

Bitter gourd price in Haryana mandi markets

| Commodity | Market | 1KG Price | 1Q Price | 1Q Max - Min | Date |
|---|--|-----------|----------|-----------------|------------|
| Bitter gourd - Bitter Gourd | Ambala Cantt. APMC | 40.00 | 4,000.00 | 4000 - 3,500.00 | 2026-01-24 |
| Bitter gourd - Bitter Gourd | Naraingarh APMC | 30.00 | 3,000.00 | 3000 - 3,000.00 | 2025-12-27 |
| Bitter gourd - Other | Barara APMC | 16.00 | 1,600.00 | 1600 - 1,600.00 | 2025-12-23 |
| Bitter gourd - Other | Barara | 10.00 | 1,000.00 | 1200 - 1,000.00 | 2025-11-05 |
| Bitter gourd - Bitter Gourd | Naraingarh | 30.00 | 3,000.00 | 3500 - 2,200.00 | 2025-11-01 |
| Bitter gourd - Bitter Gourd | Ambala Cantt. | 18.00 | 1,800.00 | 2000 - 1,500.00 | 2025-11-01 |
| Bitter gourd - Bitter Gourd | Shahzadpur | 31.00 | 3,100.00 | 3100 - 3,100.00 | 2025-10-02 |
| Bitter gourd - Other | Ambala City(Subji Mandi) | 45.00 | 4,500.00 | 5000 - 4,000.00 | 2024-09-27 |
| Bitter gourd - Other | Ambala City | 30.00 | 3,000.00 | 4000 - 2,000.00 | 2024-01-30 |
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