

Bitter gourd price in Punjab mandi markets

Commodity	Market	1KG Price	1Q Price	1Q Max - Min	Date
Bitter gourd - Other	Mukerian	30.00	3,000.00	3500 - 2,500.00	2025-11-01
Bitter gourd - Other	Tanda Urmur	45.00	4,500.00	5000 - 4,000.00	2025-10-29
Bitter gourd - Bitter Gourd	Garh Shankar	28.00	2,800.00	3000 - 2,500.00	2025-10-11
Bitter gourd - Other	Garh Shankar(Mahalpur)	65.00	6,500.00	7000 - 6,000.00	2025-09-30
Bitter gourd - Bitter Gourd	Mukerian(Talwara)	50.00	5,000.00	6000 - 4,000.00	2025-09-01
Bitter gourd - Bitter Gourd	Hoshiarpur(Sham Churasi)	25.00	2,500.00	3000 - 2,000.00	2025-05-01
Bitter gourd - Other	Dasuya	20.00	2,000.00	2000 - 2,000.00	2025-03-20
Bitter gourd - Other	Garh Shankar	27.00	2,700.00	3000 - 2,500.00	2025-03-06
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