

Bitter gourd price in Punjab mandi markets

Commodity	Market	1KG Price	1Q Price	1Q Max - Min	Date
Bitter gourd - Other	Lalru APMC	50.00	5,000.00	5000 - 5,000.00	2026-03-16
Bitter gourd - Other	Lalru	40.00	4,000.00	4000 - 4,000.00	2025-10-30
Bitter gourd - Other	Kurali	18.00	1,800.00	2000 - 1,500.00	2025-10-16
Bitter gourd - Bitter Gourd	Kharar	22.00	2,200.00	2500 - 2,000.00	2025-08-29
Bitter gourd - Other	Banur	32.00	3,200.00	3200 - 3,200.00	2025-08-08
Bitter gourd - Other	Dera Bassi	34.00	3,400.00	3400 - 3,200.00	2024-07-26
Bitter gourd - Other	Banur (Kheragaju)	25.00	2,500.00	2500 - 2,000.00	2022-08-29
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