for LM
Common Stock									67,827	Ι	by trust for MH
Common Stock									373,258	Ι	by trust

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

Persons who respond to the collection of information

SEC 1474 (9-02)

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

(e.g.,)	puts, calls, w	arrants, option	s, convertible securiti	es)

1. Title of	2.	3. Transaction	3A. Deemed	4.	5.	6. Date Exercisable	7. Title and	8. Price of	9. Number of	10.	11. Nature
Derivative	Conversion	Date	Execution Date, if	Transaction	Number	and Expiration Date	Amount of	Derivative	Derivative	Ownership	of Indirect
Security	or Exercise	(Month/Day/Year)	any	Code	of	(Month/Day/Year)	Underlying	Security	Securities	Form of	Beneficial
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Derivative		Securities	(Instr. 5)	Beneficially	Derivative	Ownership
	Derivative				Securities		(Instr. 3 and		Owned	Security:	(Instr. 4)
	Security				Acquired		4)		Following	Direct (D)	
					(A) or				Reported	or Indirect	
					Disposed				Transaction(s)	(I)	
					of (D)				(Instr. 4)	(Instr. 4)	
					(Instr. 3,						
					4, and 5)						

					Date Exercisable	Expiration Date	Title	Amount or Number of		
	Code	V	(A)	(D)				Shares		

Reporting Owners

	Relationships							
Reporting Owner Name / Address	Director	10% Owner	Officer	Other				
Seaberg Karen 20076 266TH ROAD ATCHISON, KS 66002	Х							

Signatures

 /s/ Allison Hardy, Attorney in Fact for Karen Seaberg
 10/05/2020

 •**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) The transaction reports on this form reflects the award of shares in lieu of cash retainer.

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.