

Bitter gourd price in Jammu and Kashmir mandi markets

Commodity	Market	1KG Price	1Q Price	1Q Max - Min	Date
Bitter gourd - Other	Kathua APMC	75.00	7,500.00	8000 - 7,000.00	2026-01-31
Bitter gourd - Other	Kathua	32.50	3,250.00	3500 - 3,000.00	2025-11-06
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