

Spinach price in Jammu and Kashmir mandi markets

Commodity	Market	1KG Price	1Q Price	1Q Max - Min	Date
Spinach	Narwal Jammu (F&V) APMC	20.00	2,000.00	2500 - 1,500.00	2026-01-28
Spinach - Other	Narwal Jammu (F&V)	22.50	2,250.00	2500 - 2,000.00	2025-10-31
Spinach - Other	Akhnoor	15.00	1,500.00	1600 - 1,400.00	2024-02-10
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