

Spinach price in Jammu and Kashmir mandi markets

Commodity	Market	1KG Price	1Q Price	1Q Max - Min	Date
<a href="#">Spinach</a>	<a href="#">Kathua APMC</a>	11.00	1,100.00	1200 - 1,000.00	2026-02-28
<a href="#">Spinach - Other</a>	<a href="#">Parimpore APMC</a>	40.00	4,000.00	4500 - 3,000.00	2026-02-07
<a href="#">Spinach</a>	<a href="#">Rajouri (F&amp;V) APMC</a>	25.00	2,500.00	2500 - 2,500.00	2026-02-06
<a href="#">Spinach - Other</a>	<a href="#">Kathua APMC</a>	22.50	2,250.00	2500 - 2,000.00	2026-01-31
<a href="#">Spinach</a>	<a href="#">Narwal Jammu (F&amp;V) APMC</a>	20.00	2,000.00	2500 - 1,500.00	2026-01-28
<a href="#">Spinach</a>	<a href="#">Kathua</a>	12.50	1,250.00	1500 - 1,000.00	2025-11-06
<a href="#">Spinach</a>	<a href="#">Rajouri (F&amp;V)</a>	51.00	5,100.00	5200 - 5,000.00	2025-11-01
<a href="#">Spinach - Other</a>	<a href="#">Narwal Jammu (F&amp;V)</a>	22.50	2,250.00	2500 - 2,000.00	2025-10-31
<a href="#">Spinach - Other</a>	<a href="#">Parimpore</a>	27.50	2,750.00	3000 - 2,500.00	2025-10-29
<a href="#">Spinach - Other</a>	<a href="#">Rajouri (F&amp;V)</a>	41.00	4,100.00	4200 - 4,000.00	2025-09-17
<a href="#">Spinach</a>	<a href="#">Ashahipora (Anantnagh)</a>	47.50	4,750.00	5000 - 4,500.00	2024-12-04
<a href="#">Spinach - Other</a>	<a href="#">Akhnoor</a>	15.00	1,500.00	1600 - 1,400.00	2024-02-10
<a href="#">Spinach - Other</a>	<a href="#">Reasi</a>	16.00	1,600.00	1800 - 1,400.00	2023-02-28
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