

## Spinach price in Punjab mandi markets

Commodity	Market	1KG Price	1Q Price	1Q Max - Min	Date
<a href="#">Spinach</a>	<a href="#">Nakodar APMC</a>	9.50	950.00	950 - 950.00	2026-02-17
<a href="#">Spinach - Other</a>	<a href="#">Shahkot APMC</a>	6.00	600.00	600 - 600.00	2026-02-09
<a href="#">Spinach - Other</a>	<a href="#">Mehatpur APMC</a>	12.00	1,200.00	1200 - 1,000.00	2026-02-05
<a href="#">Spinach</a>	<a href="#">Adampur APMC</a>	15.00	1,500.00	1500 - 1,200.00	2026-01-23
<a href="#">Spinach - Other</a>	<a href="#">Phillaur APMC</a>	10.00	1,000.00	1000 - 1,000.00	2026-01-20
<a href="#">Spinach</a>	<a href="#">Shahkot APMC</a>	6.00	600.00	600 - 600.00	2026-01-18
<a href="#">Spinach</a>	<a href="#">Jalandhar City(Jalandhar) APMC</a>	10.00	1,000.00	1400 - 600.00	2026-01-16
<a href="#">Spinach - Other</a>	<a href="#">Phillaur(Apra Mandi) APMC</a>	10.00	1,000.00	1000 - 1,000.00	2025-12-26
<a href="#">Spinach - Other</a>	<a href="#">Shahkot</a>	9.00	900.00	1000 - 800.00	2025-11-02
<a href="#">Spinach</a>	<a href="#">Jalandhar City(Jalandhar)</a>	7.00	700.00	900 - 500.00	2025-10-31
<a href="#">Spinach - Other</a>	<a href="#">Mehatpur</a>	20.00	2,000.00	2000 - 1,500.00	2025-10-31
<a href="#">Spinach - Other</a>	<a href="#">Phillaur(Apra Mandi)</a>	10.00	1,000.00	1000 - 1,000.00	2025-10-25
<a href="#">Spinach - Other</a>	<a href="#">Phillaur</a>	10.00	1,000.00	1000 - 1,000.00	2025-10-22
<a href="#">Spinach - Other</a>	<a href="#">Noor Mehal</a>	8.00	800.00	800 - 800.00	2025-05-20
<a href="#">Spinach - Other</a>	<a href="#">Lohian Khas</a>	7.00	700.00	800 - 600.00	2025-05-13
<a href="#">Spinach - Other</a>	<a href="#">Jalandhar City(Jalandhar)</a>	13.00	1,300.00	1800 - 800.00	2025-04-15
<a href="#">Spinach - Other</a>	<a href="#">Nakodar</a>	8.00	800.00	1000 - 600.00	2025-03-22
<a href="#">Spinach - Other</a>	<a href="#">Bilga</a>	15.00	1,500.00	1500 - 1,500.00	2022-11-15
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