

Bitter gourd price in Jammu and Kashmir mandi markets

Commodity	Market	1KG Price	1Q Price	1Q Max - Min	Date
Bitter gourd - Bitter Gourd	Rajouri (F&V) APMC	75.00	7,500.00	7500 - 7,500.00	2025-12-24
Bitter gourd - Other	Rajouri (F&V)	61.00	6,100.00	6200 - 6,000.00	2025-10-31
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