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							
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

Name and Address of Reporting Person*  Kayser Kraig H			Issuer Name and Ticker or Trading Symbol Seneca Foods Corporation [SENEA]	,	eck all applicable)
(Last) C/O SENECA FOODS C 350 WILLOWBROOK O		(Middle)	Date of Earliest Transaction (Month/Day/Year)     01/10/2023	_X_ Director Officer (give title below)	10% Owner Other (specify below)
(Street) FAIRPORT NY 14450			4. If Amendment, Date Original Filed (Month/Day/Year)	6. Individual or Joint/Group Fili _X_ Form Filed by One Repor Form Filed by More than 0	
(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)	Code		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)	Direct (D)	Beneficial Ownership
		Code	>	Amount	(A) or (D)	Price		or Indirect (I) (Instr. 4)	(Instr. 4)
Seneca Foods Class A Common							68,928	D	
Seneca Foods Class B Common	01/10/2023	G	٧	1,160	Α	\$64.62 (1)	111,411	D	
Seneca Foods Class A Series A Preferred							32,168	D	
Seneca Foods Class A Series B Preferred							91,400	D	
Seneca Foods Class A Common							3,364	I	By 401K Plan (2)
Seneca Foods Class B Common							864	I	By 401K Plan (2)

# 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	Execution Date,	4. Transac Code (Instr. 8)	8) Acquired (A) of Disposed of (I		Derivative Securities an		(Month / Day / Year)		rities Underlying rative Security	Derivative Security (Instr. 5)	Securities Beneficially Owned	Ownership Form of Derivative	11. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	٧	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		Reported Transaction(s) (Instr. 4)	or Indirect (I) (Instr. 4)	

### **Explanation of Responses:**

(1) Price per share is the closing price of Seneca Foods Corporation Class B common stock on the date of the gift.

These holdings reflect the Reporting Person's units in the Seneca Foods Corporation Stock Fund (the "Stock Fund") under the 401(k) Plan. The Stock Fund is a unitized stock fund that holds shares of Class A common stock as well as shares of Class B common stock. A cash balance is also maintained in the Stock Fund to facilitate transfers between investment fund options in the 401(k) Plan. The actual number of shares of Class A common stock and Class B common stock owned by the Reporting Person fluctuates daily based on the Stock Fund's aggregate holdings. The Reporting Person's holdings under the 401(k) Plan also include additional units acquired in connection with elective deferrals and Company matching contributions since the Reporting Person's last beneficial ownership report. Those transactions were exempt from reporting pursuant to Rule 16a-3(f)(1)(i)(B).

# Signatures

/s/ Gregory R. Ide, Attorney in Fact 02/02/2023
\*\*Signature of Reporting Person Date

# **Reporting Owners**

Reporting Owner Name / Address	Relationships						
Reporting Owner Name / Address	Director	10% Owner	Officer	Other			
Kayser Kraig H C/O SENECA FOODS CORPORATION 350 WILLOWBROOK OFFICE PARK FAIRPORT NY 14450	х						

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.

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 control number.

### POWER OF ATTORNEY

Know all by these presents, that the undersigned hereby constitutes and appoints each of Timothy J. Benjamin, John D. Exner, Gregory R. Ide and Michael C. Donlon, signing singly, the undersigned's true and lawful attorney-in-fact to:

- (1) prepare, execute in the undersigned's name and on the undersigned's behalf, and submit to the U.S. Securities and Exchange Commission (the "SEC") a Form ID, including amendments thereto, and any other documents necessary or appropriate to obtain codes and passwords enabling the undersigned to make electronic filings with the SEC of reports required by Section 16(a) of the Securities Exchange Act of 1934 or any rule or regulation of the SEC;
- (2) execute for and on behalf of the undersigned, in the undersigned's capacity as an officer and/or director of Seneca Foods Corporation (the "Company"), Forms 3, 4, and 5 in accordance with Section 16(a) of the Securities Exchange Act of 1934 and the rules thereunder;
- (3) do and perform any and all acts for and on behalf of the undersigned which may be necessary or desirable to complete and execute any such Form 3, 4, or 5, complete and execute any amendment or amendments thereto, and file such form with the United States Securities and Exchange Commission and any stock exchange or similar authority; and
- (4) take any other action of any type whatsoever in connection with the foregoing which, in the opinion of such attorney-in-fact, may be of benefit to, in the best interest of, or legally required by, the undersigned, it being understood that the documents executed by such attorney-in-fact on behalf of the undersigned pursuant to this Power of Attorney shall be in such form and shall contain such terms and conditions as such attorney-in-fact may approve in such attorney-in-fact's discretion.

The undersigned hereby grants to each such attorney-in-fact full power and authority to do and perform any and every act and thing whatsoever requisite, necessary, or proper to be done in the exercise of any of the rights and powers herein granted, as fully to all intents and purposes as the undersigned might or could do if personally present, with full power of substitution or revocation, hereby ratifying and confirming all that such attorney-in-fact, or such attorney-in-fact's substitute or substitutes, shall lawfully do or cause to be done by virtue of this power of attorney and the rights and powers herein granted. The undersigned acknowledges that the foregoing attorneys-in-fact, in serving in such capacity at the request of the undersigned, are not assuming, nor is the Company assuming, any of the undersigned's responsibilities to comply with Section 16 of the Securities Exchange Act of 1934.

This Power of Attorney shall remain in full force and effect until the undersigned is no longer required to file Forms 3, 4, and 5 with respect to the undersigned's holdings of and transactions in securities issued by the Company, unless earlier revoked by the undersigned in a signed writing delivered to the foregoing attorneys-in-fact.

IN WITNESS WHEREOF, the undersigned has caused this Power of Attorney to be executed as of May 6, 2022.

/s/ Kraig H. Kayser Kraig H. Kayser