

Bitter gourd price in Jammu and Kashmir mandi markets

Commodity	Market	1KG Price	1Q Price	1Q Max - Min	Date
Bitter gourd - Bitter Gourd	Narwal Jammu (F&V) APMC	77.50	7,750.00	8000 - 7,500.00	2026-01-28
Bitter gourd - Other	Narwal Jammu (F&V)	45.00	4,500.00	5000 - 4,000.00	2025-10-31
Bitter gourd - Other	Batote	42.00	4,200.00	4400 - 4,000.00	2025-06-17
Bitter gourd - Other	Akhnoor	34.00	3,400.00	3600 - 3,200.00	2024-03-06
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