

Sponge gourd price in Himachal Pradesh mandi markets

Commodity	Market	1KG Price	1Q Price	1Q Max - Min	Date
<a href="#">Sponge gourd</a>	<a href="#">Shimla and Kinnaur(Rampur)</a>	32.00	3,200.00	3500 - 3,000.00	2025-10-01
<a href="#">Sponge gourd - Organic</a>	<a href="#">Shimla and Kinnaur(Rampur)</a>	45.00	4,500.00	4500 - 4,000.00	2025-08-11

Downloaded from : [CommodityMarketLive](#)