

Sponge gourd price in Himachal Pradesh mandi markets

Commodity	Market	1KG Price	1Q Price	1Q Max - Min	Date
Sponge gourd - Other	Hamirpur(Nadaun)	51.00	5,100.00	5200 - 5,000.00	2025-10-25
Sponge gourd - Other	Hamirpur	45.00	4,500.00	5500 - 3,500.00	2025-10-23
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