

Bitter gourd price in Jammu and Kashmir mandi markets

Commodity	Market	1KG Price	1Q Price	1Q Max - Min	Date
<a href="#">Bitter gourd - Bitter Gourd</a>	<a href="#">Udhampur APMC</a>	75.00	7,500.00	7500 - 7,500.00	2026-02-07
<a href="#">Bitter gourd - Bitter Gourd</a>	<a href="#">Rajouri (F&amp;V) APMC</a>	85.00	8,500.00	8500 - 8,500.00	2026-02-06
<a href="#">Bitter gourd - Other</a>	<a href="#">Kathua APMC</a>	75.00	7,500.00	8000 - 7,000.00	2026-01-31
<a href="#">Bitter gourd - Bitter Gourd</a>	<a href="#">Narwal Jammu (F&amp;V) APMC</a>	77.50	7,750.00	8000 - 7,500.00	2026-01-28
<a href="#">Bitter gourd - Other</a>	<a href="#">Kathua</a>	32.50	3,250.00	3500 - 3,000.00	2025-11-06
<a href="#">Bitter gourd - Bitter Gourd</a>	<a href="#">Udhampur</a>	57.50	5,750.00	6000 - 5,500.00	2025-11-06
<a href="#">Bitter gourd - Other</a>	<a href="#">Narwal Jammu (F&amp;V)</a>	45.00	4,500.00	5000 - 4,000.00	2025-10-31
<a href="#">Bitter gourd - Other</a>	<a href="#">Rajouri (F&amp;V)</a>	61.00	6,100.00	6200 - 6,000.00	2025-10-31
<a href="#">Bitter gourd - Other</a>	<a href="#">Parimpore</a>	60.00	6,000.00	6500 - 5,500.00	2025-10-29
<a href="#">Bitter gourd - Other</a>	<a href="#">Batote</a>	42.00	4,200.00	4400 - 4,000.00	2025-06-17
<a href="#">Bitter gourd - Bitter Gourd</a>	<a href="#">Ashahipora (Anantnagh)</a>	75.00	7,500.00	8000 - 7,000.00	2024-10-22
<a href="#">Bitter gourd - Other</a>	<a href="#">Akhnoor</a>	34.00	3,400.00	3600 - 3,200.00	2024-03-06
<a href="#">Bitter gourd - Bitter Gourd</a>	<a href="#">Reasi</a>	20.00	2,000.00	2200 - 1,800.00	2023-05-27
<a href="#">Bitter gourd - Other</a>	<a href="#">Udhampur</a>	42.50	4,250.00	4500 - 4,000.00	2022-11-02
<a href="#">Bitter gourd - Other</a>	<a href="#">Reasi</a>	45.00	4,500.00	5000 - 4,000.00	2022-08-06

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