

Bhindi(Ladies Finger) price in Punjab mandi markets

Commodity	Market	1KG Price	1Q Price	1Q Max - Min	Date
Bhindi(Ladies Finger) - Bhindi	Rampuraphul(Nabha Mandi) APMC	25.00	2,500.00	3500 - 2,000.00	2025-12-23
Bhindi(Ladies Finger) - Other	Rampuraphul(Nabha Mandi)	20.00	2,000.00	2500 - 1,500.00	2025-11-06
Bhindi(Ladies Finger) - Other	Goniana	10.00	1,000.00	1100 - 900.00	2025-10-21
Bhindi(Ladies Finger) - Bhindi	Bhagta Bhai Ka	23.00	2,300.00	2300 - 2,300.00	2025-09-20
Bhindi(Ladies Finger) - Bhindi	Rampuraphul(Nabha Mandi)	25.00	2,500.00	3000 - 2,000.00	2024-10-14
Bhindi(Ladies Finger) - Bhindi	Maur	32.00	3,200.00	3500 - 3,000.00	2024-10-04
Bhindi(Ladies Finger) - Other	Talwandi Sabo	28.00	2,800.00	3000 - 2,700.00	2024-07-04
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