

Bitter gourd price in Jammu and Kashmir mandi markets

Commodity	Market	1KG Price	1Q Price	1Q Max - Min	Date
Bitter gourd - Bitter Gourd	Udhampur APMC	75.00	7,500.00	7500 - 7,500.00	2026-02-07
Bitter gourd - Bitter Gourd	Udhampur	57.50	5,750.00	6000 - 5,500.00	2025-11-06
Bitter gourd - Bitter Gourd	Reasi	20.00	2,000.00	2200 - 1,800.00	2023-05-27
Bitter gourd - Other	Udhampur	42.50	4,250.00	4500 - 4,000.00	2022-11-02
Bitter gourd - Other	Reasi	45.00	4,500.00	5000 - 4,000.00	2022-08-06
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