

Sponge gourd price in Himachal Pradesh mandi markets

Commodity	Market	1KG Price	1Q Price	1Q Max - Min	Date
Sponge gourd - Other	Paonta Sahib	38.00	3,800.00	4000 - 3,500.00	2025-09-16
Sponge gourd - Other	Nahan	22.00	2,200.00	2500 - 2,000.00	2025-08-30
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