

Bitter gourd price in Punjab mandi markets

Commodity	Market	1KG Price	1Q Price	1Q Max - Min	Date
Bitter gourd - Bitter Gourd	Bhulath	32.75	3,275.00	3300 - 3,200.00	2025-10-14
Bitter gourd - Bitter Gourd	Bhulath (Nadala)	41.55	4,155.00	4200 - 4,100.00	2025-10-06
Bitter gourd - Other	Phagwara	33.65	3,365.00	3500 - 2,100.00	2025-08-21
Bitter gourd - Bitter Gourd	Kapurthala	21.00	2,100.00	2200 - 2,000.00	2025-08-04
Bitter gourd - Other	Sultanpur	25.00	2,500.00	2500 - 2,000.00	2024-10-23
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