

Bhindi(Ladies Finger) price in Jammu and Kashmir mandi markets

Commodity	Market	1KG Price	1Q Price	1Q Max - Min	Date
Bhindi(Ladies Finger) - Bhindi	Kathua APMC	47.50	4,750.00	5000 - 4,500.00	2026-01-06
Bhindi(Ladies Finger) - Other	Udhampur APMC	75.00	7,500.00	7500 - 7,500.00	2025-12-30
Bhindi(Ladies Finger) - Other	Kathua APMC	85.00	8,500.00	9000 - 8,000.00	2025-12-29
Bhindi(Ladies Finger) - Bhindi	Rajouri (F&V) APMC	100.00	10,000.00	10000 - 10,000.00	2025-12-24
Bhindi(Ladies Finger) - Other	Udhampur	37.50	3,750.00	4000 - 3,500.00	2025-11-06
Bhindi(Ladies Finger) - Other	Batote	27.00	2,700.00	2800 - 2,600.00	2025-11-06
Bhindi(Ladies Finger) - Other	Kathua	32.50	3,250.00	3500 - 3,000.00	2025-11-06
Bhindi(Ladies Finger) - Other	Rajouri (F&V)	41.00	4,100.00	4200 - 4,000.00	2025-10-31
Bhindi(Ladies Finger) - Other	Narwal Jammu (F&V)	45.00	4,500.00	5000 - 4,000.00	2025-10-31
Bhindi(Ladies Finger) - Other	Parimpore	90.00	9,000.00	10000 - 8,000.00	2025-10-29
Bhindi(Ladies Finger) - Other	Akhnoor	20.00	2,000.00	2200 - 1,800.00	2025-05-28
Bhindi(Ladies Finger) - Bhindi	Ashahipora (Anantnagh)	36.50	3,650.00	3800 - 3,500.00	2024-11-09
Bhindi(Ladies Finger) - Bhindi	Reasi	65.00	6,500.00	7000 - 6,000.00	2024-04-22
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