Bitter gourd price in Punjab mandi markets

Commodity	Market	1KG Price	1Q Price	1Q Max - Min	Date
Bitter gourd - Other	Goraya APMC	30.00	3,000.00	3000 - 3,000.00	2026-11-25
Bitter gourd - Bitter Gourd	Adampur APMC	30.00	3,000.00	3000 - 2,800.00	2026-11-23
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