FORM 4	4
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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 Perponses)

#### 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

1. Name and Address of Reporting Person <sup>*</sup> Seaberg Karen			2. Issuer Name MGP INGRE					5. Relationship of Reporting Person(s) to Issuer (Check all applicable) X Director X 10% Owner			
(Last) (First) (Middle) 20073 266TH ROAD			3. Date of Earlies 04/05/2022	st Transact	ion (1	Month/Da	y/Yea	Officer (give title below)	Other (specify	below)	
ATCHISON, K	(Street) S 66002		4. If Amendment	, Date Orig	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)	(State)	(Zip)	Т	able I - N	on-D	erivative	Secur	ities Acqui	red, Disposed of, or Beneficially	Owned	
1.Title of Security     2. Transaction       (Instr. 3)     Date       (Month/Day/Year)				Code		4. Securities Acquired (A or Disposed of (D) (Instr. 3, 4 and 5)			Beneficially Owned Following Reported Transaction(s)	Form:	7. Nature of Indirect Beneficial
			(Month/Day/Year)	Code	v	Amount	(A) or (D)	Price	(Instr. 3 and 4)	· · · ·	Ownership (Instr. 4)
Common Stock		04/05/2022 <sup>(1)</sup>		S		3,944	D	\$ 91.1254	2,317,204	I	by Cray MGP Holdings LP
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									62,974	Ι	by GST trust for MH
Common Stock									789	D	
Common Stock									173,264	Ι	by trust
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.
 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, warrants, options, convertible securities)

			(0.8., ]	, eans, eans,	arrants, op	cions, convertible secur					
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)						
					•						

					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	04/06/2022
-**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 4, 2022.

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.