

Bhindi(Ladies Finger) price in Punjab mandi markets

Commodity	Market	1KG Price	1Q Price	1Q Max - Min	Date
Bhindi(Ladies Finger) - Bhindi	Jalandhar City(Jalandhar) APMC	42.00	4,200.00	5500 - 3,000.00	2026-01-21
Bhindi(Ladies Finger) - Bhindi	Adampur APMC	45.00	4,500.00	4500 - 3,500.00	2025-12-29
Bhindi(Ladies Finger) - Other	Bilga	19.00	1,900.00	2000 - 1,800.00	2025-11-05
Bhindi(Ladies Finger) - Other	Nakodar	16.00	1,600.00	1700 - 1,500.00	2025-11-01
Bhindi(Ladies Finger) - Other	Bilga (Talwan)	19.00	1,900.00	2000 - 1,800.00	2025-10-31
Bhindi(Ladies Finger) - Other	Jalandhar City(Jalandhar)	24.00	2,400.00	3000 - 1,800.00	2025-10-31
Bhindi(Ladies Finger) - Other	Bhogpur	35.00	3,500.00	3500 - 3,500.00	2025-10-25
Bhindi(Ladies Finger) - Other	Phillaur(Apra Mandi)	20.00	2,000.00	2000 - 2,000.00	2025-10-22
Bhindi(Ladies Finger) - Other	Shahkot	14.00	1,400.00	1500 - 1,300.00	2025-10-06
Bhindi(Ladies Finger) - Other	Noor Mehal	17.00	1,700.00	1700 - 1,700.00	2025-10-06
Bhindi(Ladies Finger) - Other	Lohian Khas	19.00	1,900.00	2000 - 1,800.00	2025-09-19
Bhindi(Ladies Finger) - Other	Phillaur	15.00	1,500.00	1500 - 1,500.00	2025-06-23
Bhindi(Ladies Finger) - Other	Shakot (Malsian)	23.20	2,320.00	2320 - 2,320.00	2024-11-22
Bhindi(Ladies Finger) - Other	Mehatpur	25.00	2,500.00	2500 - 2,500.00	2024-11-06
Bhindi(Ladies Finger) - Other	Goraya	20.00	2,000.00	2000 - 2,000.00	2023-07-07
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