

Sponge gourd price in Himachal Pradesh mandi markets

Commodity	Market	1KG Price	1Q Price	1Q Max - Min	Date
Sponge gourd - Other	Solan(Nalagarh)	20.00	2,000.00	2500 - 1,500.00	2025-11-01
Sponge gourd - Other	Solan	32.00	3,200.00	3500 - 3,000.00	2025-11-01
Sponge gourd	Una	30.00	3,000.00	3000 - 3,000.00	2025-10-31
Sponge gourd	Mandi(Mandi)	30.00	3,000.00	4000 - 2,000.00	2025-10-30
Sponge gourd - Other	Hamirpur(Nadaun)	51.00	5,100.00	5200 - 5,000.00	2025-10-25
Sponge gourd - Other	Palampur	38.00	3,800.00	4000 - 3,500.00	2025-10-24
Sponge gourd - Other	Hamirpur	45.00	4,500.00	5500 - 3,500.00	2025-10-23
Sponge gourd - Other	Kangra	32.00	3,200.00	3500 - 3,000.00	2025-10-18
Sponge gourd - Other	Una	35.50	3,550.00	3600 - 3,500.00	2025-10-18
Sponge gourd	Kangra(Jaisinghpur)	42.00	4,200.00	4500 - 3,800.00	2025-10-16
Sponge gourd - Other	Kangra(Nagrota Bagwan)	28.00	2,800.00	3000 - 2,500.00	2025-10-14
Sponge gourd - Other	Chamba	32.50	3,250.00	3500 - 3,000.00	2025-10-13
Sponge gourd - Other	Kangra(Bajjnath)	39.00	3,900.00	4000 - 3,800.00	2025-10-13
Sponge gourd - Other	Dhanotu (Mandi)	24.00	2,400.00	2600 - 2,200.00	2025-10-10
Sponge gourd - Other	Kullu	43.00	4,300.00	4500 - 4,000.00	2025-10-09
Sponge gourd	Shimla and Kinnaur(Rampur)	32.00	3,200.00	3500 - 3,000.00	2025-10-01
Sponge gourd - Other	Paonta Sahib	38.00	3,800.00	4000 - 3,500.00	2025-09-16
Sponge gourd - Other	Nahan	22.00	2,200.00	2500 - 2,000.00	2025-08-30
Sponge gourd - Organic	Shimla and Kinnaur(Rampur)	45.00	4,500.00	4500 - 4,000.00	2025-08-11
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