

Spinach price in Punjab mandi markets

Commodity	Market	1KG Price	1Q Price	1Q Max - Min	Date
Spinach - Other	Dera Baba Nanak APMC	10.13	1,013.00	1013 - 1,013.00	2026-03-29
Spinach - Other	Naushera Pannuan APMC	10.00	1,000.00	1000 - 1,000.00	2026-03-27
Spinach	Morinda APMC	12.50	1,250.00	1250 - 1,250.00	2026-03-27
Spinach - Other	Bhawanigarh APMC	5.00	500.00	600 - 400.00	2026-03-21
Spinach	Doraha APMC	15.00	1,500.00	1500 - 1,500.00	2026-03-13
Spinach - Other	Ahmedgarh APMC	5.00	500.00	500 - 400.00	2026-03-01
Spinach - Other	Kharar APMC	12.00	1,200.00	1500 - 1,000.00	2026-02-26
Spinach	Garh Shankar APMC	10.00	1,000.00	1000 - 1,000.00	2026-02-19
Spinach - Other	Chamkaur Sahib APMC	12.00	1,200.00	1200 - 1,200.00	2026-02-17
Spinach	Nakodar APMC	9.50	950.00	950 - 950.00	2026-02-17
Spinach - Other	Tarantaran APMC	6.00	600.00	600 - 600.00	2026-02-15
Spinach - Other	Shahkot APMC	6.00	600.00	600 - 600.00	2026-02-09
Spinach	Sahnewal APMC	13.00	1,300.00	1300 - 1,300.00	2026-02-09
Spinach	Harike APMC	2.00	200.00	250 - 200.00	2026-02-09
Spinach	Bhulath APMC	7.50	750.00	800 - 700.00	2026-02-06
Spinach - Other	Zira APMC	5.00	500.00	500 - 500.00	2026-02-06
Spinach	Bhulath (Nadala) APMC	6.50	650.00	700 - 600.00	2026-02-06
Spinach - Other	Lalru APMC	5.00	500.00	500 - 500.00	2026-02-06
Spinach - Other	Mehatpur APMC	12.00	1,200.00	1200 - 1,000.00	2026-02-05
Spinach - Other	Patran APMC	10.20	1,020.00	1020 - 1,020.00	2026-02-05
Spinach	Muktsar APMC	8.00	800.00	1000 - 600.00	2026-02-05
Spinach	Dinanagar APMC	10.00	1,000.00	1050 - 900.00	2026-02-01
Spinach - Other	Sahnewal APMC	12.00	1,200.00	1200 - 1,200.00	2026-01-31
Spinach	Mansa APMC	10.00	1,000.00	1000 - 1,000.00	2026-01-30

Spinach	Batala APMC	12.00	1,200.00	1500 - 1,000.00	2026-01-26
Spinach - Other	Patti APMC	3.00	300.00	300 - 300.00	2026-01-25
Spinach	Khamano APMC	10.00	1,000.00	1000 - 1,000.00	2026-01-24
Spinach	Adampur APMC	15.00	1,500.00	1500 - 1,200.00	2026-01-23
Spinach - Other	Patiala APMC	5.00	500.00	600 - 400.00	2026-01-22
Spinach	Pathankot APMC	9.00	900.00	900 - 900.00	2026-01-22
Spinach - Other	Phillaur APMC	10.00	1,000.00	1000 - 1,000.00	2026-01-20
Spinach	Shahkot APMC	6.00	600.00	600 - 600.00	2026-01-18
Spinach	Jalandhar City(Jalandhar) APMC	10.00	1,000.00	1400 - 600.00	2026-01-16
Spinach - Other	Dera Bassi APMC	8.00	800.00	800 - 800.00	2026-01-16
Spinach	Gurdaspur APMC	9.50	950.00	950 - 950.00	2026-01-16
Spinach	Majitha APMC	8.00	800.00	800 - 800.00	2026-01-13
Spinach	Bassi Pathana APMC	12.00	1,200.00	1500 - 1,000.00	2026-01-09
Spinach	Dasuya APMC	9.00	900.00	900 - 900.00	2026-01-08
Spinach - Other	Phillaur(Apra Mandi) APMC	10.00	1,000.00	1000 - 1,000.00	2025-12-26
Spinach	Zira APMC	4.00	400.00	400 - 400.00	2025-12-26
Spinach - Other	Kapurthala APMC	3.00	300.00	400 - 200.00	2025-12-25
Spinach	Lalru APMC	10.00	1,000.00	1000 - 1,000.00	2025-12-16
Spinach - Other	GarhShankar (Kotfatuhi) APMC	10.00	1,000.00	1000 - 1,000.00	2025-12-13
Spinach - Other	Khadur Sahib(Fetehabad) APMC	7.00	700.00	700 - 700.00	2025-12-12
Spinach	F.G.Churian APMC	6.00	600.00	600 - 600.00	2025-12-08
Spinach	Samana APMC	0.10	10.00	10 - 10.00	2025-12-07
Spinach	Khamano	10.00	1,000.00	1000 - 1,000.00	2025-11-06
Spinach - Other	Dera Bassi	12.00	1,200.00	1400 - 1,200.00	2025-11-06
Spinach - Other	Batala	40.00	4,000.00	4500 - 3,500.00	2025-11-06
Spinach - Other	Doraha	20.00	2,000.00	2000 - 2,000.00	2025-11-06
Spinach	Doraha	20.00	2,000.00	2000 - 2,000.00	2025-11-06

Spinach	Zira	9.00	900.00	1000 - 800.00	2025-11-05
Spinach - Other	Garh Shankar	12.00	1,200.00	1500 - 1,000.00	2025-11-05
Spinach	Sahnewal	16.00	1,600.00	1600 - 1,600.00	2025-11-05
Spinach - Other	Bhawanigarh	31.00	3,100.00	3200 - 3,000.00	2025-11-05
Spinach - Other	Ahmedgarh	13.00	1,300.00	1300 - 1,200.00	2025-11-05
Spinach - Other	Patran	25.00	2,500.00	3000 - 600.00	2025-11-05
Spinach - Other	Patti	7.00	700.00	800 - 600.00	2025-11-05
Spinach	Majitha	6.00	600.00	600 - 600.00	2025-11-03
Spinach	Harike	8.00	800.00	800 - 700.00	2025-11-02
Spinach - Other	Shahkot	9.00	900.00	1000 - 800.00	2025-11-02
Spinach - Other	Khadur Sahib(Fetehabad)	12.00	1,200.00	1200 - 1,000.00	2025-11-01
Spinach	Bassi Pathana	21.00	2,100.00	2200 - 2,000.00	2025-11-01
Spinach	Mukerian(Talwara)	50.00	5,000.00	6000 - 4,000.00	2025-10-31
Spinach	Jalandhar City(Jalandhar)	7.00	700.00	900 - 500.00	2025-10-31
Spinach - Other	Mehatpur	20.00	2,000.00	2000 - 1,500.00	2025-10-31
Spinach - Other	Lalru	12.00	1,200.00	1200 - 1,000.00	2025-10-30
Spinach	Bhulath (Nadala)	31.85	3,185.00	3200 - 3,100.00	2025-10-30
Spinach	Bhulath	31.55	3,155.00	3200 - 3,100.00	2025-10-30
Spinach - Other	Bhikhiwind	11.00	1,100.00	1100 - 1,100.00	2025-10-29
Spinach - Other	Samrala	25.00	2,500.00	3000 - 2,000.00	2025-10-29
Spinach - Other	Kurali	16.00	1,600.00	1700 - 1,500.00	2025-10-27
Spinach - Other	Dudhansadhan	28.00	2,800.00	3000 - 2,700.00	2025-10-27
Spinach - Other	Naushera Pannuan	15.00	1,500.00	1500 - 1,500.00	2025-10-25
Spinach - Other	Phillaur(Apra Mandi)	10.00	1,000.00	1000 - 1,000.00	2025-10-25
Spinach - Other	Firozpur City	32.50	3,250.00	3500 - 3,000.00	2025-10-24
Spinach - Other	Phillaur	10.00	1,000.00	1000 - 1,000.00	2025-10-22
Spinach	Pathankot	22.00	2,200.00	2200 - 1,900.00	2025-10-16

Spinach	Mansa	25.00	2,500.00	3000 - 2,000.00	2025-10-08
Spinach	Muktsar	32.00	3,200.00	3500 - 3,000.00	2025-10-02
Spinach	Amritsar(Amritsar Mewa Mandi)	7.00	700.00	800 - 600.00	2025-08-29
Spinach	Sangrur	15.00	1,500.00	2000 - 1,000.00	2025-08-21
Spinach - Other	Sirhind	15.00	1,500.00	2000 - 1,300.00	2025-08-19
Spinach - Other	Barnala	20.00	2,000.00	2000 - 2,000.00	2025-06-20
Spinach	Morinda	30.00	3,000.00	3000 - 3,000.00	2025-06-13
Spinach	Malout	15.00	1,500.00	1800 - 1,300.00	2025-05-31
Spinach - Other	Noor Mehal	8.00	800.00	800 - 800.00	2025-05-20
Spinach - Other	Mehta	10.00	1,000.00	1000 - 1,000.00	2025-05-14
Spinach - Other	Lohian Khas	7.00	700.00	800 - 600.00	2025-05-13
Spinach - Other	Jalalabad	10.00	1,000.00	1000 - 1,000.00	2025-05-07
Spinach - Other	Faridkot	25.00	2,500.00	3000 - 2,000.00	2025-04-17
Spinach - Other	Jalandhar City(Jalandhar)	13.00	1,300.00	1800 - 800.00	2025-04-15
Spinach	Ferozepur Cantt.	7.00	700.00	800 - 600.00	2025-04-07
Spinach	F.G.Churian	4.50	450.00	500 - 400.00	2025-04-04
Spinach - Other	Malerkotla	10.00	1,000.00	1500 - 800.00	2025-04-01
Spinach - Other	Tarantaran	15.00	1,500.00	1600 - 1,400.00	2025-03-23
Spinach - Other	Nakodar	8.00	800.00	1000 - 600.00	2025-03-22
Spinach - Other	Dera Baba Nanak	11.00	1,100.00	1200 - 1,000.00	2025-03-20
Spinach - Other	Dasuya	22.50	2,250.00	2500 - 2,000.00	2025-03-18
Spinach - Other	Mukerian(Talwara)	18.00	1,800.00	2200 - 1,400.00	2025-03-13
Spinach - Other	Lehra Gaga	8.00	800.00	1000 - 800.00	2025-03-06
Spinach	Garh Shankar	6.50	650.00	700 - 600.00	2025-02-28
Spinach - Other	Dhariwal	7.00	700.00	800 - 600.00	2025-02-21
Spinach	Chamkaur Sahib	7.50	750.00	800 - 700.00	2025-02-18
Spinach - Other	Kharar	18.00	1,800.00	2000 - 1,500.00	2025-01-31

Spinach - Other	Kapurthala	6.00	600.00	700 - 500.00	2025-01-28
Spinach	Dinanagar	10.00	1,000.00	1500 - 1,000.00	2025-01-23
Spinach - Other	Chamkaur Sahib	14.50	1,450.00	1500 - 1,400.00	2025-01-20
Spinach	Hoshiarpur(Sham Churasi)	12.00	1,200.00	1400 - 1,000.00	2025-01-10
Spinach - Other	Phagwara	5.00	500.00	500 - 500.00	2025-01-08
Spinach - Other	Sultanpur	10.00	1,000.00	1000 - 900.00	2025-01-07
Spinach - Other	Bariwala	10.00	1,000.00	1000 - 1,000.00	2024-12-13
Spinach	Ajnala	7.50	750.00	800 - 700.00	2024-11-21
Spinach - Other	GarhShankar (Kotfatuhi)	12.00	1,200.00	1400 - 1,000.00	2024-11-02
Spinach	Abohar	12.00	1,200.00	1800 - 900.00	2024-09-26
Spinach - Other	Gehri	12.00	1,200.00	1200 - 1,200.00	2024-09-06
Spinach - Other	Quadian	7.00	700.00	800 - 600.00	2024-04-15
Spinach	Gehri(Jandiala mandi)	8.00	800.00	800 - 800.00	2024-04-12
Spinach	Giddarbaha	8.00	800.00	800 - 700.00	2024-04-06
Spinach	Gurdaspur	16.00	1,600.00	1700 - 1,500.00	2024-03-27
Spinach - Other	Dharamkot	20.00	2,000.00	2000 - 2,000.00	2024-01-18
Spinach - Other	Garh Shankar(Mahalpur)	20.00	2,000.00	2000 - 1,500.00	2024-01-08
Spinach	Maur	8.50	850.00	900 - 800.00	2023-11-21
Spinach - Other	Mamdot	2.50	250.00	300 - 200.00	2023-04-12
Spinach - Other	Gurdaspur	5.50	550.00	600 - 500.00	2023-03-22
Spinach - Other	Rajpura	6.00	600.00	700 - 500.00	2023-02-14
Spinach	Jaitu	10.00	1,000.00	1000 - 1,000.00	2022-12-13
Spinach - Other	Bilga	15.00	1,500.00	1500 - 1,500.00	2022-11-15
Spinach - Other	Ludhiana	23.00	2,300.00	3000 - 1,500.00	2022-09-22
Spinach - Other	Samana	15.00	1,500.00	2000 - 1,500.00	2022-09-13

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