FORM	4
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UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

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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

(Print or Type Respondent		*							5 Deletionship of Departing Dars	on(a) to Iagu				
1. Name and Address of Reporting Person [*] – Seaberg Karen			2. Issuer Name MGP INGRE			0,		5. Relationship of Reporting Person(s) to Issuer (Check all applicable) X_ Director X_ 10% Owner						
(Last) 20073 266TH R	(First) OAD	(Middle)	3. Date of Earlies 02/10/2022	st Transact	ion (I	Month/Da	y/Yeai	;)	Officer (give title below)Other (specify below)					
ATCHISON, KS	(Street) 4. If Amendment, Date Original Filed(Month/Day/Year) 6. Individual or Joint/Group Filing(Check Appl ON, KS 66002 6. Individual or Joint/Group Filing(Check Appl 							ble Line)						
(City)	(State)	(Zip)	Т	able I - N	on-D	erivative	Secur	ities Acqui	s Acquired, Disposed of, or Beneficially Owned					
1.Title of Security (Instr. 3)		Date (Month/Day/Year)		3. Transac Code (Instr. 8)	ction	4. Securi or Dispo (Instr. 3,	sed of	(D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	Ily Owned Following Transaction(s)Ownership Form:				
			(Month/Day/Year)	Code	v	Amount	(A) or (D)	Price	(Instr. 3 and 4)	or Indirect (D) or Indirect (I) (Instr. 4)	Ownership (Instr. 4)			
Common Stock		02/10/2022 <u>(1)</u>		S		3,000	D	\$ 76.8396	183,268	Ι	by trust			
Common Stock									90,856	Ι	by IRA			
Common Stock									62,170	I	by GST trust for LM			
Common Stock									405,276	I	By Seaberg MGP Holdings			
Common Stock									66,522	I	by GST trust for MH			
Common Stock									789	D				
Common Stock									2,323,971	I	by Cray MGP Holdings LP			
Common Stock									59,188	I	Cloud Cray Family Trust			

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

SEC 1474 (9-02)

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Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

			(e.g.,]	puts, calls, w	arrants, op	tions, convertible securi	ities)				
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)						
										1	

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

		Relations	nips	
Reporting Owner Name / Address	Director	10% Owner	Officer	Other
Seaberg Karen 20073 266TH ROAD ATCHISON, KS 66002	Х	Х		

Signatures

 /s/ Allison Hardy, Attorney in Fact for Karen Seaberg
 02/11/2022

 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 reported on this Form 4 was effected pursuant to a Rule 10b5-1 trading plan adopted by the reporting person on March 16, 2021.

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.