

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

Commodity	Market	1KG Price	1Q Price	1Q Max - Min	Date
Bhindi(Ladies Finger) - Other	Kathua APMC	85.00	8,500.00	9000 - 8,000.00	2026-01-16
Bhindi(Ladies Finger) - Bhindi	Kathua APMC	47.50	4,750.00	5000 - 4,500.00	2026-01-06
Bhindi(Ladies Finger) - Other	Kathua	32.50	3,250.00	3500 - 3,000.00	2025-11-06
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