

Bhindi(Ladies Finger) price in Punjab mandi markets

Commodity	Market	1KG Price	1Q Price	1Q Max - Min	Date
Bhindi(Ladies Finger) - Bhindi	Jalalabad APMC	40.00	4,000.00	4000 - 4,000.00	2025-12-09
Bhindi(Ladies Finger) - Other	Jalalabad	14.00	1,400.00	1500 - 1,300.00	2025-11-06
Bhindi(Ladies Finger) - Other	Fazilka	35.00	3,500.00	4000 - 3,000.00	2025-11-01
Bhindi(Ladies Finger) - Bhindi	Abohar	19.00	1,900.00	2200 - 1,800.00	2025-07-30
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