

Spinach price in Punjab mandi markets

| Commodity                                             | Market                        | 1KG Price | 1Q Price | 1Q Max - Min    | Date       |
|-------------------------------------------------------|-------------------------------|-----------|----------|-----------------|------------|
| <a href="#">Spinach</a>                               | <a href="#">Doraha APMC</a>   | 15.00     | 1,500.00 | 1500 - 1,500.00 | 2026-03-13 |
| <a href="#">Spinach</a>                               | <a href="#">Sahnewal APMC</a> | 13.00     | 1,300.00 | 1300 - 1,300.00 | 2026-02-09 |
| <a href="#">Spinach - Other</a>                       | <a href="#">Sahnewal APMC</a> | 12.00     | 1,200.00 | 1200 - 1,200.00 | 2026-01-31 |
| <a href="#">Spinach - Other</a>                       | <a href="#">Doraha</a>        | 20.00     | 2,000.00 | 2000 - 2,000.00 | 2025-11-06 |
| <a href="#">Spinach</a>                               | <a href="#">Doraha</a>        | 20.00     | 2,000.00 | 2000 - 2,000.00 | 2025-11-06 |
| <a href="#">Spinach</a>                               | <a href="#">Sahnewal</a>      | 16.00     | 1,600.00 | 1600 - 1,600.00 | 2025-11-05 |
| <a href="#">Spinach - Other</a>                       | <a href="#">Samrala</a>       | 25.00     | 2,500.00 | 3000 - 2,000.00 | 2025-10-29 |
| <a href="#">Spinach - Other</a>                       | <a href="#">Ludhiana</a>      | 23.00     | 2,300.00 | 3000 - 1,500.00 | 2022-09-22 |
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