

Bitter gourd price in Punjab mandi markets

Commodity	Market	1KG Price	1Q Price	1Q Max - Min	Date
Bitter gourd - Bitter Gourd	Jalalabad APMC	55.00	5,500.00	5500 - 5,500.00	2026-04-01
Bitter gourd - Bitter Gourd	Jalalabad	34.00	3,400.00	3500 - 3,300.00	2025-11-06
Bitter gourd - Other	Fazilka	20.00	2,000.00	2500 - 1,500.00	2025-10-01
Bitter gourd - Bitter Gourd	Abohar	10.00	1,000.00	1500 - 800.00	2025-06-23
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