

Bhindi(Ladies Finger) price in Jammu and Kashmir mandi markets

Commodity	Market	1KG Price	1Q Price	1Q Max - Min	Date
Bhindi(Ladies Finger) - Bhindi	Narwal Jammu (F&V) APMC	67.50	6,750.00	7000 - 6,500.00	2026-01-28
Bhindi(Ladies Finger) - Other	Batote	27.00	2,700.00	2800 - 2,600.00	2025-11-06
Bhindi(Ladies Finger) - Other	Narwal Jammu (F&V)	45.00	4,500.00	5000 - 4,000.00	2025-10-31
Bhindi(Ladies Finger) - Other	Akhnoor	20.00	2,000.00	2200 - 1,800.00	2025-05-28
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