

Spinach price in Punjab mandi markets

Commodity	Market	1KG Price	1Q Price	1Q Max - Min	Date
Spinach - Other	Zira APMC	5.00	500.00	500 - 500.00	2026-02-06
Spinach	Zira APMC	4.00	400.00	400 - 400.00	2025-12-26
Spinach	Zira	9.00	900.00	1000 - 800.00	2025-11-05
Spinach - Other	Ferozepur City	32.50	3,250.00	3500 - 3,000.00	2025-10-24
Spinach	Ferozepur Cantt.	7.00	700.00	800 - 600.00	2025-04-07
Spinach - Other	Mamdot	2.50	250.00	300 - 200.00	2023-04-12
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