

Bhindi(Ladies Finger) price in Punjab mandi markets

Commodity	Market	1KG Price	1Q Price	1Q Max - Min	Date
Bhindi(Ladies Finger) - Bhindi	Tanda Urmur APMC	65.00	6,500.00	7000 - 6,000.00	2026-03-05
Bhindi(Ladies Finger) - Bhindi	Garh Shankar APMC	40.00	4,000.00	4000 - 4,000.00	2026-02-09
Bhindi(Ladies Finger) - Bhindi	Dasuya APMC	70.00	7,000.00	7000 - 7,000.00	2026-01-08
Bhindi(Ladies Finger) - Bhindi	Garh Shankar	25.00	2,500.00	3000 - 2,200.00	2025-11-05
Bhindi(Ladies Finger) - Bhindi	Garh Shankar(Mahalpur)	30.00	3,000.00	3500 - 2,000.00	2025-11-05
Bhindi(Ladies Finger) - Other	Mukerian	35.00	3,500.00	4000 - 3,000.00	2025-11-01
Bhindi(Ladies Finger) - Other	Tanda Urmur	45.00	4,500.00	5000 - 4,000.00	2025-10-29
Bhindi(Ladies Finger) - Other	Hoshiarpur	18.00	1,800.00	2000 - 1,700.00	2025-10-23
Bhindi(Ladies Finger) - Bhindi	Hoshiarpur(Sham Churasi)	32.00	3,200.00	3500 - 3,000.00	2025-10-23
Bhindi(Ladies Finger) - Bhindi	Mukerian(Talwara)	35.00	3,500.00	4000 - 3,000.00	2025-09-30
Bhindi(Ladies Finger) - Other	Garh Shankar	30.00	3,000.00	4000 - 2,500.00	2025-08-12
Bhindi(Ladies Finger) - Other	GarhShankar (Kotfatuhi)	25.00	2,500.00	3000 - 2,000.00	2025-08-04
Bhindi(Ladies Finger) - Other	Dasuya	32.50	3,250.00	3500 - 3,000.00	2025-04-09
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