

Bhindi(Ladies Finger) price in Punjab mandi markets

Commodity	Market	1KG Price	1Q Price	1Q Max - Min	Date
Bhindi(Ladies Finger) - Other	Gurdaspur APMC	35.00	3,500.00	3500 - 3,500.00	2026-02-09
Bhindi(Ladies Finger) - Other	Quadian APMC	25.00	2,500.00	2600 - 2,400.00	2025-12-27
Bhindi(Ladies Finger) - Other	Batala APMC	35.00	3,500.00	4000 - 3,300.00	2025-12-26
Bhindi(Ladies Finger) - Other	Batala	45.00	4,500.00	5000 - 4,000.00	2025-11-06
Bhindi(Ladies Finger) - Bhindi	Dinanagar	40.00	4,000.00	4200 - 3,800.00	2025-11-02
Bhindi(Ladies Finger) - Other	Quadian	47.00	4,700.00	4800 - 4,600.00	2025-11-01
Bhindi(Ladies Finger) - Other	Gurdaspur	38.00	3,800.00	4000 - 3,500.00	2025-10-31
Bhindi(Ladies Finger) - Bhindi	Dera Baba Nanak	20.00	2,000.00	2100 - 1,900.00	2025-10-28
Bhindi(Ladies Finger) - Bhindi	F.G.Churian	29.00	2,900.00	3000 - 2,800.00	2025-08-29
Bhindi(Ladies Finger) - Other	Kalanaur	40.00	4,000.00	4000 - 4,000.00	2025-07-31
Bhindi(Ladies Finger) - Other	Dhariwal	17.00	1,700.00	1800 - 1,500.00	2023-07-07
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