

Bitter gourd price in Punjab mandi markets

Commodity	Market	1KG Price	1Q Price	1Q Max - Min	Date
Bitter gourd - Bitter Gourd	Giddarbaha	50.00	5,000.00	5000 - 4,500.00	2025-10-30
Bitter gourd - Bitter Gourd	Muktsar	38.00	3,800.00	4000 - 3,500.00	2025-10-02
Bitter gourd - Bitter Gourd	Bariwala	35.00	3,500.00	3500 - 3,500.00	2025-09-20
Bitter gourd - Bitter Gourd	Malout	21.00	2,100.00	2300 - 1,900.00	2025-06-23
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