FORM 4

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

OMB APPROVAL
OMB Number: 3235-0287
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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 Responses)

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

Seaberg Karen					MGP INGREDIENTS INC [MGPI]						J	(Check all applicable) _X_ Director _X_ 10% Owner						
(Last) (First) (Middle) 20073 266TH ROAD					3. Date of Earliest Transaction (Month/Day/Year) 03/02/2022						-	Office	er (give title belo		Other (specify	below)		
ATCHIS	ON, KS 6	(Street)		4. I	f Amendment	, Date Origi	inal	Filed(Mont	h/Day/Y	Year)		X_ Form fil	ual or Joint/O led by One Repo led by More than	orting Person		able Line)		
(City	')	(State)	(Zip)		Table I - Non-Derivative Securities Acquired,							red, Disp	risposed of, or Beneficially Owned					
1.Title of S (Instr. 3)	Security		2. Transaction Date (Month/Day/Ye	Execu ar) any	Deemed ation Date, if th/Day/Year)	Code (Instr. 8)		or Dispo- (Instr. 3,	sed of	(D)		5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)			6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)			
Common	Stock		03/02/2022			S	v	Amount 385	D D	\$ 82.8		66,137			I	by GST trust for MH		
Common	Stock											90,856			I	by IRA		
Common	1 Stock											62,170			I	by GST trust for LM		
Common	n Stock											405,27	6		I	By Seaberg MGP Holdings		
Common	Stock											789			D			
Common	Stock											179,79	8		I	by trust		
Common	Stock											2,323,9	971		I	by Cray MGP Holdings LP		
Common	n Stock											59,188			I	Cloud Cray Family Trust		
Reminder:	Report on a s	separate line	for each class of	securities	beneficially (owned direc	Pe	rsons wl ntained i	no res	s form	are	not requ	ction of int uired to res OMB con	spond unl	ess	C 1474 (9-02)		
			Table		vative Securi puts, calls, w							y Owned						
Security	2. Conversion or Exercise Price of Derivative Security	3. Transact Date (Month/Da	y/Year) Execution	ned n Date, if	4. Transaction Code (Instr. 8)	5.	6. and (M	Date Exer d Expirati fonth/Day	cisabl on Da	le (2	7. Tit Amou Unde Secur	cle and unt of trlying rities : 3 and		9. Number Derivative Securities Beneficiall Owned Following Reported Transactio (Instr. 4)	Owner Form of Deriva Securi Direct or Indi	of Benefic Owners ty: (Instr. 4		

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

D (O N /	Relationships						
Reporting Owner Name / Address	Director	10% Owner	Officer	Other			
Seaberg Karen 20073 266TH ROAD ATCHISON, KS 66002	X	X					

Signatures

/s/ Allison Hardy, Attorney in Fact for Karen Seaberg	03/03/2022		
**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).

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.