

WEEKLY FOOD COMMODITIES BULLETIN

Vol: 44

22nd – 28th July 2022

ISSN 1391 - 049

No.30

RETAIL MARKET AT A GLANCE

Summary

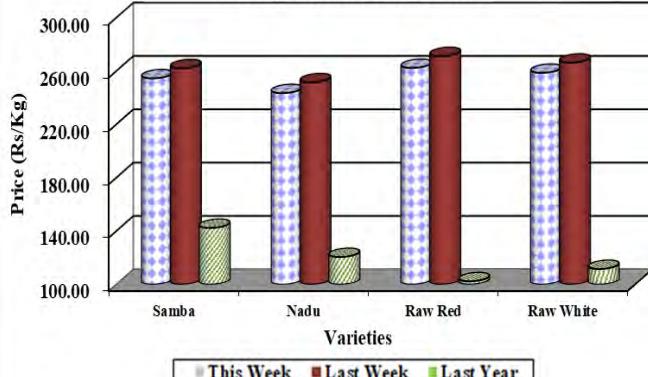
Rice/Paddy



Retail prices of all local rice varieties have decreased in the range of Rs.4.00-14.00/kg. The highest price decrease of Rs.14.00/kg was reported for Keeri Samba followed by Nadu I by Rs.12.00/kg. Retail prices of all imported rice varieties have also decreased by Rs.2.00-8.00/kg due to decreased wholesale prices. Compared to the same period of last year, all local rice varieties have increased in the range of 77-156%.

(Page No 01)

Average Retail Prices of Rice



Other Field Crops



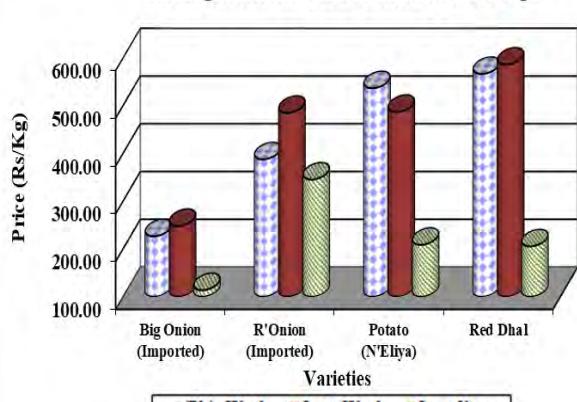
Retail price of imported dried chilies has decreased by Rs.88.00/kg and the price ranged Rs.1800.00-2200/kg. It has recorded a 244% increase compared to the same period, last year.

Retail prices of red onion, big onion and potatoes have decreased by Rs.97.45, Rs.21.69 and Rs.12.29/kg respectively.



(Page No 02-03)

Average Retail Prices of Other Field Crops



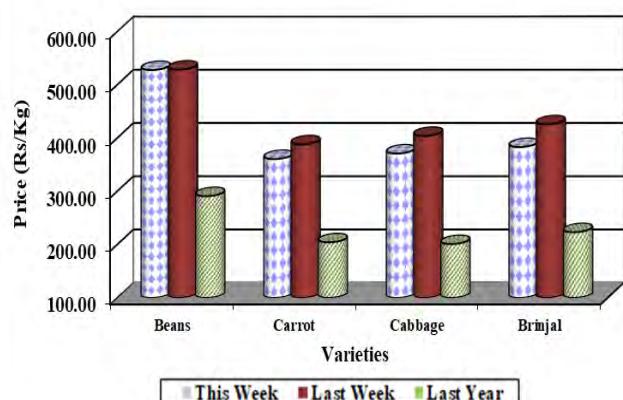
Vegetables



Retail prices of nearly all varieties have dropped with the highest price decrease of Rs.105.22/kg for beetroot. Prices of all vegetable varieties recorded a significant increase compared to the same period of last year.

(Page No 03-04)

Average Retail Prices of Vegetables



Rice

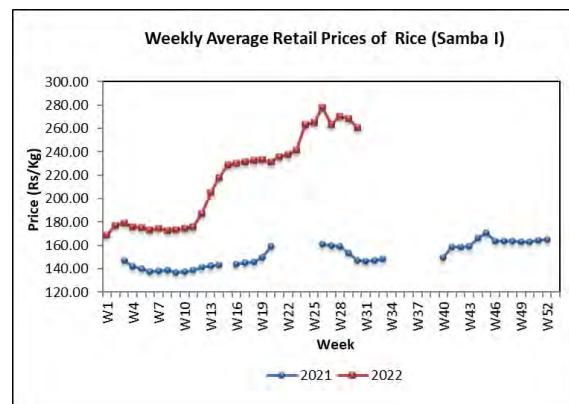
Wholesale

Supplies of local rice varieties to the Pettah wholesale market have dropped significantly due to the Government regulated Maximum Retail Price (MRP) policy. Hence, sufficient stocks were not available for price collecting for *Nadu*, *Samba*, raw white & raw red rice varieties. The price of *Keeri Samba* ranged Rs.245.00-260.00/kg. Wholesale prices of all imported rice varieties have decreased slightly in the range of 1%-3% due to increased supply. Average prices of imported *Samba*, *Nadu*, and raw white were Rs.193.00/kg, Rs.196.00/kg, and Rs.173.00/kg respectively.

Retail

Prices of all local rice varieties have decreased in the range of Rs.4.00-14.00/kg. The highest price decrease of Rs.14.00/kg was reported for *Keeri Samba* followed by *Nadu I* by Rs.12.00/kg. The price of *Keeri Samba* ranged Rs.260.00-280.00/kg.

Prices of all imported varieties have decreased by Rs.2.00-8.00/kg due to decreased wholesale prices. The highest price decrease of Rs.8.00/kg was reported for raw white and the price ranged Rs.190.00-220.00/kg.



Compared to the same period of last year, all local varieties have increased in the range of 77-156%.

Paddy

The average farm gate prices of all major paddy varieties in most of the producing areas have decreased further. The highest price decrease of Rs.18.00/kg was reported for both short grain and long grain white paddy varieties from the Kurunegala area. Farm gate price of short grain paddy ranged Rs.110.00-126.00/kg. Subsequently, the prices of keeri samba paddy also decreased by Rs.4.00-8.00/kg and the price ranged Rs.115.00-138.00/kg. Likewise, the price decrease of Rs.2.00-18.00/kg was reported for long grain white paddy in major producing areas and prices ranged Rs.109.00-127.00/kg. The price of long grain red paddy also decreased by Rs.6.00-7.00/kg in major producing areas in the Southern province and prices ranged from Rs.130.00-136.00/kg.

Compared to the same period of last year, prices of short grain, long grain white, and

red paddy varieties have increased over 100% (117%-192%) and the highest price increase was reported for long grain white paddy in the Polonnaruwa area.

Dried Chilies Wholesale

The wholesale price of imported dried chilies has decreased by 4% due to improved supply and the price ranged Rs.1525.00-1600.00/kg.

Compared to the same period of last year, price of imported dried chilies has increased by 228%.

Retail

The price of imported dried chilies has decreased by Rs.88.00/kg and the price ranged Rs.1800.00-2200.00/kg. The highest price was reported from Maharagama, Nugegoda, Narahenpita, and Kadawatha markets while the lowest was reported from Pettah and Dematagoda markets.

Compared to the same period of last year, the price of imported dried chilies has increased by 244%.

Onion

Wholesale

The price of *Vedalan* red onion has decreased by 16% due to an increased supply from the Puttalam area and the price ranged Rs.270.00-300.00/kg. The wholesale price of imported big onion has

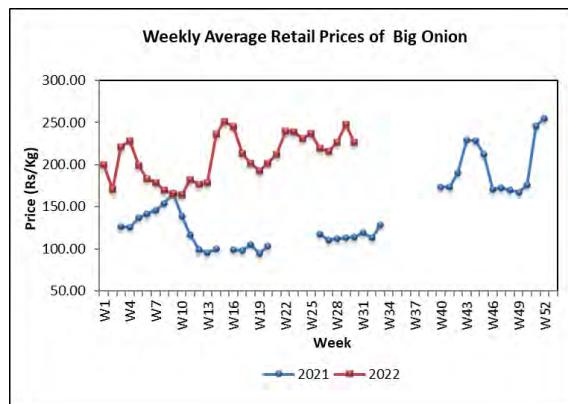
decreased by 23% due to increased supply of Indian stocks and the price ranged Rs.145.00-160.00/kg.

Compared to the same period of last year, prices of *Vedalan* and imported red onion have increased slightly while imported big onion has increased by 79%.

Retail

The price of imported red onion has decreased by Rs.97.00/kg and the price ranged Rs.320.00-400.00/kg.

The price of imported big onion has decreased by Rs.22.00/kg and the price ranged Rs.180.00-260.00/kg. The average prices of *Vedalan* imported red onion and imported big onion were Rs.543.00/kg, Rs.387.00/kg, and Rs.226.00/kg respectively.



Compared to the same period of last year, imported red onion and *Vedalan* red onion have increased by 49% and 12% respectively. The price of imported big onion has increased by 99%.

Potato

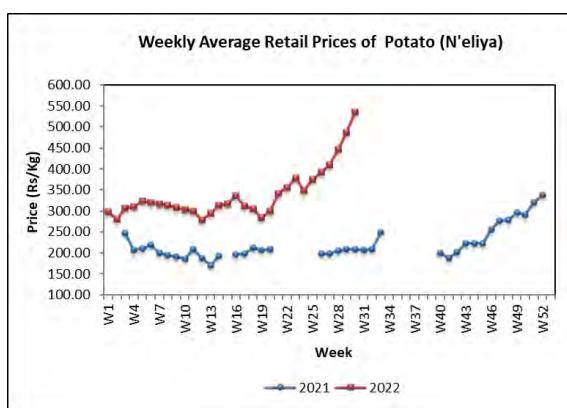
Wholesale

The price of imported potatoes has decreased by 13% due to increased supply while the price of *Nuwara Eliya* potato has increased by 5% due to fuel shortage for transportation.

Compared to the same period of last year, prices of both *Nuwara Eliya* and imported potatoes have increased by 139% and 37% respectively.

Retail

The price of imported potatoes has decreased by Rs.12.00/kg and the price ranged Rs.190.00-280.00/kg. The price of *Nuwara Eliya* potato has increased by Rs.50.00/kg and the price ranged Rs.400.00-600.00/kg.



Compared to the same period of last year, prices of *Nuwara Eliya* and imported potatoes have increased by 157% and 67% respectively.

Pulses

Wholesale

The price of red cowpea has increased by 9% due to decreased supply. Prices of red dhal, white cowpea, and green gram have decreased slightly.

Compared to the same period of last year, price of red dhal has increased by 167% while green gram, cowpea white, and cowpea red have increased by 22%-46%.

Retail

The price of red cowpea has increased by Rs.25.00/kg and the price ranged from Rs.680.00-900.00/kg. Prices of green gram, white cowpea, and red dhal have decreased by Rs.11.00/kg, Rs.6.00/kg, and Rs.20.00/kg respectively.

Compared to the same period of last year, prices of all pulses have increased with the highest price increase of 176% recorded for red dhal.

Vegetable

Wholesale

Prices of most vegetables have decreased due to increased market supply at the pre-stage of the *Yala* harvesting season.

Among upcountry vegetables, prices of beetroot, radish, knolkhol, and cabbage

have decreased in the range of 14-36% due to supply of the low-quality stocks from Puttalam and Melsiripura areas. In addition, the price of carrot has decreased by 15% due to supply of low-quality stocks from the Welimada area. Meanwhile, price of leeks has increased by 6% due to supply of high-quality stocks from Nuwara Eliya. The price of tomatoes has increased by 25% due to decreased supply from the Sooriyawewa area.

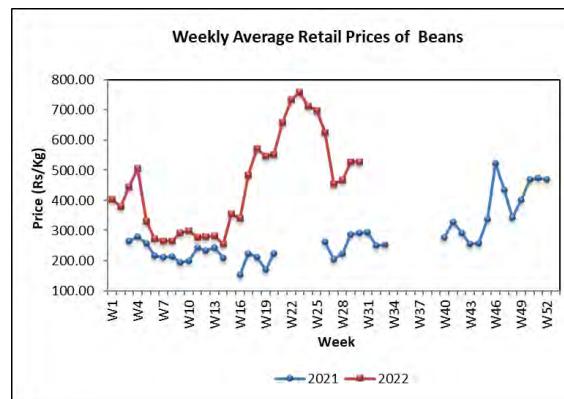
Among low country vegetables, the highest price decrease of 17% was recorded for bitter gourd followed by brinjal (13%) due to increased supply from Embilipitiya and Rajanganaya areas. Further, prices of pumpkin, cucumber, long beans, and ash plantain have decreased in the range of 1-4%. Meanwhile, supplies of snake gourd, luffa, and ladies fingers have decreased in Embilipitiya and Dambulla areas while prices have increased by 19%, 4%, and 2% respectively.

Compared to the same period of last year, wholesale prices of most vegetables have increased with the highest price increase of 386% being reported for tomatoes.

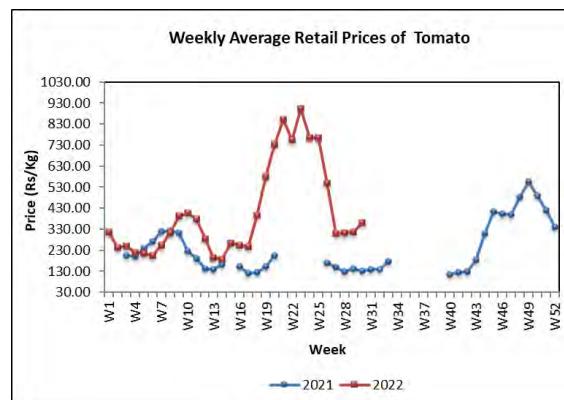
Retail

In line with the wholesale prices, prices of most of the vegetables in the retail market also have decreased.

Prices of all up-country varieties have decreased with the highest price decrease of Rs.106.00/kg for beetroot. Prices of raddish, cabbage, and knolkhol have decreased in the range of Rs.33.00-47.00/kg.



Prices of tomato and capsicum have risen by Rs.48.00/kg and Rs.46.00/kg respectively due to increased wholesale prices.



Prices of most low-country varieties have decreased with the highest price decrease of Rs.67.00/kg being reported for ladies' fingers. Prices of long beans, brinjal, pumpkin, and bitter gourd have decreased in the range of Rs.41.00-58.00/kg.

Price of green chilies and lime have decreased by Rs.40.00/kg and Rs.99.00/kg respectively.

Compared to the same period of last year, prices of all vegetables have risen in the range of 11%-176%, recording the highest for tomato.

Coconut Wholesales

Prices of both large and small nuts have increased by 2% and 8% respectively. Prices ranged from Rs.75.00-80.00/nut and Rs.65.00-70.00/nut respectively for large and small nuts.

Compared to the same period of last year, wholesale prices of large and small nuts have increased by 9% and 11% respectively.

Retail

The price of both large and small nuts has risen by Rs.2.00/nut. Price ranges were Rs.85.00-110.00/nut for a large and Rs.70.00-80.00/nut for a small nut.

Compared to the same period of last year, prices of large and small nuts have risen by 10% and 11% respectively.

Fruits Wholesale

Prices of most fruits have increased mainly due to the limited supply resulting in fuel

shortage for transportation. The highest price increase of 21% was reported for avocado due to limited supply at the tail end of the harvesting season. Similarly, price of all mango varieties also increased in the range of 9-13%. Furthermore, prices of all sizes of pineapple have increased in the range of 4-12% with limited supply of quality fruits. The price of kolikuttu also increased by 9% while price of slime apple increased by 6%. Prices of other fruit varieties have increased slightly.

On the contrary, prices of wood apple, orange, and papaw have decreased by 8%, 7%, and 2% respectively due to availability of low-quality stocks.

Compared to the same period of last year, prices of most fruits have increased with the highest of 215% being noted for passion fruit.

Retail

Retail prices of most fruits have increased in line with the increased wholesale prices and transport costs. The highest price increase of Rs.15.00/kg was reported for large-sized pineapples due to limited supply. Prices of medium and small-sized pineapples also have increased by Rs. 2.00/fruit and Rs.14.00/fruit respectively. Prices of ambul, kolikuttu, and seeni banana have increased by Rs.4.00-9.00/kg

while prices of avocado, slime apple, and king coconut have increased by Rs.6.00-12.00/kg.

Meanwhile, a price decrease of Rs.9.00/kg was reported for papaw due to low demand. Further, prices of orange and wood apple also decreased by Rs.8.00/fruit and Rs.3.00/fruit respectively.

Compared to the same period of last year, prices of most fruit have increased and the highest price increase of 120% was reported for pineapple medium.

Fresh Fish Wholesale

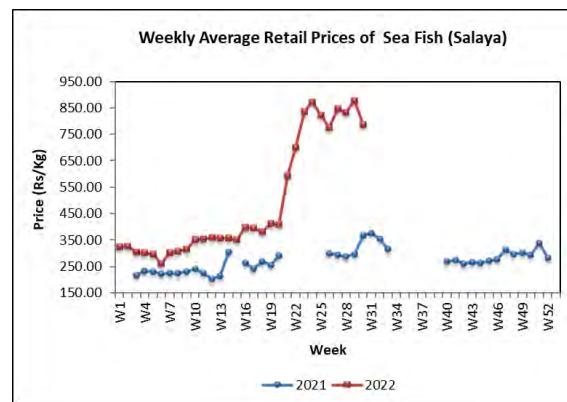
Prices of most fresh fish types have decreased due to increased supply. The highest price decrease of 9% was noted for hurulla due to improved supply from Kalpitiya and Mullaitivu areas and the price ranged from Rs.780.00-850.00/kg. A price decrease of 8% and 6% was noted for Thora and shrimps due to increased supply from Northern areas and their prices ranged Rs.1600.0-3100.00/kg and Rs.1180.00-1500.00/kg respectively. Likewise, a price decrease of 4% was noted for paraw and salaya.

However, a price increase of 9% was noted for kelawalla due to low supply from Southern areas and the price ranged from Rs.1450.00-1700.00/kg.

Compared to the same period of last year, wholesale prices of all fresh fish types have increased in the range of 36 -210% and the highest price increase was noted for salaya.

Retail

In line with decreased wholesale prices, retail prices of all types of fresh fish except mora have decreased due to low demand with extraordinary price increases experienced recently as well as improved supply. The highest price decrease of Rs.158.00/kg was reported for paraw. Prices of balaya, hurulla and salaya also decreased in the range of Rs.90.00-129.00/kg.



Compared to the same period of last year, prices of most types of fresh fish have increased in the range of 44-117% and the highest price increase was reported for salaya.

Dried Fish

Wholesale

Due to increase in local dried fish supply, prices of most local dried fish types have decreased in the range of 1-8%. The highest price decrease of 8% was noted for local sprats due to improved supply from Trincomalee, Mannar, and Chilaw areas and the price ranged between Rs.1800.00-2200.00/kg. In addition, the price of local salaya and balaya has decreased by 1-2%.

Further, prices of most of the imported dried fish types have decreased. A price decrease of 5% was noted for imported kattawa and imported sprats due to improved supply from Iran, Thailand and ?

Compared to the same period of last year, wholesale prices of all dried fish types have increased in the range of 73-245% and the highest price increase was reported for local salaya.

Retail

In line with decreased wholesale prices, retail prices of most types of dried fish have also decreased in the range of Rs.3.00-28.00/kg, and the highest price decrease was reported for local sprats.

However, prices of anguluwa and mora have increased by Rs.104.00/kg and Rs.18.00/kg respectively due to low availability.

Compared to the same period of last year, prices of all types of dried fish have increased in the range of 76-194%

Eggs

Wholesale

Prices of brown and white eggs have increased by 7% and due to increased feed cost their prices ranged Rs.40.50-47.50/egg and Rs.38.00-44.50/egg respectively.

Compared to the same period of last year, prices of both brown and white eggs have increased by 121% and 127% respectively.

Retail

Retail prices of both brown and white eggs have increased by Rs.3.00/egg in line with the increased wholesale prices. The price range of a brown egg was Rs.42.00-50.00 and Rs.40.00-49.00 for a white egg.

Compared to the same period of last year, prices of both brown and white eggs have increased by 128% and 131% respectively.

Meat

Retail

Prices of most types of meat have increased. Prices of skin-less curry chicken and skin-less broiler chicken have increased by Rs.42.00/kg and Rs.37.00/kg respectively due to limited supply with low

production. The price of mutton has also increased by Rs.17.00/kg.

Meanwhile, the price of beef has decreased by Rs.100.00/kg and is available in few markets. A price decrease of Rs.50.00/kg was reported for pork with low demand with extraordinary price increase noted recently.

Compared to the same period of last year, prices of all types of meat have increased in the range of 25-79% and the highest was reported for skin-less broiler chicken.

EXPLANATORY NOTE

The Food Commodities Bulletin is a weekly publication containing information relating to wholesale and retail prices of selected food commodities in nine selected markets in and around Colombo and main markets in the major producing areas.

The information is analyzed and presented as prevailing prices, price ranges, averages, and a comparison of weekly prices. The changes in prices reported are always with price prevailed during the previous week unless otherwise stated.

The frequency of collection of wholesale price information is twice a week (i.e. Tuesday and Friday) while with retail prices, it is thrice a week (i.e. Friday, Monday, and Tuesday).

Table 01: Selected Markets:Wholesale Price of Rice (Rs/50Kg Bag)

Week 30: 22 - 28 July 2022

LOCATIONS	Rice Varieties														
	Samba 1		Samba 2		Keeri Samba		Nadu 1		Nadu 2		Raw Red		Raw White		
09	Colombo	–	–	12250	13000	–	–	–	–	–	–	–			
	Divulapitiya	12650	12750	11250	12000	12800	13000	12150	12200	11000	11500	12000	12750	10900	11500
	Kurunegala	–	–	–	–	–	–	–	–	–	–	–	–	–	
	Nikaweratiya	–	–	12000	12000	13000	13000	–	–	11000	11000	12500	12500	10750	10750
	Badulla	–	–	–	–	–	–	–	–	–	–	–	11250	11250	
	Puttalam	12150	12250	–	–	12450	12600	–	–	11100	11250	–	–	–	–
	Dambulla	12000	12250	11400	11500	12750	12750	11250	11400	11000	11100	11900	12000	11000	11200
	Anuradhapura	–	–	–	–	12750	13000	–	–	–	–	–	–	–	–
	Tambuttegama	–	–	11400	12000	12900	13000	–	–	11000	11500	–	–	11000	11250
	Polonnaruwa	–	–	11300	11400	12800	12900	–	–	10850	10900	–	–	10850	10900
	Kalutara	–	–	11900	12000	12900	13000	–	–	11400	11500	12400	12500	11400	11500
	Ampara	–	–	–	–	–	–	–	–	–	–	10750	10750	10000	10250
	Kandy	–	–	12000	12250	12500	12750	11750	12000	–	–	12000	12500	11750	12000
	Moneragala	12750	12900	11400	11500	12900	13500	–	–	–	–	10500	11250	10500	11250
	Kegalle	–	–	–	–	–	–	–	–	–	–	–	–	–	–
	Dehiattakandiya	–	–	–	–	–	–	–	–	–	–	–	–	–	–
	Hambantota	–	–	11250	11250	–	–	–	–	–	–	10750	10750	10750	10750
	Matara	–	–	11250	11300	12750	12800	–	–	11250	11350	10500	10600	10500	10600
	Galle	–	–	–	–	–	–	–	–	–	–	–	–	–	–
	Meegoda	–	–	–	–	12750	12900	–	–	–	–	–	–	–	–
	Tissamaharama	–	–	–	–	–	–	–	–	–	–	10250	10500	10350	10500
	Embilipitiya	–	–	11500	11600	12950	13000	–	–	10750	11000	10550	10600	10450	10500
	Jaffna	–	–	–	–	12500	12900	14500	15000	–	–	–	–	–	–
	Vavuniya	–	–	–	–	13000	13500	–	–	–	–	–	–	–	–
	Mannar	–	–	11750	12000	12750	12800	–	–	11600	11750	–	–	11400	11500
	Killinochchi	–	–	11000	11400	12500	12800	15500	16000	11500	12000	11750	12250	–	–
	Mullattivu	–	–	11250	11500	12500	12750	15000	15500	11500	12000	11000	11500	–	–
	Batticaloa	–	–	–	–	12750	12800	15500	15500	–	–	12000	12200	–	–
	Trincomalee	–	–	–	–	13250	13500	11500	12000	–	–	10800	11400	10800	11400
	Galenbindunuwe: Matale	–	–	–	–	12750	13250	–	–	–	–	–	–	–	–
		13000	13500	–	–	13750	13750	12500	13000	–	–	12750	13000	12750	13000

Table 02: Selected Markets: Retail Price of Rice (Rs/Kg)

Week 30: 22 - 28 July 2022

LOCATIONS	Rice Varieties																			
	Samba 1		Samba 2		Keeri Samba		Nadu 1		Nadu 2		Raw Red		Raw White							
10	Colombo	250.00	-	270.00	240.00	-	250.00	260.00	240.00	-	250.00	-	280.00	240.00	-	270.00				
	Gampaha	-		-	260.00	-	270.00	-	-	-	-	-	-	-	-	-				
	Kurunegala	-		-	260.00	-	270.00	-	-	220.00	-	220.00	-	-	-	-				
	Nikaweratiya	-		-	260.00	-	260.00	-	-	225.00	-	225.00	250.00	-	250.00	235.00	235.00			
	Dambulla	250.00	-	255.00	235.00	-	240.00	260.00	265.00	230.00	-	235.00	225.00	-	228.00	240.00	235.00			
	Anuradhapura	-		-	230.00	-	240.00	260.00	-	270.00	-	220.00	-	220.00	210.00	-	210.00			
	Thambuththegama	245.00	-	250.00	240.00	-	245.00	270.00	-	280.00	235.00	-	240.00	-	235.00	230.00	240.00			
	Polonnaruwa	-		-	230.00	-	230.00	260.00	-	260.00	-	220.00	-	220.00	-	220.00	220.00			
	Kaluthara	-		-	250.00	-	260.00	270.00	-	280.00	-	235.00	-	240.00	260.00	-	265.00			
	Badulla	-		-	-		-	260.00	-	260.00	-	-	-	-	-	230.00	-	240.00		
	Keppetipola	-		-	230.00	-	240.00	270.00	-	280.00	240.00	-	250.00	230.00	-	215.00	-	220.00		
	Moneragala	260.00	-	260.00	230.00	-	235.00	260.00	-	280.00	-	-	-	-	215.00	-	230.00			
	Kegalle	260.00	-	260.00	-		-	290.00	-	290.00	250.00	-	250.00	-	245.00	-	250.00			
	Ampara	250.00	-	250.00	225.00	-	230.00	260.00	-	260.00	-	220.00	-	230.00	210.00	-	225.00			
	Dehiattakandiya	-		-	-		-	-	-	-	-	-	-	-	-	-	-			
	Nuwaraeliya	240.00	-	250.00	230.00	-	235.00	270.00	-	280.00	245.00	-	250.00	230.00	-	220.00	-	230.00		
	Kandy	260.00	-	270.00	240.00	-	245.00	270.00	-	280.00	260.00	-	265.00	240.00	-	240.00	-	250.00		
	Puttalam	250.00	-	255.00	-		-	260.00	-	262.00	-	230.00	-	230.00	-	-	-	-		
	Hambantota	-		-	230.00	-	235.00	260.00	-	260.00	-	220.00	-	230.00	220.00	-	220.00	-	220.00	
	Rathnapura	-		-	235.00	-	240.00	-	-	-	-	220.00	-	225.00	210.00	-	220.00	-	215.00	
	Matara	-		-	230.00	-	235.00	260.00	-	260.00	-	230.00	-	235.00	220.00	-	225.00	-	215.00	
	Galle	-		-	-		-	-	-	-	-	-	-	-	-	-	-	-		
	Tissamaharama	-		-	-		-	260.00	-	260.00	-	220.00	-	220.00	210.00	-	210.00	-	210.00	
	Meegoda (DEC)	-		-	-		-	260.00	-	260.00	-	-	-	-	-	-	-	-	-	
	Embilipitiya	-		-	230.00	-	240.00	260.00	-	260.00	-	225.00	-	230.00	220.00	-	230.00	-	215.00	
	Jaffna	-		-	225.00	-	230.00	260.00	-	270.00	300.00	-	320.00	-	-	-	-	-	-	
	Vavuniya	-		-	240.00	-	240.00	265.00	-	265.00	350.00	-	350.00	-	-	-	-	215.00	-	215.00
	Mannar	-		-	245.00	-	250.00	260.00	-	260.00	-	240.00	-	245.00	-	-	235.00	-	240.00	
	Killinochchi	-		-	230.00	-	240.00	260.00	-	270.00	330.00	-	340.00	250.00	-	260.00	250.00	-	-	
	Mullaithivu	-		-	240.00	-	245.00	260.00	-	265.00	310.00	-	320.00	240.00	-	250.00	230.00	-	240.00	
	Batticaloa	-		-	-		-	260.00	-	265.00	320.00	-	320.00	-	250.00	-	250.00	-	-	
	Trincomalee	-		-	-		-	265.00	-	280.00	240.00	-	250.00	220.00	-	230.00	-	240.00	220.00	-
	Hanguranketha	250.00	-	255.00	230.00	-	235.00	260.00	-	280.00	250.00	-	275.00	220.00	-	240.00	220.00	-	250.00	
	Veyangoda	-		-	230.00	-	240.00	260.00	-	270.00	-	220.00	-	220.00	-	-	-	210.00	-	220.00
	Galenbindunuwewa	-		-	230.00	-	240.00	260.00	-	270.00	-	220.00	-	230.00	210.00	-	220.00	-	210.00	
	Bandarawela	-		-	230.00	-	240.00	260.00	-	270.00	-	230.00	-	240.00	230.00	-	240.00	-	235.00	
	Matale	270.00	-	280.00	-		-	280.00	-	290.00	260.00	-	270.00	-	260.00	-	265.00	260.00	-	265.00

Table 04: Selected Markets:Wholesale Price of Subsidiary Food (Rs/50Kg)

Week 30: 22 - 28 July 2022

LOCATION	Dried Chillies	Red Onion		Big Onion	Potato			Pulses			
	Imported	Imported	Local		Imported	Welimada	Nuwara Eliya	Green Gram	Cowpea	Red Dhal	
	Imported	Imported	Local		Imported	Welimada	Nuwara Eliya	Imported	Imported	Imported	
11	Colombo	76250 - 80000	12500 - 13500	13500 - 15000	7250 - 8000	8250 - 8750	-	19500 - 22000	37500 - 40750	33500 - 35500	24250 - 25000
	Kurunegala	77500 - 85000	15000 - 17500	-	8750 - 9000	-	-	-	-	-	24250 - 26500
	Nikaweratiya	77500 - 85000	16000 - 16250	-	8000 - 11000	9500 - 10000	-	-	35000 - 38500	-	24750 - 26000
	Dehiattakandiya	95000 - 97500	18000 - 18000	-	8000 - 8500	9000 - 9000	-	-	-	-	24500 - 25000
	Dambulla (DEC)	80000 - 82500	-	12000 - 12500	7250 - 7750	8500 - 8750	-	18500 - 19000	34000 - 37500	29000 - 31000	27000 - 27500
	Anuradhapura	95000 - 97500	20000 - 21000	14000 - 16000	8000 - 11000	9000 - 11000	-	-	42500 - 45000	27500 - 35000	26000 - 29000
	Thambuththegama	81000 - 95000	-	14000 - 16000	7500 - 8500	10500 - 10500	-	18500 - 20000	40000 - 40000	35000 - 35000	23500 - 26000
	Polonnaruwa	-	20000 - 20500	-	11500 - 11750	12000 - 12250	-	-	41500 - 41750	38000 - 38250	29900 - 30500
	Kaluthara	77500 - 80000	12500 - 13500	-	8000 - 8250	8000 - 8500	-	21500 - 22000	37500 - 40000	34000 - 35700	24750 - 25000
	Puttalam	92500 - 95000	12500 - 12500	11000 - 14000	10250 - 10500	10500 - 11100	-	20000 - 21500	43250 - 44200	34000 - 34000	30300 - 30500
	Kandy	82500 - 85000	12500 - 13000	14000 - 15000	7500 - 8000	9000 - 9250	-	20000 - 20500	41000 - 42500	33500 - 34000	25000 - 25500
	Matara	92500 - 97500	14500 - 15000	15000 - 15750	8500 - 8750	11000 - 11250	-	21250 - 21500	42500 - 45000	40000 - 41000	27250 - 28000
	Hambantota	90000 - 92500	12000 - 12500	-	8500 - 9000	10000 - 11000	-	18000 - 19000	35000 - 37500	-	29000 - 29500
	Kegalle	89500 - 90000	-	14950 - 15000	8000 - 8100	9000 - 9200	-	21000 - 21200	39500 - 40000	33500 - 35000	28500 - 29000
	Galle	-	-	-	-	-	-	-	-	-	-
	Tissamaharama	90000 - 95000	17000 - 19000	-	8500 - 9500	10500 - 11500	-	-	-	-	26000 - 27000
	Meegoda (DEC)	80000 - 85000	12500 - 13500	13500 - 14000	7250 - 7500	8500 - 8750	-	18000 - 19000	40000 - 46250	-	24500 - 26000
	Jaffna	89000 - 95000	-	16000 - 19000	9000 - 9750	10000 - 10500	-	-	37500 - 40000	-	24500 - 25500
	Vavuniya	105000 - 105000	-	-	10000 - 10000	10000 - 10000	-	-	42500 - 42500	-	-
	Mannar	95000 - 96000	-	-	9000 - 9000	9250 - 9500	-	-	46000 - 46500	-	29000 - 29250
	Killinochchi	94000 - 97000	17500 - 19000	-	11500 - 11750	11500 - 12500	-	-	42000 - 44000	-	31000 - 31750
	Mullattivu	95000 - 97500	18000 - 19000	-	11000 - 11500	11000 - 12000	-	-	42500 - 45000	-	30000 - 30500
	Batticaloa	94500 - 95000	17500 - 18500	-	11500 - 11800	11750 - 12000	-	-	43500 - 44000	-	30250 - 30500
	Trincomalee	91000 - 91750	-	15000 - 16000	10500 - 11000	10500 - 11500	-	-	44000 - 44500	31500 - 33000	27000 - 27600
	Galenbindunuwewa	92500 - 97500	21000 - 22500	16500 - 18000	10000 - 11000	10000 - 11000	-	-	40000 - 42500	29500 - 30000	28500 - 29500
	Matale	90000 - 92500	20000 - 21000	-	9000 - 11000	11500 - 12000	-	-	42000 - 43000	32750 - 35000	31000 - 32000

Table 05: Selected Markets: Retail Price of Subsidiary Food Crops (Rs/Kg)

Week 30: 22 - 28 July 2022

LOCATIONS	Dried Chillies	Red Onion		Big Onion	Potato			Pulses		
	Imported	Imported	Local		Imported	Welimada	Nuwara Eliya	Green Gram	Cowpea	Red Dhal
	Imported	Local	Imported	Local	Imported	Local	Imported	Local	Imported	Local
Colombo	1800.00 – 2200.00	320.00 – 400.00	440.00 – 600.00	180.00 – 260.00	190.00 – 280.00	–	400.00 – 600.00	900.00 – 1100.00	780.00 – 1000.00	530.00 – 600.00
Gampaha	1980.00 – 2100.00	400.00 – 400.00	440.00 – 480.00	200.00 – 240.00	220.00 – 280.00	–	480.00 – 560.00	920.00 – 980.00	740.00 – 820.00	560.00 – 580.00
Kurunegala	2000.00 – 2000.00	380.00 – 440.00	–	210.00 – 220.00	240.00 – 260.00	–	480.00 – 520.00	1000.00 – 1100.00	–	600.00 – 620.00
Nikaweratiya	1800.00 – 2000.00	360.00 – 380.00	480.00 – 480.00	190.00 – 260.00	190.00 – 250.00	–	–	800.00 – 930.00	720.00 – 720.00	550.00 – 560.00
Dambulla	1850.00 – 1900.00	–	400.00 – 420.00	200.00 – 220.00	200.00 – 230.00	–	–	900.00 – 950.00	750.00 – 800.00	560.00 – 580.00
Anuradhapura	1900.00 – 2150.00	360.00 – 400.00	480.00 – 500.00	200.00 – 240.00	200.00 – 240.00	–	–	1000.00 – 1050.00	600.00 – 750.00	540.00 – 620.00
Thambuththegama	1850.00 – 2200.00	–	400.00 – 480.00	180.00 – 220.00	200.00 – 230.00	–	–	850.00 – 950.00	600.00 – 700.00	580.00 – 600.00
Polonnaruwa	1980.00 – 2000.00	420.00 – 440.00	480.00 – 500.00	240.00 – 250.00	250.00 – 260.00	–	500.00 – 520.00	850.00 – 900.00	780.00 – 800.00	620.00 – 630.00
Kaluthara	1800.00 – 1850.00	–	460.00 – 480.00	200.00 – 220.00	230.00 – 240.00	–	470.00 – 500.00	950.00 – 1000.00	800.00 – 900.00	570.00 – 580.00
Badulla	1900.00 – 2000.00	400.00 – 440.00	450.00 – 480.00	220.00 – 240.00	240.00 – 260.00	–	480.00 – 520.00	850.00 – 900.00	750.00 – 800.00	600.00 – 620.00
Keppetipola	1800.00 – 1900.00	360.00 – 380.00	400.00 – 430.00	220.00 – 240.00	250.00 – 260.00	360.00 – 380.00	–	950.00 – 980.00	750.00 – 780.00	620.00 – 630.00
Moneragala	1900.00 – 2000.00	400.00 – 450.00	450.00 – 480.00	200.00 – 240.00	220.00 – 260.00	–	480.00 – 500.00	800.00 – 1000.00	600.00 – 640.00	560.00 – 600.00
Kegalle	1800.00 – 1830.00	360.00 – 380.00	–	200.00 – 220.00	240.00 – 250.00	–	480.00 – 500.00	820.00 – 850.00	700.00 – 720.00	570.00 – 580.00
Ampara	1850.00 – 2000.00	360.00 – 400.00	480.00 – 480.00	240.00 – 240.00	280.00 – 300.00	–	500.00 – 550.00	800.00 – 900.00	800.00 – 800.00	600.00 – 620.00
Dehiattakandiya	2000.00 – 2100.00	400.00 – 400.00	–	180.00 – 200.00	200.00 – 200.00	–	–	–	–	530.00 – 540.00
Nuwaraeliya	1800.00 – 1850.00	380.00 – 390.00	420.00 – 440.00	220.00 – 230.00	230.00 – 250.00	–	460.00 – 480.00	940.00 – 960.00	820.00 – 850.00	615.00 – 630.00
Kandy	2000.00 – 2100.00	–	500.00 – 560.00	240.00 – 260.00	240.00 – 250.00	–	560.00 – 580.00	900.00 – 950.00	800.00 – 820.00	600.00 – 610.00
Puttalam	1900.00 – 1950.00	–	400.00 – 480.00	240.00 – 260.00	240.00 – 300.00	–	480.00 – 560.00	920.00 – 960.00	750.00 – 760.00	618.00 – 625.00
Rathnapura	2000.00 – 2100.00	360.00 – 380.00	–	200.00 – 220.00	240.00 – 260.00	–	–	950.00 – 1000.00	780.00 – 800.00	630.00 – 660.00
Hambantota	2000.00 – 2000.00	300.00 – 400.00	–	200.00 – 210.00	260.00 – 300.00	–	450.00 – 500.00	800.00 – 900.00	–	610.00 – 620.00
Matara	2000.00 – 2100.00	340.00 – 380.00	–	190.00 – 200.00	260.00 – 280.00	–	480.00 – 520.00	900.00 – 1000.00	840.00 – 900.00	600.00 – 620.00
Galle	–	–	–	–	–	–	–	–	–	–
Tissamaharama	1850.00 – 1950.00	380.00 – 400.00	–	190.00 – 210.00	240.00 – 250.00	–	400.00 – 420.00	–	–	550.00 – 580.00
Meegoda (DEC)	1800.00 – 1850.00	350.00 – 400.00	–	180.00 – 200.00	200.00 – 240.00	–	400.00 – 480.00	900.00 – 960.00	780.00 – 800.00	530.00 – 600.00
Embilipitiya	1950.00 – 2100.00	320.00 – 400.00	–	200.00 – 240.00	260.00 – 280.00	–	420.00 – 460.00	800.00 – 850.00	650.00 – 700.00	560.00 – 660.00
Jaffna	1850.00 – 1900.00	–	350.00 – 400.00	180.00 – 200.00	220.00 – 230.00	–	–	800.00 – 850.00	–	–
Vavuniya	2200.00 – 2200.00	–	450.00 – 450.00	240.00 – 240.00	240.00 – 240.00	–	–	900.00 – 910.00	–	–
Mannar	1950.00 – 2000.00	–	480.00 – 500.00	200.00 – 220.00	210.00 – 220.00	–	–	950.00 – 960.00	–	600.00 – 610.00
Killinochchi	1950.00 – 2000.00	400.00 – 440.00	–	260.00 – 260.00	260.00 – 280.00	–	–	900.00 – 950.00	–	640.00 – 650.00
Mullaittivu	1950.00 – 2000.00	380.00 – 400.00	–	–	240.00 – 260.00	–	–	900.00 – 930.00	–	610.00 – 620.00
Batticaloa	1900.00 – 1950.00	360.00 – 400.00	–	240.00 – 250.00	250.00 – 260.00	–	550.00 – 600.00	900.00 – 900.00	–	620.00 – 630.00
Trincomalee	1870.00 – 1950.00	340.00 – 350.00	–	200.00 – 230.00	220.00 – 250.00	–	–	900.00 – 930.00	630.00 – 700.00	600.00 – 610.00
Hanguranketha	1900.00 – 1950.00	360.00 – 400.00	–	200.00 – 210.00	210.00 – 240.00	–	400.00 – 400.00	840.00 – 900.00	760.00 – 800.00	530.00 – 540.00
Veyangoda	1860.00 – 2000.00	400.00 – 440.00	–	200.00 – 220.00	240.00 – 280.00	–	480.00 – 520.00	920.00 – 960.00	800.00 – 800.00	560.00 – 630.00
Galenbindunuweva	1900.00 – 2000.00	370.00 – 400.00	480.00 – 500.00	220.00 – 240.00	220.00 – 240.00	–	–	850.00 – 900.00	600.00 – 620.00	590.00 – 600.00
Bandarawela	1900.00 – 2000.00	400.00 – 440.00	–	220.00 – 240.00	240.00 – 260.00	–	420.00 – 450.00	950.00 – 960.00	750.00 – 800.00	600.00 – 620.00
Matale	1900.00 – 2000.00	–	440.00 – 480.00	220.00 – 240.00	240.00 – 280.00	–	400.00 – 480.00	900.00 – 950.00	700.00 – 750.00	640.00 – 680.00

Table 06: Selected Markets: Wholesale Price of Vegetables(Rs/Kg)

Week 30: 22 - 28 July 2022

Locations	Butter Beans	Green Beans	Carrot	Leeks	Beetroot	Knolkhol
Colombo	-	280.00 - 350.00	180.00 - 280.00	180.00 - 200.00	120.00 - 200.00	100.00 - 130.00
Meegoda (DEC)	-	380.00 - 400.00	260.00 - 300.00	180.00 - 200.00	150.00 - 200.00	110.00 - 140.00
Dambulla (DEC)	-	300.00 - 350.00	180.00 - 210.00	120.00 - 130.00	125.00 - 140.00	60.00 - 70.00
Keppetipola (DEC)	-	340.00 - 360.00	180.00 - 200.00	120.00 - 130.00	150.00 - 160.00	90.00 - 110.00
Norochchhole (DEC)	-	-	-	-	120.00 - 150.00	-
Nuwara Eliya	-	330.00 - 350.00	220.00 - 230.00	130.00 - 140.00	150.00 - 160.00	100.00 - 120.00
Kandy	-	260.00 - 300.00	250.00 - 260.00	120.00 - 130.00	170.00 - 190.00	80.00 - 100.00
Hambantota	-	350.00 - 400.00	250.00 - 300.00	160.00 - 200.00	220.00 - 280.00	150.00 - 200.00
Thambuththegama (DEC)	-	370.00 - 400.00	250.00 - 280.00	160.00 - 180.00	150.00 - 170.00	100.00 - 120.00
Jaffna		390.00 - 450.00	300.00 - 320.00	200.00 - 220.00	150.00 - 180.00	-
Bandarawela		320.00 - 350.00	180.00 - 200.00	140.00 - 160.00	180.00 - 220.00	120.00 - 140.00
Veyangoda	-	400.00 - 430.00	240.00 - 260.00	180.00 - 180.00	160.00 - 190.00	100.00 - 110.00

Locations	Raddish	Cabbage	Tomato	Ladies Fingers	Brinjal	Capsicum
Colombo	70.00 - 100.00	220.00 - 250.00	230.00 - 260.00	240.00 - 250.00	240.00 - 270.00	570.00 - 620.00
Meegoda (DEC)	110.00 - 130.00	250.00 - 280.00	250.00 - 260.00	170.00 - 180.00	280.00 - 300.00	620.00 - 650.00
Moneragala	140.00 - 160.00	280.00 - 300.00	280.00 - 300.00	270.00 - 280.00	240.00 - 270.00	650.00 - 700.00
Dambulla (DEC)	70.00 - 80.00	170.00 - 200.00	190.00 - 200.00	150.00 - 160.00	250.00 - 280.00	480.00 - 550.00
Keppetipola (DEC)	50.00 - 60.00	180.00 - 190.00	240.00 - 260.00	140.00 - 150.00	240.00 - 250.00	500.00 - 550.00
Norochchhole (DEC)	40.00 - 60.00	-	250.00 - 300.00	110.00 - 140.00	250.00 - 300.00	400.00 - 450.00
Nuwara Eliya	65.00 - 70.00	190.00 - 200.00	230.00 - 260.00	150.00 - 160.00	240.00 - 250.00	530.00 - 550.00
Kandy	50.00 - 60.00	160.00 - 220.00	180.00 - 200.00	170.00 - 190.00	250.00 - 280.00	600.00 - 650.00
Hambantota	120.00 - 160.00	250.00 - 300.00	250.00 - 300.00	200.00 - 260.00	200.00 - 260.00	500.00 - 600.00
Thambuththegama (DEC)	60.00 - 85.00	250.00 - 280.00	160.00 - 200.00	120.00 - 150.00	200.00 - 250.00	480.00 - 580.00
Tissamaharama	60.00 - 90.00	320.00 - 340.00	-	150.00 - 180.00	200.00 - 230.00	400.00 - 500.00
Jaffna	80.00 - 100.00	280.00 - 300.00	350.00 - 380.00	80.00 - 90.00	200.00 - 220.00	550.00 - 630.00
Bandarawela	40.00 - 60.00	180.00 - 200.00	250.00 - 280.00	-	220.00 - 250.00	500.00 - 550.00
Veyangoda	90.00 - 100.00	240.00 - 260.00	230.00 - 250.00	180.00 - 220.00	280.00 - 300.00	600.00 - 650.00

Locations	Pumpkin	Cucumber	Bitter Gourd	Snake Gourd	Drumstick	Luffa
Colombo	230.00 - 250.00	90.00 - 100.00	210.00 - 240.00	200.00 - 280.00	200.00 - 300.00	150.00 - 160.00
Meegoda (DEC)	150.00 - 180.00	80.00 - 100.00	260.00 - 330.00	260.00 - 270.00	300.00 - 310.00	150.00 - 180.00
Moneragala	220.00 - 280.00	100.00 - 120.00	400.00 - 450.00	300.00 - 320.00	-	250.00 - 300.00
Dambulla (DEC)	100.00 - 130.00	70.00 - 80.00	240.00 - 260.00	140.00 - 180.00	220.00 - 240.00	135.00 - 150.00
Keppetipola (DEC)	180.00 - 200.00	110.00 - 120.00	220.00 - 230.00	140.00 - 150.00	240.00 - 250.00	130.00 - 140.00
Norochchhole (DEC)	210.00 - 230.00	60.00 - 70.00	250.00 - 320.00	120.00 - 170.00	200.00 - 250.00	110.00 - 120.00
Nuwara Eliya	210.00 - 220.00	110.00 - 130.00	230.00 - 240.00	150.00 - 160.00	240.00 - 260.00	140.00 - 150.00
Kandy	140.00 - 150.00	80.00 - 90.00	220.00 - 240.00	180.00 - 190.00	250.00 - 280.00	150.00 - 160.00
Hambantota	200.00 - 250.00	100.00 - 150.00	300.00 - 400.00	240.00 - 320.00	150.00 - 200.00	180.00 - 240.00
Thambuththegama (DEC)	140.00 - 180.00	50.00 - 60.00	200.00 - 240.00	100.00 - 120.00	190.00 - 220.00	100.00 - 140.00
Tissamaharama	170.00 - 200.00	70.00 - 100.00	300.00 - 350.00	250.00 - 280.00	120.00 - 200.00	140.00 - 160.00
Jaffna	210.00 - 230.00	-	500.00 - 580.00	160.00 - 190.00	280.00 - 350.00	-
Bandarawela	180.00 - 210.00	100.00 - 120.00	-	-	-	-
Veyangoda	150.00 - 180.00	85.00 - 90.00	250.00 - 280.00	180.00 - 200.00	280.00 - 300.00	160.00 - 180.00

Table 06 (Contd.)

	Long Beans	Ash Plantain	Green Chillies	Lime	Sweet Potatoe	Manioc
Colombo	180.00 - 220.00	100.00 - 130.00	400.00 - 600.00	240.00 - 300.00	120.00 - 150.00	80.00 - 100.00
Meegoda (DEC)	170.00 - 180.00	120.00 - 140.00	480.00 - 550.00	250.00 - 280.00	110.00 - 130.00	120.00 - 120.00
Moneragala	200.00 - 260.00	60.00 - 70.00	800.00 - 900.00	180.00 - 200.00	120.00 - 140.00	-
Dambulla (DEC)	160.00 - 200.00	85.00 - 100.00	450.00 - 500.00	170.00 - 200.00	100.00 - 120.00	60.00 - 70.00
Keppetipola (DEC)	140.00 - 150.00	80.00 - 90.00	650.00 - 700.00	220.00 - 240.00	120.00 - 130.00	80.00 - 90.00
Norochchhole (DEC)	120.00 - 140.00	60.00 - 80.00	500.00 - 550.00	220.00 - 260.00	90.00 - 100.00	90.00 - 100.00
Nuwara Eliya	150.00 - 160.00	90.00 - 100.00	680.00 - 720.00	230.00 - 250.00	120.00 - 130.00	80.00 - 90.00
Kandy	150.00 - 200.00	90.00 - 100.00	500.00 - 550.00	220.00 - 250.00	120.00 - 140.00	60.00 - 70.00
Hambantota	180.00 - 240.00	50.00 - 80.00	550.00 - 650.00	150.00 - 250.00	120.00 - 150.00	50.00 - 80.00
Thambuththegama (DEC)	130.00 - 150.00	75.00 - 90.00	450.00 - 550.00	150.00 - 180.00	100.00 - 120.00	60.00 - 80.00
Tissamaharama	100.00 - 140.00	60.00 - 90.00	580.00 - 620.00	150.00 - 200.00	130.00 - 160.00	50.00 - 60.00
Jaffna	400.00 - 450.00	60.00 - 75.00	500.00 - 550.00	290.00 - 320.00	150.00 - 180.00	-
Bandarawela	-	-	600.00 - 650.00	-	100.00 - 130.00	60.00 - 80.00
Veyangoda	170.00 - 200.00	120.00 - 140.00	500.00 - 550.00	220.00 - 250.00	110.00 - 140.00	-

Locations	Leafy Vegetables (Rs/Bundle)			Coconut (Rs/Nut)	
	Mukunuwenna	Kankun	Gotukola	Large	Small
Colombo	38.00 - 40.00	38.00 - 40.00	150.00 - 170.00	75.00 - 80.00	65.00 - 70.00
Meegoda (DEC)	-	-	-	83.00 - 85.00	78.00 - 80.00
Norochchhole (DEC)	35.00 - 50.00	30.00 - 40.00	25.00 - 30.00	62.00 - 65.00	55.00 - 60.00
Nuwara Eliya	-	-	-	-	-
Dambulla (DEC)	20.00 - 25.00	20.00 - 30.00	20.00 - 25.00	60.00 - 63.00	50.00 - 53.00
Kandy	40.00 - 45.00	45.00 - 50.00	160.00 - 170.00	75.00 - 78.00	60.00 - 65.00
Hambantota	45.00 - 50.00	40.00 - 50.00	50.00 - 60.00	-	-
Thambuththegama (DEC)	30.00 - 30.00	30.00 - 30.00	30.00 - 30.00	58.00 - 65.00	50.00 - 57.00
Tissamaharama	30.00 - 35.00	30.00 - 35.00	30.00 - 40.00	80.00 - 85.00	50.00 - 55.00
Jaffna	55.00 - 60.00	30.00 - 35.00	100.00 - 120.00	65.00 - 70.00	55.00 - 62.00
Tissamaharama	30.00 - 35.00	30.00 - 35.00	30.00 - 40.00	80.00 - 85.00	50.00 - 55.00
Bandarawela	-	-	-	-	-
Veyangoda	35.00 - 40.00	35.00 - 40.00	45.00 - 60.00	60.00 - 70.00	-

Colombo, Meegoda, Norochchhole, Jaffna and Kandy - Gotukola Price Rs/Kg

Table 07: Selected Markets: Retail Price of Vegetables (Rs/Kg)

Week 30: 22 - 28 July 2022

LOCATIONS	Up Country Varieties												
	Butter Beans	Green Beans	Carrot	Leeks	Beetroot	Knol Khol	Raddish	Cabbage	Tomato				
15	Colombo	—	440.00 – 600.00	240.00 – 480.00	200.00 – 360.00	200.00 – 360.00	150.00 – 320.00	120.00 – 280.00	280.00 – 480.00	260.00 – 480.00			
	Gampaha	—	400.00 – 480.00	240.00 – 400.00	280.00 – 320.00	280.00 – 320.00	200.00 – 320.00	160.00 – 200.00	320.00 – 400.00	360.00 – 400.00			
	Kurunegala	—	460.00 – 500.00	360.00 – 400.00	280.00 – 320.00	360.00 – 400.00	280.00 – 320.00	200.00 – 260.00	340.00 – 380.00	360.00 – 400.00			
	Nikaweratiya	—	480.00 – 520.00	380.00 – 420.00	320.00 – 360.00	320.00 – 400.00	200.00 – 320.00	160.00 – 240.00	320.00 – 400.00	320.00 – 320.00			
	Dambulla	—	520.00 – 540.00	380.00 – 400.00	240.00 – 280.00	280.00 – 300.00	140.00 – 180.00	180.00 – 200.00	360.00 – 380.00	360.00 – 380.00			
	Anuradhapura	—	560.00 – 600.00	380.00 – 400.00	300.00 – 320.00	300.00 – 320.00	220.00 – 240.00	180.00 – 200.00	360.00 – 400.00	300.00 – 320.00			
	Thambuththegama	—	480.00 – 520.00	320.00 – 360.00	200.00 – 240.00	180.00 – 200.00	180.00 – 240.00	140.00 – 200.00	310.00 – 360.00	240.00 – 300.00			
	Polonnaruwa	—	500.00 – 530.00	400.00 – 420.00	300.00 – 350.00	380.00 – 400.00	280.00 – 300.00	180.00 – 200.00	380.00 – 400.00	380.00 – 400.00			
	Kaluthara	—	480.00 – 500.00	360.00 – 380.00	300.00 – 320.00	300.00 – 320.00	340.00 – 360.00	260.00 – 300.00	380.00 – 400.00	400.00 – 420.00			
	Badulla	—	400.00 – 440.00	360.00 – 400.00	280.00 – 320.00	360.00 – 400.00	320.00 – 360.00	160.00 – 200.00	320.00 – 360.00	320.00 – 360.00			
	Keppetipola	—	400.00 – 420.00	250.00 – 260.00	180.00 – 200.00	200.00 – 220.00	150.00 – 160.00	100.00 – 120.00	240.00 – 250.00	280.00 – 300.00			
	Moneragala	—	440.00 – 480.00	380.00 – 400.00	280.00 – 320.00	400.00 – 460.00	300.00 – 320.00	180.00 – 200.00	380.00 – 400.00	340.00 – 400.00			
	Kegalle	—	460.00 – 480.00	380.00 – 400.00	300.00 – 320.00	340.00 – 360.00	220.00 – 240.00	260.00 – 280.00	380.00 – 400.00	300.00 – 320.00			
	Ampara	—	440.00 – 480.00	400.00 – 440.00	320.00 – 340.00	320.00 – 380.00	200.00 – 240.00	200.00 – 240.00	400.00 – 420.00	320.00 – 400.00			
	Dehiattakandiya	—	480.00 – 520.00	380.00 – 400.00	300.00 – 320.00	300.00 – 320.00	320.00 – 320.00	200.00 – 240.00	320.00 – 320.00	300.00 – 300.00			
	Nuwaraeliya	—	380.00 – 400.00	260.00 – 280.00	170.00 – 190.00	200.00 – 220.00	150.00 – 160.00	100.00 – 120.00	240.00 – 260.00	300.00 – 320.00			
	Kandy	—	400.00 – 440.00	400.00 – 440.00	200.00 – 240.00	240.00 – 280.00	180.00 – 200.00	140.00 – 160.00	320.00 – 360.00	280.00 – 300.00			
	Puttalam	—	500.00 – 560.00	400.00 – 440.00	300.00 – 340.00	300.00 – 360.00	–	180.00 – 240.00	400.00 – 440.00	360.00 – 480.00			
	Hambantota	—	420.00 – 480.00	280.00 – 320.00	240.00 – 300.00	310.00 – 380.00	220.00 – 300.00	180.00 – 240.00	320.00 – 420.00	320.00 – 400.00			
	Rathnapura	—	400.00 – 420.00	350.00 – 360.00	300.00 – 320.00	320.00 – 330.00	230.00 – 240.00	240.00 – 240.00	380.00 – 400.00	300.00 – 320.00			
	Matara	—	420.00 – 450.00	400.00 – 440.00	240.00 – 260.00	250.00 – 270.00	240.00 – 260.00	140.00 – 160.00	320.00 – 360.00	280.00 – 300.00			
	Galle	—	—	—	—	—	—	—	—	—			
	Tissamaharama	—	430.00 – 460.00	360.00 – 380.00	250.00 – 280.00	250.00 – 280.00	220.00 – 250.00	100.00 – 150.00	350.00 – 380.00	—			
	Meegoda (DEC)	—	440.00 – 480.00	320.00 – 400.00	240.00 – 300.00	240.00 – 320.00	200.00 – 240.00	200.00 – 240.00	360.00 – 400.00	320.00 – 360.00			
	Embilipitiya	—	400.00 – 500.00	280.00 – 320.00	240.00 – 280.00	280.00 – 360.00	160.00 – 200.00	140.00 – 160.00	320.00 – 400.00	350.00 – 400.00			
	Jaffna	—	430.00 – 460.00	350.00 – 365.00	250.00 – 260.00	200.00 – 220.00	—	100.00 – 110.00	300.00 – 320.00	380.00 – 420.00			
	Vavuniya	—	600.00 – 600.00	480.00 – 480.00	320.00 – 320.00	400.00 – 400.00	320.00 – 320.00	240.00 – 240.00	400.00 – 400.00	400.00 – 400.00			
	Mannar	—	500.00 – 520.00	380.00 – 400.00	340.00 – 360.00	340.00 – 360.00	—	180.00 – 200.00	380.00 – 400.00	340.00 – 360.00			
	Killinochchi	—	480.00 – 520.00	400.00 – 440.00	400.00 – 440.00	300.00 – 340.00	—	240.00 – 260.00	350.00 – 380.00	280.00 – 320.00			
	Mullaitivu	—	500.00 – 520.00	380.00 – 400.00	280.00 – 300.00	300.00 – 320.00	—	—	360.00 – 380.00	350.00 – 360.00			
	Batticaloa	—	500.00 – 520.00	400.00 – 400.00	300.00 – 320.00	380.00 – 420.00	280.00 – 280.00	240.00 – 240.00	300.00 – 320.00	360.00 – 400.00			
	Trincomalee	—	—	320.00 – 350.00	250.00 – 280.00	250.00 – 280.00	190.00 – 220.00	160.00 – 200.00	240.00 – 260.00	290.00 – 320.00			
	Hanguranketha	—	—	280.00 – 300.00	180.00 – 200.00	270.00 – 300.00	130.00 – 150.00	100.00 – 120.00	240.00 – 260.00	220.00 – 240.00			
	Veyangoda	—	500.00 – 540.00	280.00 – 320.00	340.00 – 360.00	280.00 – 320.00	320.00 – 340.00	200.00 – 240.00	360.00 – 400.00	320.00 – 400.00			
	Galenbindunuwewa	—	460.00 – 480.00	400.00 – 480.00	280.00 – 320.00	280.00 – 320.00	220.00 – 240.00	140.00 – 160.00	300.00 – 320.00	300.00 – 320.00			
	Bandarawela	—	400.00 – 450.00	320.00 – 340.00	240.00 – 260.00	320.00 – 350.00	230.00 – 250.00	100.00 – 120.00	280.00 – 300.00	320.00 – 350.00			
	Matale	—	400.00 – 480.00	400.00 – 480.00	300.00 – 360.00	320.00 – 400.00	200.00 – 240.00	160.00 – 200.00	320.00 – 360.00	320.00 – 400.00			

Table 07 (Contd.)

LOCATIONS	Low Country Varieties																			
	Ladies Fingers		Brinjal		Capsicum		Pumpkin		Cucumber		Bitter Gourd		Snake Gourd		Drumstick		Luffa		Long Beans	
Colombo	260.00 -	400.00	300.00 -	480.00	600.00 -	1000.00	240.00 -	320.00	120.00 -	240.00	280.00 -	500.00	300.00 -	440.00	300.00 -	600.00	240.00 -	400.00	280.00 -	480.00
Gampaha	320.00 -	400.00	360.00 -	400.00	800.00 -	800.00	260.00 -	280.00	200.00 -	220.00	400.00 -	480.00	320.00 -	400.00	320.00 -	400.00	280.00 -	400.00	320.00 -	400.00
Kurunegala	300.00 -	360.00	380.00 -	440.00	700.00 -	800.00	280.00 -	320.00	180.00 -	220.00	400.00 -	440.00	240.00 -	320.00	360.00 -	400.00	280.00 -	320.00	280.00 -	320.00
Nikaweratiya	240.00 -	320.00	320.00 -	360.00	580.00 -	650.00	220.00 -	300.00	160.00 -	240.00	400.00 -	520.00	320.00 -	360.00	320.00 -	400.00	240.00 -	360.00	200.00 -	320.00
Dambulla	280.00 -	320.00	360.00 -	400.00	720.00 -	760.00	200.00 -	240.00	160.00 -	180.00	380.00 -	420.00	240.00 -	260.00	280.00 -	300.00	200.00 -	240.00	260.00 -	300.00
Anuradhapura	300.00 -	320.00	320.00 -	340.00	700.00 -	800.00	260.00 -	280.00	140.00 -	160.00	300.00 -	320.00	220.00 -	240.00	380.00 -	400.00	220.00 -	240.00	300.00 -	320.00
Thambuthegama	200.00 -	240.00	300.00 -	360.00	600.00 -	700.00	180.00 -	240.00	100.00 -	180.00	260.00 -	340.00	180.00 -	240.00	240.00 -	320.00	160.00 -	220.00	180.00 -	220.00
Polonnaruwa	340.00 -	360.00	380.00 -	400.00	720.00 -	740.00	260.00 -	280.00	180.00 -	200.00	460.00 -	480.00	280.00 -	300.00	360.00 -	400.00	360.00 -	380.00	380.00 -	400.00
Kaluthara	300.00 -	320.00	360.00 -	380.00	760.00 -	780.00	320.00 -	340.00	180.00 -	200.00	560.00 -	580.00	380.00 -	400.00	480.00 -	500.00	280.00 -	300.00	360.00 -	380.00
Badulla	320.00 -	360.00	360.00 -	400.00	720.00 -	800.00	320.00 -	360.00	160.00 -	200.00	440.00 -	480.00	280.00 -	320.00	320.00 -	360.00	320.00 -	360.00	280.00 -	320.00
Keppetipola	180.00 -	200.00	300.00 -	320.00	560.00 -	600.00	250.00 -	260.00	150.00 -	160.00	280.00 -	300.00	180.00 -	200.00	280.00 -	300.00	180.00 -	200.00	200.00 -	220.00
Moneragala	360.00 -	400.00	300.00 -	320.00	780.00 -	800.00	320.00 -	320.00	160.00 -	200.00	520.00 -	600.00	360.00 -	400.00	-	-	300.00 -	320.00	360.00 -	400.00
Kegalle	340.00 -	360.00	340.00 -	360.00	680.00 -	700.00	260.00 -	280.00	160.00 -	180.00	420.00 -	440.00	300.00 -	340.00	340.00 -	360.00	300.00 -	320.00	340.00 -	360.00
Ampara	280.00 -	300.00	360.00 -	360.00	720.00 -	800.00	280.00 -	300.00	180.00 -	200.00	400.00 -	440.00	280.00 -	360.00	360.00 -	400.00	280.00 -	320.00	280.00 -	320.00
Dehiattakandiya	280.00 -	300.00	280.00 -	320.00	700.00 -	720.00	280.00 -	280.00	160.00 -	200.00	480.00 -	520.00	320.00 -	320.00	200.00 -	200.00	320.00 -	320.00	320.00 -	340.00
Nuwaraeliya	200.00 -	220.00	300.00 -	320.00	580.00 -	620.00	260.00 -	280.00	150.00 -	160.00	300.00 -	320.00	200.00 -	220.00	300.00 -	320.00	200.00 -	220.00	200.00 -	220.00
Kandy	280.00 -	320.00	440.00 -	480.00	700.00 -	750.00	240.00 -	260.00	140.00 -	160.00	320.00 -	360.00	300.00 -	320.00	320.00 -	360.00	240.00 -	280.00	300.00 -	320.00
Puttalam	240.00 -	280.00	400.00 -	440.00	700.00 -	800.00	280.00 -	320.00	180.00 -	220.00	400.00 -	440.00	300.00 -	340.00	360.00 -	420.00	320.00 -	380.00	220.00 -	250.00
Rathnapura	300.00 -	320.00	340.00 -	360.00	650.00 -	700.00	260.00 -	280.00	170.00 -	180.00	380.00 -	400.00	270.00 -	280.00	320.00 -	330.00	240.00 -	240.00	280.00 -	300.00
Hambantota	280.00 -	320.00	260.00 -	320.00	650.00 -	800.00	250.00 -	320.00	130.00 -	160.00	400.00 -	460.00	300.00 -	400.00	200.00 -	260.00	250.00 -	320.00	250.00 -	300.00
16 Matara	280.00 -	320.00	240.00 -	280.00	600.00 -	660.00	220.00 -	240.00	140.00 -	160.00	480.00 -	580.00	240.00 -	280.00	220.00 -	240.00	200.00 -	240.00	250.00 -	300.00
Galle	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Tissamaharama	180.00 -	200.00	240.00 -	280.00	500.00 -	600.00	200.00 -	240.00	100.00 -	130.00	340.00 -	400.00	300.00 -	320.00	150.00 -	200.00	180.00 -	220.00	150.00 -	200.00
Meegoda (DEC)	280.00 -	320.00	360.00 -	400.00	800.00 -	800.00	240.00 -	300.00	160.00 -	200.00	320.00 -	400.00	360.00 -	400.00	360.00 -	400.00	240.00 -	320.00	240.00 -	320.00
Embilipitiya	280.00 -	320.00	280.00 -	320.00	480.00 -	600.00	200.00 -	300.00	160.00 -	200.00	400.00 -	500.00	360.00 -	400.00	200.00 -	240.00	280.00 -	320.00	340.00 -	400.00
Jaffna	100.00 -	120.00	200.00 -	250.00	600.00 -	700.00	220.00 -	250.00	-	-	500.00 -	600.00	100.00 -	140.00	300.00 -	400.00	-	-	400.00 -	480.00
Vavuniya	320.00 -	320.00	320.00 -	320.00	780.00 -	800.00	320.00 -	320.00	200.00 -	210.00	-	-	320.00 -	320.00	600.00 -	600.00	320.00 -	320.00	600.00 -	600.00
Mannar	280.00 -	300.00	340.00 -	360.00	700.00 -	750.00	240.00 -	260.00	-	-	400.00 -	420.00	280.00 -	300.00	-	-	-	-	280.00 -	300.00
Killinochchi	320.00 -	350.00	300.00 -	340.00	450.00 -	500.00	240.00 -	260.00	-	-	550.00 -	600.00	240.00 -	260.00	400.00 -	440.00	-	-	380.00 -	420.00
Mullaittivu	280.00 -	320.00	250.00 -	300.00	500.00 -	520.00	200.00 -	240.00	-	-	400.00 -	600.00	280.00 -	300.00	-	-	-	-	450.00 -	460.00
Batticaloa	280.00 -	300.00	360.00 -	400.00	500.00 -	520.00	280.00 -	300.00	-	-	450.00 -	480.00	300.00 -	320.00	400.00 -	400.00	300.00 -	300.00	-	-
Trincomalee	240.00 -	280.00	250.00 -	280.00	440.00 -	460.00	200.00 -	240.00	160.00 -	180.00	380.00 -	420.00	250.00 -	280.00	250.00 -	280.00	200.00 -	250.00	250.00 -	300.00
Hanguranketha	250.00 -	260.00	320.00	350.00	600.00	650.00	180.00	190.00	140.00	160.00	300.00	320.00	220.00	250.00	300.00	340.00	170.00	200.00	200.00 -	220.00
Veyangoda	280.00 -	320.00	400.00 -	440.00	780.00 -	800.00	280.00 -	320.00	160.00 -	180.00	360.00 -	400.00	320.00 -	360.00	320.00 -	400.00	280.00 -	320.00	240.00 -	280.00
Galenbindunuwewa	280.00 -	320.00	300.00 -	320.00	650.00 -	750.00	240.00 -	280.00	140.00 -	160.00	350.00 -	400.00	280.00 -	320.00	-	-	240.00 -	260.00	240.00 -	260.00
Bandarawela	260.00 -	280.00	350.00 -	360.00	700.00 -	750.00	280.00 -	300.00	150.00 -	160.00	350.00 -	400.00	250.00 -	280.00	320.00 -	350.00	250.00 -	280.00	250.00 -	280.00
Matale	320.00 -	360.00	320.00 -	400.00	800.00 -	900.00	240.00 -	320.00	160.00 -	200.00	320.00 -	400.00	320.00 -	400.00	320.00 -	400.00	240.00 -	320.00	240.00 -	320.00

Table 07 (Contd.)

LOCATIONS	Low Country Varieties					Leafy Vegetable			Coconut (Rs/Nut)	
	Ash Plantain	Green Chillies	Lime	Sweet Potato	Manioc	Mukunuwenna	Kankun	Gotukola	Large	Small
Colombo	160.00 - 280.00	500.00 - 1000.00	350.00 - 700.00	160.00 - 320.00	140.00 - 200.00	50.00 - 100.00	50.00 - 100.00	60.00 - 100.00	85.00 - 110.00	70.00 - 80.00
Gampaha	160.00 - 200.00	700.00 - 1000.00	500.00 - 500.00	240.00 - 240.00	150.00 - 150.00	70.00 - 70.00	60.00 - 60.00	25.00 - 25.00	80.00 - 85.00	60.00 - 70.00
Kurunegala	180.00 - 200.00	800.00 - 1000.00	380.00 - 460.00	180.00 - 240.00	140.00 - 160.00	40.00 - 40.00	40.00 - 40.00	25.00 - 30.00	80.00 - 90.00	60.00 - 70.00
Nikaweratiya	160.00 - 240.00	800.00 - 800.00	300.00 - 400.00	160.00 - 240.00	100.00 - 120.00	40.00 - 50.00	40.00 - 40.00	60.00 - 60.00	65.00 - 65.00	50.00 - 50.00
Dambulla	160.00 - 200.00	700.00 - 800.00	400.00 - 500.00	200.00 - 220.00	150.00 - 160.00	40.00 - 50.00	40.00 - 50.00	40.00 - 45.00	70.00 - 75.00	60.00 - 65.00
Anuradhapura	140.00 - 160.00	600.00 - 800.00	450.00 - 600.00	180.00 - 200.00	160.00 - 180.00	50.00 - 50.00	50.00 - 50.00	50.00 - 50.00	70.00 - 80.00	55.00 - 60.00
Thambuththegama	160.00 - 200.00	600.00 - 750.00	300.00 - 320.00	160.00 - 200.00	-	40.00 - 40.00	40.00 - 40.00	40.00 - 40.00	70.00 - 80.00	60.00 - 65.00
Polonnaruwa	140.00 - 160.00	800.00 - 850.00	380.00 - 400.00	180.00 - 200.00	160.00 - 170.00	40.00 - 50.00	40.00 - 50.00	40.00 - 50.00	75.00 - 80.00	65.00 - 70.00
Kaluthara	160.00 - 180.00	700.00 - 800.00	500.00 - 600.00	200.00 - 240.00	180.00 - 200.00	60.00 - 80.00	60.00 - 70.00	60.00 - 80.00	100.00 - 110.00	80.00 - 95.00
Badulla	160.00 - 180.00	800.00 - 1000.00	540.00 - 600.00	180.00 - 200.00	100.00 - 120.00	70.00 - 70.00	70.00 - 70.00	70.00 - 80.00	90.00 - 95.00	70.00 - 75.00
Keppetipola	140.00 - 150.00	900.00 - 950.00	340.00 - 350.00	180.00 - 200.00	140.00 - 150.00	30.00 - 35.00	30.00 - 35.00	25.00 - 30.00	84.00 - 88.00	70.00 - 78.00
Moneragala	100.00 - 120.00	1000.00 - 1200.00	230.00 - 250.00	180.00 - 200.00	-	60.00 - 70.00	60.00 - 60.00	60.00 - 70.00	65.00 - 70.00	55.00 - 60.00
Kegalle	160.00 - 180.00	720.00 - 750.00	420.00 - 450.00	180.00 - 200.00	120.00 - 140.00	50.00 - 50.00	50.00 - 50.00	40.00 - 40.00	75.00 - 80.00	60.00 - 70.00
Ampara	140.00 - 160.00	900.00 - 1000.00	400.00 - 500.00	200.00 - 200.00	80.00 - 100.00	60.00 - 70.00	50.00 - 60.00	50.00 - 60.00	75.00 - 80.00	70.00 - 72.00
Dehiwakkandiya	160.00 - 200.00	900.00 - 1000.00	400.00 - 400.00	160.00 - 200.00	100.00 - 100.00	50.00 - 50.00	50.00 - 50.00	50.00 - 50.00	80.00 - 85.00	65.00 - 70.00
Nuwaraeliya	140.00 - 150.00	900.00 - 1000.00	320.00 - 350.00	180.00 - 200.00	140.00 - 150.00	35.00 - 40.00	35.00 - 40.00	25.00 - 35.00	85.00 - 90.00	70.00 - 78.00
Kandy	160.00 - 180.00	750.00 - 800.00	480.00 - 500.00	200.00 - 240.00	170.00 - 180.00	50.00 - 60.00	50.00 - 60.00	40.00 - 45.00	90.00 - 95.00	70.00 - 75.00
Puttalam	140.00 - 200.00	650.00 - 750.00	400.00 - 440.00	180.00 - 220.00	120.00 - 150.00	60.00 - 60.00	60.00 - 60.00	40.00 - 40.00	68.00 - 70.00	60.00 - 65.00
Rathnapura	160.00 - 160.00	800.00 - 800.00	500.00 - 500.00	180.00 - 180.00	120.00 - 120.00	80.00 - 80.00	80.00 - 80.00	80.00 - 80.00	90.00 - 100.00	80.00 - 85.00
Hambanthota	80.00 - 120.00	650.00 - 800.00	240.00 - 300.00	160.00 - 200.00	80.00 - 110.00	55.00 - 60.00	55.00 - 60.00	70.00 - 80.00	80.00 - 85.00	65.00 - 70.00
Matara	110.00 - 130.00	700.00 - 800.00	280.00 - 300.00	140.00 - 160.00	90.00 - 110.00	55.00 - 60.00	55.00 - 60.00	65.00 - 75.00	75.00 - 85.00	60.00 - 70.00
Galle	-	-	-	-	-	-	-	-	-	-
Tissamaharama	100.00 - 120.00	680.00 - 720.00	200.00 - 250.00	180.00 - 200.00	80.00 - 100.00	50.00 - 50.00	45.00 - 50.00	50.00 - 60.00	85.00 - 90.00	55.00 - 60.00
Meegoda (DEC)	200.00 - 240.00	800.00 - 800.00	400.00 - 600.00	200.00 - 240.00	130.00 - 130.00	80.00 - 80.00	80.00 - 80.00	90.00 - 90.00	85.00 - 100.00	80.00 - 80.00
Embilipitiya	100.00 - 120.00	800.00 - 900.00	240.00 - 300.00	160.00 - 200.00	60.00 - 80.00	50.00 - 70.00	50.00 - 60.00	70.00 - 80.00	75.00 - 90.00	50.00 - 70.00
Jaffna	80.00 - 100.00	520.00 - 580.00	320.00 - 380.00	200.00 - 250.00	-	60.00 - 70.00	35.00 - 45.00	30.00 - 35.00	70.00 - 80.00	50.00 - 65.00
Vavuniya	260.00 - 260.00	800.00 - 800.00	400.00 - 400.00	240.00 - 240.00	240.00 - 240.00	60.00 - 60.00	60.00 - 60.00	-	60.00 - 60.00	40.00 - 40.00
Mannar	120.00 - 140.00	650.00 - 700.00	450.00 - 500.00	-	100.00 - 120.00	50.00 - 50.00	50.00 - 50.00	50.00 - 50.00	55.00 - 60.00	35.00 - 40.00
Killinochchi	80.00 - 100.00	600.00 - 650.00	300.00 - 350.00	-	240.00 - 260.00	50.00 - 60.00	-	50.00 - 60.00	70.00 - 75.00	40.00 - 50.00
Mullaitivu	100.00 - 120.00	650.00 - 680.00	300.00 - 350.00	-	240.00 - 280.00	40.00 - 50.00	-	40.00 - 50.00	70.00 - 75.00	60.00 - 65.00
Batticaloa	240.00 - 250.00	650.00 - 680.00	350.00 - 360.00	-	220.00 - 240.00	70.00 - 70.00	50.00 - 50.00	50.00 - 50.00	75.00 - 75.00	60.00 - 60.00
Trincomalee	180.00 - 210.00	600.00 - 620.00	320.00 - 400.00	150.00 - 160.00	160.00 - 180.00	50.00 - 70.00	60.00 - 70.00	50.00 - 70.00	90.00 - 100.00	60.00 - 75.00
Hanguranketha	150.00 - 160.00	620.00 - 650.00	350.00 - 400.00	140.00 - 160.00	80.00 - 100.00	40.00 - 40.00	35.00 - 40.00	35.00 - 40.00	80.00 - 85.00	50.00 - 70.00
Veyangoda	160.00 - 200.00	700.00 - 800.00	500.00 - 600.00	160.00 - 200.00	140.00 - 160.00	60.00 - 70.00	60.00 - 70.00	25.00 - 33.00	80.00 - 85.00	60.00 - 65.00
Galenbindunuweewa	100.00 - 120.00	700.00 - 800.00	-	180.00 - 200.00	-	50.00 - 55.00	50.00 - 55.00	-	70.00 - 80.00	60.00 - 65.00
Bandarawela	150.00 - 160.00	800.00 - 900.00	400.00 - 420.00	180.00 - 200.00	120.00 - 140.00	50.00 - 60.00	50.00 - 60.00	60.00 - 70.00	80.00 - 100.00	60.00 - 70.00
Matale	160.00 - 240.00	700.00 - 800.00	400.00 - 600.00	160.00 - 200.00	80.00 - 100.00	50.00 - 60.00	50.00 - 60.00	50.00 - 60.00	80.00 - 90.00	55.00 - 75.00

Table 08: Selected Markets: Retail Price of Fruits (Rs/each & Rs/Kg)

Week 30: 22 - 28 July 2022

LOCATIONS	Banana										Pineapple						Mango	
	Ambul (Rs/Kg)	Kolikuttu (Rs/Kg)	Seeni (Rs/Kg)	Anamalu	Ambun	Large		Medium		Small		Betti	Karthakolomban					
18	Colombo	100.00 - 160.00	220.00 - 300.00	120.00 - 160.00	18.00 - 25.00	23.00 - 31.00	420.00 - 550.00	350.00 - 400.00	250.00 - 340.00	-	-	180.00 - 200.00						
	Gampaha	100.00 - 130.00	200.00 - 220.00	100.00 - 130.00	16.00 - 18.00	22.00 - 25.00	450.00 - 450.00	300.00 - 350.00	180.00 - 200.00	-	-	120.00 - 150.00						
	Kurunegala	120.00 - 150.00	300.00 - 300.00	120.00 - 130.00	13.00 - 15.00	32.00 - 35.00	400.00 - 500.00	250.00 - 300.00	150.00 - 200.00	-	-	-						
	Nikaweratiya	130.00 - 140.00	280.00 - 300.00	130.00 - 140.00	-	29.00 - 30.00	-	370.00 - 400.00	270.00 - 300.00	-	-	-						
	Dambulla	130.00 - 140.00	260.00 - 280.00	120.00 - 130.00	-	25.00 - 28.00	400.00 - 450.00	350.00 - 380.00	180.00 - 200.00	50.00 - 60.00	50.00 - 60.00	160.00 - 180.00						
	Anuradhapura	80.00 - 120.00	260.00 - 280.00	100.00 - 120.00	16.00 - 20.00	25.00 - 27.00	530.00 - 600.00	450.00 - 510.00	360.00 - 400.00	-	-	-						
	Thambuththegama	80.00 - 120.00	250.00 - 300.00	80.00 - 120.00	20.00 - 28.00	30.00 - 35.00	550.00 - 650.00	400.00 - 500.00	-	-	-	-						
	Polonnaruwa	120.00 - 130.00	250.00 - 260.00	80.00 - 120.00	18.00 - 19.00	22.00 - 25.00	400.00 - 400.00	300.00 - 350.00	200.00 - 250.00	-	-	100.00 - 120.00						
	Kaluthara	120.00 - 140.00	260.00 - 280.00	120.00 - 140.00	22.00 - 24.00	23.00 - 25.00	400.00 - 420.00	350.00 - 370.00	280.00 - 300.00	-	-	180.00 - 200.00						
	Badulla	80.00 - 90.00	200.00 - 230.00	90.00 - 100.00	13.00 - 15.00	25.00 - 27.00	-	320.00 - 350.00	180.00 - 200.00	-	-	100.00 - 120.00						
	Keppetipola	90.00 - 100.00	240.00 - 260.00	110.00 - 120.00	17.00 - 21.00	36.00 - 42.00	-	360.00 - 380.00	260.00 - 280.00	-	-	160.00 - 170.00						
	Moneragala	80.00 - 90.00	180.00 - 190.00	50.00 - 60.00	12.00 - 13.00	15.00 - 18.00	500.00 - 540.00	420.00 - 450.00	-	-	-	80.00 - 120.00						
	Kegalle	120.00 - 130.00	270.00 - 280.00	120.00 - 130.00	30.00 - 30.00	40.00 - 50.00	400.00 - 400.00	260.00 - 320.00	120.00 - 150.00	-	-	-						
	Ampara	100.00 - 120.00	240.00 - 260.00	80.00 - 90.00	14.00 - 18.00	22.00 - 23.00	400.00 - 400.00	350.00 - 380.00	150.00 - 200.00	-	-	60.00 - 80.00						
	Dehiattakandiya	140.00 - 140.00	250.00 - 250.00	100.00 - 100.00	-	33.00 - 33.00	450.00 - 450.00	350.00 - 370.00	250.00 - 250.00	-	-	-						
	Nuwaraeliya	100.00 - 120.00	250.00 - 280.00	120.00 - 130.00	18.00 - 22.00	40.00 - 43.00	-	380.00 - 400.00	260.00 - 300.00	-	-	150.00 - 160.00						
	Kandy	130.00 - 140.00	260.00 - 270.00	130.00 - 140.00	20.00 - 22.00	30.00 - 32.00	480.00 - 500.00	350.00 - 370.00	150.00 - 200.00	-	-	90.00 - 100.00						
	Puttalam	100.00 - 120.00	220.00 - 250.00	110.00 - 140.00	12.00 - 14.00	-	600.00 - 650.00	-	-	-	-	-						
	Rathnapura	100.00 - 100.00	200.00 - 200.00	100.00 - 100.00	-	-	400.00 - 400.00	250.00 - 300.00	150.00 - 180.00	-	-	-						
	Hambantota	80.00 - 100.00	180.00 - 200.00	100.00 - 120.00	17.00 - 18.00	20.00 - 22.00	440.00 - 450.00	380.00 - 400.00	260.00 - 300.00	-	-	-						
	Matara	90.00 - 120.00	200.00 - 220.00	110.00 - 120.00	17.00 - 18.00	22.00 - 23.00	460.00 - 480.00	380.00 - 420.00	330.00 - 350.00	-	-	160.00 - 180.00						
	Galle	-	-	-	-	-	-	-	-	-	-	-						
	Tissamaharama	70.00 - 80.00	180.00 - 220.00	80.00 - 90.00	-	-	460.00 - 480.00	380.00 - 390.00	280.00 - 300.00	-	-	100.00 - 120.00						
	Meegoda (DEC)	120.00 - 120.00	210.00 - 220.00	120.00 - 120.00	-	-	600.00 - 600.00	-	-	-	-	-						
	Embilipitiya	60.00 - 80.00	150.00 - 200.00	70.00 - 80.00	15.00 - 25.00	25.00 - 30.00	-	300.00 - 300.00	120.00 - 200.00	-	-	-						
	Jaffna	90.00 - 100.00	170.00 - 200.00	90.00 - 100.00	-	-	500.00 - 550.00	390.00 - 430.00	300.00 - 340.00	-	-	150.00 - 200.00						
	Vavuniya	100.00 - 120.00	-	-	-	-	-	300.00 - 300.00	150.00 - 150.00	-	-	-						
	Mannar	100.00 - 100.00	180.00 - 200.00	100.00 - 100.00	13.00 - 15.00	-	-	-	-	-	-	-	80.00 - 100.00					
	Killinochchi	80.00 - 100.00	200.00 - 220.00	80.00 - 100.00	18.00 - 20.00	-	520.00 - 570.00	420.00 - 450.00	260.00 - 300.00	-	-	-						
	Mullaithivu	100.00 - 120.00	220.00 - 230.00	140.00 - 150.00	-	18.00 - 20.00	460.00 - 500.00	380.00 - 420.00	320.00 - 350.00	-	-	-						
	Batticaloa	100.00 - 120.00	200.00 - 220.00	130.00 - 140.00	-	-	-	360.00 - 400.00	-	-	-	-						
	Trincomalee	140.00 - 160.00	220.00 - 240.00	100.00 - 120.00	20.00 - 21.00	22.00 - 23.00	-	350.00 - 380.00	150.00 - 150.00	-	-	85.00 - 90.00						
	Veyangoda	120.00 - 160.00	300.00 - 350.00	120.00 - 160.00	-	28.00 - 30.00	-	300.00 - 350.00	260.00 - 280.00	-	-	120.00 - 130.00						
	Galenbindunuwewa	100.00 - 120.00	250.00 - 260.00	100.00 - 120.00	20.00 - 22.00	25.00 - 30.00	600.00 - 650.00	480.00 - 525.00	-	-	-	-						
	Bandarawela	100.00 - 120.00	240.00 - 250.00	120.00 - 140.00	16.00 - 18.00	22.00 - 24.00	-	350.00 - 360.00	200.00 - 250.00	-	-	80.00 - 100.00						
	Matale	80.00 - 100.00	180.00 - 220.00	100.00 - 120.00	12.00 - 14.00	18.00 - 22.00	450.00 - 500.00	350.00 - 420.00	280.00 - 320.00	-	-	-						

Table 08 (Contd.)

LOCATIONS	Mango		Other Fruits													
	Vilad	Kohu	Papaw (Rs/Kg)		Passion		Wood Apple		Orange		Avocado		Slime Apple		Grapes (Rs/Kg)	King Coconut
			150.00 - 260.00	29.00 - 50.00	50.00 - 100.00	60.00 - 120.00	60.00 - 150.00	50.00 - 100.00	70.00 - 100.00	70.00 - 80.00	70.00 - 100.00	70.00 - 60.00	50.00 - 60.00	-	140.00 - 160.00	
19	Colombo	60.00 - 100.00	-	150.00 - 260.00	29.00 - 50.00	50.00 - 100.00	60.00 - 120.00	60.00 - 150.00	50.00 - 100.00	70.00 - 80.00	70.00 - 100.00	70.00 - 60.00	50.00 - 60.00	-	140.00 - 160.00	
	Gampaha	-	-	200.00 - 220.00	25.00 - 30.00	70.00 - 80.00	100.00 - 120.00	80.00 - 100.00	70.00 - 80.00	70.00 - 80.00	70.00 - 100.00	70.00 - 80.00	70.00 - 60.00	-	100.00 - 100.00	
	Kurunegala	-	-	120.00 - 160.00	30.00 - 40.00	50.00 - 60.00	80.00 - 100.00	70.00 - 80.00	60.00 - 60.00	60.00 - 60.00	60.00 - 60.00	60.00 - 60.00	-	-	80.00 - 100.00	
	Nikaweratiya	-	-	130.00 - 140.00	20.00 - 30.00	30.00 - 40.00	60.00 - 70.00	80.00 - 100.00	-	-	-	-	-	-	-	
	Dambulla	60.00 - 80.00	25.00 - 30.00	150.00 - 160.00	30.00 - 40.00	50.00 - 60.00	60.00 - 80.00	60.00 - 80.00	50.00 - 60.00	50.00 - 60.00	50.00 - 60.00	50.00 - 60.00	-	-	100.00 - 120.00	
	Anuradhapura	70.00 - 80.00	-	140.00 - 160.00	-	50.00 - 60.00	80.00 - 120.00	60.00 - 70.00	50.00 - 60.00	50.00 - 60.00	50.00 - 60.00	-	-	-	80.00 - 100.00	
	Thambuththegama	-	-	120.00 - 160.00	-	-	-	-	-	-	-	-	-	-	70.00 - 80.00	
	Polonnaruwa	-	-	180.00 - 200.00	-	30.00 - 40.00	-	-	60.00 - 80.00	-	-	-	-	-	100.00 - 120.00	
	Kaluthara	80.00 - 100.00	-	180.00 - 200.00	35.00 - 38.00	80.00 - 100.00	80.00 - 100.00	70.00 - 100.00	70.00 - 80.00	-	-	-	-	-	130.00 - 150.00	
	Badulla	30.00 - 35.00	-	150.00 - 180.00	25.00 - 30.00	50.00 - 60.00	50.00 - 70.00	35.00 - 50.00	35.00 - 50.00	-	-	-	-	-	80.00 - 100.00	
	Keppetipola	60.00 - 70.00	20.00 - 26.00	160.00 - 180.00	32.00 - 35.00	55.00 - 60.00	70.00 - 90.00	45.00 - 55.00	50.00 - 60.00	50.00 - 60.00	-	-	-	-	100.00 - 110.00	
	Moneragala	60.00 - 80.00	-	130.00 - 150.00	-	37.00 - 43.00	60.00 - 80.00	60.00 - 70.00	20.00 - 25.00	-	-	-	-	-	70.00 - 80.00	
	Kegalle	40.00 - 50.00	25.00 - 30.00	170.00 - 190.00	-	50.00 - 60.00	120.00 - 150.00	50.00 - 60.00	50.00 - 60.00	-	-	-	-	-	80.00 - 100.00	
	Ampara	50.00 - 50.00	-	160.00 - 180.00	-	-	-	-	50.00 - 60.00	35.00 - 35.00	-	-	-	-	90.00 - 100.00	
	Dehiattakandiya	100.00 - 100.00	-	150.00 - 150.00	-	100.00 - 100.00	-	-	100.00 - 120.00	50.00 - 50.00	-	-	-	-	100.00 - 120.00	
	Nuwaraeliya	-	25.00 - 30.00	170.00 - 190.00	36.00 - 42.00	65.00 - 80.00	80.00 - 90.00	50.00 - 60.00	55.00 - 65.00	-	-	-	-	-	100.00 - 120.00	
	Kandy	60.00 - 70.00	-	200.00 - 220.00	20.00 - 22.00	70.00 - 80.00	60.00 - 70.00	50.00 - 70.00	50.00 - 60.00	-	-	-	-	-	100.00 - 110.00	
	Puttalam	-	-	150.00 - 160.00	-	-	55.00 - 60.00	-	-	-	-	-	-	-	70.00 - 80.00	
	Hambantota	-	-	170.00 - 200.00	-	40.00 - 60.00	100.00 - 130.00	50.00 - 60.00	50.00 - 60.00	-	-	-	-	-	70.00 - 80.00	
	Rathnapura	-	-	150.00 - 160.00	-	50.00 - 60.00	-	-	-	50.00 - 60.00	-	-	-	-	-	
	Matara	-	-	160.00 - 170.00	28.00 - 32.00	50.00 - 55.00	120.00 - 140.00	50.00 - 80.00	30.00 - 50.00	-	-	-	-	-	80.00 - 85.00	
	Galle	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
	Tissamaharama	-	25.00 - 30.00	120.00 - 140.00	25.00 - 30.00	35.00 - 40.00	-	-	-	25.00 - 30.00	-	-	-	-	80.00 - 100.00	
	Meegoda (DEC)	-	-	180.00 - 180.00	23.00 - 23.00	50.00 - 50.00	-	-	50.00 - 50.00	-	-	-	-	-	70.00 - 70.00	
	Embilipitiya	40.00 - 50.00	25.00 - 30.00	150.00 - 180.00	20.00 - 25.00	40.00 - 50.00	60.00 - 80.00	50.00 - 80.00	15.00 - 25.00	-	-	-	-	-	80.00 - 100.00	
	Jaffna	60.00 - 100.00	-	80.00 - 110.00	-	100.00 - 150.00	-	-	-	-	-	-	-	-	150.00 - 200.00	
	Vavuniya	-	-	-	-	-	-	-	-	-	-	-	-	-	150.00 - 150.00	
	Mannar	40.00 - 50.00	-	130.00 - 150.00	-	-	-	-	-	-	-	-	-	-	100.00 - 120.00	
	Killinochchi	-	-	100.00 - 120.00	-	-	-	-	-	-	-	-	-	-	130.00 - 140.00	
	Mullaitivu	-	-	120.00 - 140.00	-	-	-	-	-	-	-	-	-	-	150.00 - 160.00	
	Batticaloa	-	-	120.00 - 140.00	-	50.00 - 50.00	-	-	-	-	-	-	-	-	140.00 - 140.00	
	Trincomalee	70.00 - 75.00	-	140.00 - 160.00	50.00 - 60.00	65.00 - 75.00	-	-	100.00 - 120.00	45.00 - 50.00	-	-	-	-	150.00 - 160.00	
	Veyangoda	-	-	180.00 - 200.00	30.00 - 35.00	60.00 - 75.00	70.00 - 80.00	65.00 - 65.00	60.00 - 70.00	-	-	-	-	-	130.00 - 150.00	
	Galenbindunuwewa	-	-	130.00 - 140.00	-	-	-	-	40.00 - 50.00	-	-	-	-	-	90.00 - 100.00	
	Bandarawela	40.00 - 50.00	20.00 - 25.00	180.00 - 200.00	30.00 - 40.00	50.00 - 60.00	60.00 - 80.00	30.00 - 40.00	30.00 - 40.00	-	-	-	-	-	100.00 - 130.00	
	Matale	-	-	140.00 - 160.00	-	50.00 - 50.00	60.00 - 60.00	35.00 - 60.00	25.00 - 40.00	-	-	-	-	-	100.00 - 100.00	

Table 09: Selected Markets: Wholesale Price of Fresh Fish & Eggs (Rs/Kg & Rs/Egg)

Week 30: 22 - 28 July 2022

Locations	Sea Fish											
	Salaya		Hurulla		Balaya		Kelawalla		Thora		Paraw	
Colombo	460.00 –	740.00	780.00 –	850.00	900.00 –	1180.00	1450.00 –	1700.00	1600.00 –	3100.00	1400.00 –	1600.00
Kandy	630.00 –	650.00	880.00 –	900.00	900.00 –	1000.00	1500.00 –	1600.00	–	–	1250.00 –	1400.00
Kaluthara	600.00 –	650.00	800.00 –	820.00	900.00 –	950.00	1400.00 –	1500.00	–	–	–	–
Puttalam	550.00 –	600.00	950.00 –	950.00	–	–	1900.00 –	1950.00	–	–	–	–
Matara	480.00 –	500.00	550.00 –	600.00	700.00 –	800.00	1600.00 –	1700.00	–	–	–	–
Hambantota	500.00 –	520.00	600.00 –	600.00	700.00 –	700.00	1500.00 –	1600.00	–	–	–	–
Galle	–	–	–	–	–	–	–	–	–	–	–	–
Batticaloa	–	–	600.00 –	700.00	1000.00 –	1000.00	–	–	1800.00 –	1800.00	–	–
Trincomalee	500.00 –	580.00	700.00 –	780.00	600.00 –	680.00	1750.00 –	1800.00	–	–	1150.00 –	1250.00
Mannar	380.00 –	400.00	–	–	850.00 –	900.00	–	–	–	–	1300.00 –	1400.00

Locations	Sea Fish					Eggs					
	Mora		Shrimps		Thalapath	Teppeli	Brown		White		
Colombo	–	–	1180.00 –	1500.00	1600.00 –	1940.00	–	40.50 –	47.50	38.00 –	44.50
Kandy	–	–	1400.00 –	1450.00	1850.00 –	1900.00	–	45.00 –	46.00	43.00 –	44.00
Kaluthara	–	–	1350.00 –	1450.00	1600.00 –	1800.00	–	–	–	–	–
Puttalam	–	–	1250.00 –	1300.00	–	–	–	45.00 –	46.00	44.00 –	44.50
Matara	–	–	–	–	–	–	–	–	–	–	–
Hambantota	–	–	–	–	–	–	–	–	–	44.00 –	44.00
Galle	–	–	–	–	–	–	–	–	–	–	–
Batticaloa	1750.00 –	1800.00	–	–	1750.00 –	1800.00	–	43.00 –	44.00	43.00 –	44.00
Trincomalee	1300.00 –	1350.00	1100.00 –	1200.00	1650.00 –	1750.00	–	45.00 –	47.00	44.00 –	45.00
Mannar	–	–	950.00 –	1000.00	–	–	–	–	–	41.00 –	42.00

Table 10: Selected Markets: Wholesale Price of Dried Fish (Rs/50Kg)

Week 30: 22 - 28 July 2022

Locations	Local Dried Fish							
	Sprats		Kattawa		Thora			
Colombo	90000 –	110000	–	–	122500 –	130000		
Kandy	107500 –	110000	–	–	132500 –	135000		
Batticaloa	–	–	137500 –	138000	–	137500 –	137800	
Trincomalee	–	–	–	–	–	–	72000 –	72500
Mannar	67000 –	67500	117500 –	120000	–	–	79000 –	80000
							47500 –	50000

Locations	Local Dried Fish			Imported Dried Fish			
	Maduwa		Koduwa	Salaya	Sprats	Kattawa	Thora
Colombo	–	–	–	42500 –	57500	65000 –	87500
Kandy	–	–	–	–	75000 –	82500	–
Batticaloa	74500 –	76500	–	67500 –	67500	–	–
Trincomalee	–	–	–	–	–	–	–
Mannar	69000 –	70000	44000 –	45000	52500 –	55000	–

Locations	Imported Dried Fish					
	Mora		Balaya		Anguluwa	
Colombo	–	–	–	–	90000 –	100000
Kandy	–	–	–	–	102500 –	105000
Batticaloa	–	–	–	–	–	–
Trincomalee	–	–	–	–	–	–
Mannar	–	–	–	–	–	–

Table 11: Selected Markets: Retail Price of Fresh Fish & Eggs (Rs/Kg & Rs/Eggs)

Week 30: 22 - 28 July 2022

LOCATIONS	Sea Fish												Eggs	
	Salaya	Hurulla	Balaya	Kelawalla	Thora	Paraw	Mora	Thalapath	Brown	White				
21	Colombo	720.00 - 900.00	1000.00 - 1200.00	1400.00 - 2000.00	2000.00 - 3000.00	2800.00 - 3600.00	2200.00 - 2800.00	2000.00 - 2200.00	2300.00 - 3000.00	42.00 - 50.00	40.00 - 49.00			
	Gampaha	900.00 - 900.00	1100.00 - 1100.00	-	-	-	-	-	-	48.00 - 48.00	46.00 - 48.00			
	Kurunegala	640.00 - 700.00	840.00 - 900.00	1400.00 - 1400.00	-	-	-	-	2400.00 - 2500.00	-	45.00 - 47.00			
	Nikaweratiya	900.00 - 1000.00	1100.00 - 1100.00	1200.00 - 1200.00	2000.00 - 2000.00	-	-	-	-	-	43.00 - 45.00			
	Dambulla	760.00 - 800.00	1000.00 - 1100.00	1000.00 - 1100.00	2000.00 - 2200.00	-	1900.00 - 2000.00	1900.00 - 2000.00	2000.00 - 2200.00	46.00 - 47.00	42.00 - 43.00			
	Anuradhapura	800.00 - 800.00	1000.00 - 1000.00	1100.00 - 1100.00	1920.00 - 1920.00	-	-	-	2160.00 - 2160.00	-	46.00 - 48.00			
	Thambuththegama	600.00 - 700.00	800.00 - 800.00	1200.00 - 1200.00	-	-	1800.00 - 1800.00	-	2200.00 - 2200.00	-	46.00 - 50.00			
	Polonnaruwa	700.00 - 700.00	1200.00 - 1200.00	1600.00 - 1700.00	2000.00 - 2100.00	-	1700.00 - 1800.00	1800.00 - 1900.00	2000.00 - 2100.00	-	44.00 - 45.00			
	Kaluthara	800.00 - 860.00	900.00 - 950.00	1000.00 - 1050.00	1800.00 - 1900.00	-	-	-	1950.00 - 2000.00	-	41.00 - 42.00			
	Badulla	600.00 - 800.00	-	1400.00 - 1600.00	-	-	-	1600.00 - 1800.00	2400.00 - 2500.00	43.00 - 45.00	42.00 - 43.00			
	Keppetipola	-	900.00 - 1000.00	1400.00 - 1500.00	1800.00 - 1900.00	-	1700.00 - 1800.00	1600.00 - 1700.00	2500.00 - 2600.00	42.00 - 44.00	41.00 - 43.00			
	Moneragala	800.00 - 850.00	1000.00 - 1100.00	-	-	-	-	-	2100.00 - 2200.00	47.00 - 49.00	46.00 - 48.00			
	Kegalle	1000.00 - 1000.00	1200.00 - 1300.00	1700.00 - 1800.00	2100.00 - 2200.00	-	-	1950.00 - 2000.00	2500.00 - 2600.00	50.00 - 52.00	47.00 - 48.00			
	Ampara	800.00 - 800.00	-	1400.00 - 1500.00	-	-	-	-	2400.00 - 2400.00	-	43.00 - 44.00			
	Dehiattakandiya	600.00 - 600.00	1000.00 - 1100.00	1600.00 - 1600.00	2200.00 - 2200.00	-	-	-	2200.00 - 2200.00	43.00 - 43.00	43.00 - 43.00			
	Nuwaraeliya	-	800.00 - 800.00	1300.00 - 1400.00	2000.00 - 2200.00	-	1900.00 - 2000.00	1800.00 - 1900.00	2400.00 - 2500.00	42.00 - 44.00	41.00 - 43.00			
	Kandy	800.00 - 840.00	1080.00 - 1100.00	1280.00 - 1300.00	2200.00 - 2300.00	-	1650.00 - 1700.00	-	2300.00 - 2400.00	47.00 - 48.00	45.00 - 46.00			
	Puttalam	650.00 - 700.00	1000.00 - 1000.00	-	1980.00 - 2100.00	-	-	-	-	46.00 - 46.50	45.00 - 45.50			
	Hambantota	600.00 - 600.00	750.00 - 800.00	1100.00 - 1200.00	2000.00 - 2000.00	-	-	-	-	-	45.00 - 45.00			
	Rathnapura	800.00 - 840.00	1100.00 - 1160.00	1000.00 - 1060.00	2000.00 - 2100.00	-	2100.00 - 2160.00	-	2100.00 - 2200.00	-	44.00 - 45.00			
	Matara	560.00 - 600.00	760.00 - 800.00	1150.00 - 1200.00	1950.00 - 2100.00	-	-	-	-	-	43.50 - 45.00			
	Galle	-	-	-	-	-	-	-	-	-	-			
	Tissamaharama	600.00 - 600.00	-	1400.00 - 1400.00	1800.00 - 1800.00	-	-	-	-	-	47.00 - 48.00			
	Meegoda	800.00 - 800.00	1200.00 - 1200.00	-	2400.00 - 2400.00	-	2800.00 - 2800.00	-	2800.00 - 3000.00	-	47.00 - 47.00			
	Embilipitiya	500.00 - 600.00	750.00 - 800.00	1400.00 - 1500.00	2100.00 - 2200.00	-	-	1500.00 - 1500.00	2000.00 - 2200.00	43.00 - 44.00	42.00 - 44.00			
	Jaffna	-	1000.00 - 1200.00	1000.00 - 1200.00	-	-	1450.00 - 1500.00	-	-	48.00 - 49.00	47.00 - 48.00			
	Vavuniya	800.00 - 800.00	1200.00 - 1200.00	1200.00 - 1200.00	2400.00 - 2400.00	3000.00 - 3000.00	1800.00 - 1800.00	2800.00 - 2800.00	2400.00 - 2400.00	52.00 - 52.00	50.00 - 50.00			
	Mannar	450.00 - 500.00	-	950.00 - 1000.00	-	-	1500.00 - 1500.00	-	-	-	43.00 - 44.00			
	Killinochchi	650.00 - 800.00	-	1200.00 - 1400.00	-	-	1300.00 - 1500.00	-	-	-	45.00 - 45.00			
	Mullaithivu	600.00 - 600.00	1000.00 - 1000.00	1000.00 - 1100.00	-	-	1400.00 - 1400.00	-	-	-	44.00 - 45.00			
	Batticaloa	-	1000.00 - 1200.00	1600.00 - 1600.00	-	-	-	2400.00 - 2400.00	2300.00 - 2400.00	44.00 - 45.00	44.00 - 45.00			
	Trincomalee	600.00 - 650.00	780.00 - 850.00	800.00 - 850.00	1900.00 - 1980.00	-	1300.00 - 1380.00	1400.00 - 1450.00	1800.00 - 1850.00	48.00 - 48.00	46.00 - 47.00			
	Veyangoda	800.00 - 800.00	1200.00 - 1200.00	-	-	-	-	-	2400.00 - 2400.00	-	42.00 - 45.00			
	Galenbindunuwewa	800.00 - 800.00	1100.00 - 1100.00	1100.00 - 1100.00	-	2700.00 - 2700.00	1600.00 - 1600.00	1600.00 - 1600.00	2200.00 - 2200.00	-	40.00 - 44.00			
	Bandarawela	700.00 - 800.00	1000.00 - 1200.00	1400.00 - 1500.00	1800.00 - 2000.00	-	1700.00 - 1800.00	1700.00 - 1800.00	2400.00 - 2500.00	43.00 - 46.00	41.00 - 45.00			
	Matale	800.00 - 880.00	1100.00 - 1200.00	1200.00 - 1400.00	2100.00 - 2300.00	-	1500.00 - 1700.00	1500.00 - 1700.00	2000.00 - 2100.00	42.00 - 45.00	40.00 - 40.00			

Table 12: Selected Markets: Retail Price of Dried Fish (Rs/Kg)

Week 30: 22 - 28 July 2022

LOCATIONS	Dried Fish														
	Sprats-Imported	Kattawa		Thora		Mora		Balaya		Anguluwa		Salaya			
22	Colombo	1600.00	2200.00	2600.00	3300.00	—	2600.00	3200.00	2000.00	2800.00	2000.00	3200.00	1200.00	1800.00	
	Gampaha	1600.00	1800.00	3200.00	3200.00	3400.00	3800.00	3000.00	3200.00	2200.00	2400.00	2600.00	2800.00	1200.00	1600.00
	Kurunegala	1600.00	1900.00	2600.00	3000.00	3000.00	3000.00	2800.00	3000.00	2300.00	2400.00	2400.00	2600.00	1200.00	1400.00
	Nikaweratiya	1750.00	1940.00	2800.00	2800.00	—	2600.00	2600.00	2000.00	2000.00	2600.00	2600.00	1200.00	1200.00	
	Dambulla	1650.00	1700.00	2900.00	3100.00	—	2900.00	3100.00	1900.00	2000.00	2400.00	2500.00	—	—	
	Anuradhapura	1900.00	2000.00	2800.00	3200.00	—	2800.00	3000.00	2000.00	2500.00	2000.00	2200.00	1200.00	1200.00	
	Thambuththegama	1680.00	1720.00	—	—	—	2600.00	2600.00	1700.00	2000.00	2300.00	2300.00	—	—	
	Polonnaruwa	1800.00	1900.00	3500.00	3500.00	—	2800.00	3000.00	2200.00	2500.00	—	—	—	—	
	Kaluthara	1800.00	2000.00	3000.00	3100.00	—	2800.00	3000.00	2200.00	2600.00	2400.00	2800.00	1300.00	1500.00	
	Badulla	1700.00	1800.00	2800.00	3000.00	—	2500.00	2600.00	2100.00	2200.00	—	—	—	—	
	Keppetipola	1600.00	1800.00	2900.00	3000.00	—	2800.00	2900.00	2400.00	2450.00	2600.00	2700.00	1450.00	1500.00	
	Moneragala	—	—	—	—	—	2600.00	2800.00	2200.00	2300.00	2600.00	2800.00	—	—	
	Kegalle	1650.00	1700.00	2500.00	2600.00	—	2400.00	2450.00	2000.00	2200.00	—	—	—	—	
	Ampara	1700.00	2000.00	2600.00	2650.00	—	—	—	2250.00	2400.00	—	—	—	—	
	Dehiattakandiya	1800.00	1800.00	3000.00	3000.00	—	2500.00	2800.00	2600.00	2600.00	—	—	—	—	
	Nuwaraeliya	1600.00	1800.00	2900.00	3000.00	3400.00	3600.00	3000.00	3200.00	2400.00	2500.00	2600.00	2800.00	1500.00	1600.00
	Kandy	2000.00	2100.00	3200.00	3300.00	—	2800.00	3000.00	2400.00	2500.00	2800.00	2900.00	—	—	
	Puttalam	1600.00	1680.00	2800.00	3000.00	—	2720.00	2820.00	1750.00	2000.00	1500.00	1800.00	1200.00	1250.00	
	Hambantota	—	—	2800.00	2900.00	—	2500.00	2700.00	—	—	2600.00	2800.00	1400.00	1400.00	
	Rathnapura	2100.00	2200.00	3300.00	3400.00	—	2760.00	2800.00	2560.00	2600.00	—	—	1760.00	1800.00	
	Matara	1800.00	1950.00	2800.00	3000.00	3000.00	3150.00	2800.00	3000.00	2200.00	2400.00	2800.00	2900.00	—	
	Galle	—	—	—	—	—	—	—	—	—	—	—	—		
	Tissamaharama	1800.00	1900.00	—	—	—	—	—	1900.00	2200.00	—	—	—		
	Meegoda	1800.00	1920.00	2800.00	3000.00	—	2600.00	2800.00	2100.00	2200.00	—	—	1120.00	1200.00	
	Embilipitiya	1400.00	1800.00	3000.00	3300.00	—	2800.00	3000.00	2300.00	2500.00	2700.00	3000.00	1900.00	2100.00	
	Jaffna	1750.00	1900.00	—	—	—	—	—	—	—	—	—	—		
	Vavuniya	1400.00	1400.00	2500.00	2750.00	—	—	—	—	—	—	—	—		
	Mannar	1400.00	1400.00	2500.00	2600.00	—	—	—	1700.00	1800.00	1100.00	1200.00	1200.00	1200.00	
	Killinochchi	—	—	3400.00	3500.00	—	2850.00	3000.00	—	—	2100.00	2200.00	1850.00	1850.00	
	Mullaitivu	1800.00	2000.00	2800.00	3000.00	—	2800.00	3000.00	1400.00	1500.00	1400.00	1500.00	1300.00	1500.00	
	Batticaloa	1800.00	1800.00	2700.00	2800.00	—	2800.00	2800.00	—	—	—	—	1400.00	1500.00	
	Trincomalee	—	—	—	—	—	—	—	1400.00	1500.00	—	—	—	—	
	Veyangoda	1600.00	1800.00	2500.00	2900.00	—	2600.00	2800.00	1900.00	2000.00	2000.00	2100.00	1100.00	1400.00	
	Galenbindunuwewa	1800.00	2000.00	3400.00	3600.00	—	3000.00	3100.00	2400.00	2600.00	2500.00	2600.00	—	—	
	Bandarawela	1600.00	1800.00	2800.00	3000.00	—	2700.00	2800.00	2300.00	2400.00	—	—	1300.00	1400.00	
	Matale	1700.00	2000.00	2900.00	3200.00	3400.00	3600.00	3300.00	3500.00	2200.00	2400.00	2700.00	3000.00	1100.00	1300.00

Table 13: Selected Markets: Retail Price of Meat (Rs/Kg)

Week 30: 22 - 28 July 2022

LOCATIONS	Meat	Meat (Chicken)			Meat	
	Beef	Broiler	Curry	Mutton	Pork	
Colombo	2000.00 – 2200.00	1250.00 – 1400.00	1100.00 – 1400.00	2600.00 – 2800.00	1000.00 – 1400.00	
Gampaha	–	1350.00 – 1350.00	1300.00 – 1350.00	2500.00 – 2500.00	1100.00 – 1100.00	
Kurunegala	1800.00 – 1800.00	1300.00 – 1360.00	1000.00 – 1000.00	2400.00 – 2400.00	1400.00 – 1400.00	
Nikaweratiya	1800.00 – 1800.00	1350.00 – 1350.00	–	–	–	
Dambulla	–	1250.00 – 1330.00	–	–	–	
Anuradhapura	1700.00 – 1700.00	1200.00 – 1250.00	–	–	1200.00 – 1300.00	
Thambuththegama	1500.00 – 1950.00	1090.00 – 1200.00	–	–	1150.00 – 1200.00	
Polonnaruwa	2000.00 – 2000.00	1350.00 – 1350.00	–	2900.00 – 3000.00	1600.00 – 1700.00	
Kaluthara	–	1250.00 – 1300.00	1200.00 – 1250.00	–	–	
Badulla	1800.00 – 1800.00	1350.00 – 1380.00	1250.00 – 1300.00	2400.00 – 2500.00	–	
Keppetipola	1700.00 – 1800.00	1300.00 – 1350.00	1250.00 – 1280.00	2400.00 – 2500.00	–	
Moneragala	1800.00 – 1800.00	1350.00 – 1450.00	1400.00 – 1450.00	–	–	
Kegalle	1800.00 – 1850.00	1250.00 – 1300.00	–	2200.00 – 2250.00	1350.00 – 1400.00	
Ampara	–	1350.00 – 1400.00	–	–	–	
Dehiattakandiya	–	1290.00 – 1290.00	1020.00 – 1020.00	–	1200.00 – 1200.00	
Nuwaraeliya	1700.00 – 1800.00	1300.00 – 1350.00	1200.00 – 1250.00	2500.00 – 2600.00	1300.00 – 1400.00	
Kandy	1800.00 – 1900.00	1300.00 – 1320.00	1200.00 – 1220.00	2350.00 – 2400.00	–	
Puttalam	1700.00 – 1800.00	1250.00 – 1300.00	1000.00 – 1150.00	2300.00 – 2400.00	–	
Hambantota	–	1300.00 – 1350.00	–	–	–	
Rathnapura	1800.00 – 1800.00	1200.00 – 1240.00	1080.00 – 1100.00	2400.00 – 2450.00	–	
Matara	–	1350.00 – 1380.00	1220.00 – 1250.00	–	–	
Galle	–	–	–	–	–	
Tissamaharama	–	1400.00 – 1450.00	–	–	1400.00 – 1400.00	
Meegoda	–	1200.00 – 1220.00	–	2800.00 – 2800.00	1000.00 – 1000.00	
Embiliptiya	1900.00 – 2000.00	1030.00 – 1250.00	1100.00 – 1150.00	2600.00 – 2700.00	1200.00 – 1400.00	
Jaffna	1450.00 – 1500.00	1500.00 – 1600.00	1400.00 – 1500.00	2350.00 – 2600.00	–	
Vavuniya	1700.00 – 1700.00	1350.00 – 1350.00	–	–	–	
Mannar	1400.00 – 1400.00	1500.00 – 1500.00	–	–	–	
Killinochchi	1500.00 – 1500.00	1500.00 – 1500.00	1500.00 – 1500.00	2400.00 – 2400.00	–	
Mullaitivu	1400.00 – 1400.00	1400.00 – 1400.00	–	–	–	
Batticaloa	–	1400.00 – 1500.00	1400.00 – 1500.00	–	–	
Trincomalee	1500.00 – 1580.00	1200.00 – 1200.00	1100.00 – 1160.00	2800.00 – 2800.00	–	
Veyangoda	1800.00 – 1800.00	1250.00 – 1250.00	1200.00 – 1200.00	2400.00 – 2500.00	1200.00 – 1200.00	
Galenbindunuwewa	1550.00 – 1600.00	1250.00 – 1300.00	–	–	–	
Bandarawela	1800.00 – 2000.00	1300.00 – 1350.00	1250.00 – 1300.00	2600.00 – 2800.00	–	
Matale	1700.00 – 1700.00	1200.00 – 1250.00	1000.00 – 1150.00	–	1100.00 – 1100.00	

Table 14: Colombo: Wholesale Prices (Rs/Kg or Rs/Pieces)

Week 30: 22 - 28 July 2022

This Week: Week 30: 22 - 28 July 2022
Last Week: Week 29: 15 - 21 July 2022

Table 15: Colombo &Suburbs: Retail Prices (Rs/Kg or Rs/Piece)

Week 30: 22 - 28 July 2022

Commodity	Range	Average Price			Change Compared to		Commodity	Range	Average Price			Change Compared to	
		This Week	Last Week	Last Year	Last Week	Last Year (%)			This Week	Last Week	Last Year	Last Week	Last Year (%)
<u>Rice</u>							<u>Coconut</u>						
<u>Local</u>							Large	85.00 - 110.00	94.05	91.56	85.29	2.49	10.27
Samba 1	250.00 - 270.00	260.53	268.10	147.00	-7.57	77.23	Small	70.00 - 80.00	78.21	75.78	70.33	2.43	11.21
Samba 2	240.00 - 250.00	248.70	256.25	137.89	-7.55	80.35							
Keeri Samba	260.00 - 280.00	271.11	284.85		-13.74		<u>Fruits (Rs/Fruit)</u>						
Nadu 1	240.00 - 260.00	245.81	258.24	123.33	-12.43	99.30	Ambul (Rs/Kg)	100.00 - 160.00	136.94	130.00	114.24	6.94	19.87
Nadu 2	240.00 - 250.00	241.25	245.00	118.18	-3.75	104.13	Kolikuttu (Rs/Kg)	220.00 - 300.00	259.17	250.00	228.48	9.17	13.43
Raw (Red)	250.00 - 280.00	262.42	271.30	102.43	-8.88	156.19	Seeni (Rs/Kg)	120.00 - 160.00	144.72	140.67	140.30	4.06	3.15
Raw (White)	240.00 - 270.00	258.75	266.36	111.67	-7.61	131.72	Anamalu	18.00 - 25.00	21.80	21.24	18.79	0.56	16.03
<u>Imported</u>							Ambun	23.00 - 31.00	26.83	26.27	23.70	0.56	13.24
Samba	210.00 - 240.00	229.17	230.86		-1.69		Papaw(Rs/Kg)	150.00 - 260.00	223.67	232.86	186.88	-9.19	19.69
Nadu	210.00 - 240.00	225.14	228.48		-3.34		Passion Fruit	29.00 - 50.00	44.70	41.65	22.00	3.05	103.20
Raw (Red)	-	-	-	-	-	-	Pineapple Large	420.00 - 550.00	472.65	458.15	232.97	14.50	102.88
Raw (White)	190.00 - 220.00	203.61	212.11		-8.49		Pineapple Medium	350.00 - 400.00	376.43	373.82	171.07	2.61	120.04
<u>Dried Chilies</u>							Pineapple Small	250.00 - 340.00	302.35	288.57	141.00	13.78	114.43
Imported	1800.00 - 2200.00	2025.71	2113.51	589.06	-87.80	243.89	<u>Mango</u>						
<u>Onion</u>							Betti	-	-	-	-	-	-
Sinnan	-	-	-	316.47			Karthakolomban	180.00 - 200.00	193.33	190.00	137.06	3.33	41.06
Vedalan	440.00 - 600.00	543.45	365.18		48.82		Vilad	60.00 - 100.00	80.00	79.17	60.00	0.83	33.33
<u>Big Onion</u>							Kohu	-	-	-	-	-	-
Imported	320.00 - 400.00	387.14	484.59	345.00	-97.45	12.22	<u>Other</u>						
Local	-	-	-	-	-	-	Wood Apple	50.00 - 100.00	82.31	85.00	107.04	-2.69	-23.10
<u>Potato</u>							Orange	60.00 - 120.00	91.60	100.00	66.90	-8.40	36.93
Welimada	-	-	-	-	-	-	Avocado	60.00 - 150.00	101.11	89.31	91.85	11.80	10.08
N'Eliya	400.00 - 600.00	536.07	486.39	208.44	49.68	157.19	Slime Apple	50.00 - 100.00	68.93	62.80	91.11	6.13	-24.35
Imported	190.00 - 280.00	247.19	259.47	147.89	-12.29	67.14	Grapes (Imp., Rs/Kg)	-	-	-	1322.22	-	-
<u>Pulses</u>							King Coconut	140.00 - 160.00	149.29	137.33	72.86	11.95	104.90
Green Gram	900.00 - 1100.00	1003.03	1013.64	764.35	-10.61	31.23	<u>Sea Fish</u>						
Cowpea (White)	780.00 - 1000.00	860.87	866.79	644.44	-5.92	33.58	Salaya	720.00 - 900.00	787.27	877.00	363.64	-89.73	116.50
Cowpea (Red)	680.00 - 900.00	751.15	726.07	642.10	25.08	16.98	Hurulla	1000.00 - 1200.00	1076.36	1168.70	-	-92.33	-
Red Dhal	530.00 - 600.00	565.83	585.50	205.14	-19.67	175.83	Balaya	1400.00 - 2000.00	1692.50	1821.67	932.50	-129.17	81.50
<u>Vegetable</u>							Kelawalla	2000.00 - 3000.00	2488.57	2488.00	1309.09	0.57	90.10
Beans (Butter)	-	-	-	-	-	-	Thora	2800.00 - 3600.00	3160.00	3192.00	-	-32.00	-
Beans(Green)	440.00 - 600.00	527.86	528.67	291.03	-0.81	81.37	Paraw	2200.00 - 2800.00	2423.53	2581.54	-	-158.01	-
Carrot	240.00 - 480.00	360.74	388.33	204.33	-27.59	76.55	Mora	2000.00 - 2200.00	2200.00	-	-	-	-
Leeks	200.00 - 360.00	303.57	316.67	274.00	-13.10	10.79	Shrimps	1400.00 - 1720.00	1560.00	1562.00	1081.82	-2.00	44.20
Beetroot	200.00 - 360.00	288.15	393.67	211.33	-105.52	36.35	Thalapath	2300.00 - 3000.00	2601.90	2628.57	1402.67	-26.67	85.50
Knokhol	150.00 - 320.00	237.86	285.00	192.33	-47.14	23.67	<u>Eggs</u>	-	-	-	-	-	-
Raddish	120.00 - 280.00	198.89	232.33	152.67	-33.44	30.28	Brown	42.00 - 50.00	46.19	42.80	20.27	3.39	127.83
Cabbage	280.00 - 480.00	371.11	404.14	201.00	-33.03	84.63	White	40.00 - 49.00	44.11	40.97	19.12	3.13	130.73
Tomato	260.00 - 480.00	362.14	314.64	131.33	47.50	175.74	<u>Dried Fish</u>	-	-	-	-	-	-
Ladies Fingers	260.00 - 400.00	341.43	408.52	170.00	-67.09	100.84	Sprats	2200.00 - 2800.00	2615.00	2642.86	1312.50	-27.86	99.24
Brinjal	300.00 - 480.00	383.21	425.86	223.33	-42.65	71.59	Sprats (Imported)	1600.00 - 2200.00	1811.11	1813.64	815.63	-2.53	122.05
Capsicum	600.00 - 1000.00	866.00	821.43	361.94	44.57	139.27	Kattawa	2600.00 - 3300.00	2983.87	2996.00	1555.00	-12.13	91.89
Pumpkin	240.00 - 320.00	296.67	342.50	156.33	-45.83	89.77	Thora	-	-	-	1862.50	-	-
Cucumber	120.00 - 240.00	202.50	209.31	132.00	-6.81	53.41	Mora	2600.00 - 3200.00	2946.15	2928.57	1552.94	17.58	89.71
Bitter Gourd	280.00 - 500.00	401.43	459.31	225.00	-57.88	78.41	Balaya	2000.00 - 2800.00	2378.57	2400.00	1066.67	-21.43	122.99
Snake Gourd	300.00 - 440.00	390.00	389.29	228.28	0.71	70.85	Anguluwa	2000.00 - 3200.00	2758.33	2654.55	1569.23	103.79	75.78
Drumstick	300.00 - 600.00	439.68	433.00	284.83	6.68	54.37	Maduwa	-	-	-	-	-	-
Luffa	240.00 - 400.00	332.50	313.00	193.45	19.50	71.88	Koduwa	-	-	-	-	-	-
Long Beans	280.00 - 480.00	356.30	396.90	210.67	-40.60	69.13	Salaya	1200.00 - 1800.00	1383.33	1389.47	470.00	-6.14	194.33
Ash Plantain	160.00 - 280.00	231.07	234.00	115.77	-2.93	99.60	<u>Meat</u>	-	-	-	-	-	-
Green Chillies	500.00 - 1000.00	775.86	815.86	308.97	-40.00	151.12	Beef (without Bones)	2000.00 - 2200.00	2100.00	2200.00	1214.29	-100.00	72.94
Lime	350.00 - 700.00	537.86	636.55	219.64	-98.69	144.88	Chicken (Broiler)	1250.00 - 1400.00	1322.22	1285.00	737.00	37.22	79.41
<u>Root Crops</u>							Chicken (Curry)	1100.00 - 1400.00	1195.71	1153.75	725.00	41.96	64.93
Sweet Potato	160.00 - 320.00	239.29	258.52	131.33	-19.23	82.20	Mutton	2600.00 - 2800.00	2716.67	2700.00	2177.78	16.67	24.74
Manioc	140.00 - 200.00	187.60	187.41	78.21	0.19	139.85	Pork	1000.00 - 1400.00	1125.00	1175.00	820.00	-50.00	37.20
<u>Leafy Vegetable</u>													
Mukunuwenna	50.00 - 100.00	75.26	75.79	40.91	-0.53	83.98							
Kankun	50.00 - 100.00	75.26	75.79	40.91	-0.53	83.98							
Gotukola	60.00 - 100.00	78.24	77.89	51.36	0.34	52.32							

This Week: Week 30: 22 - 28 July 2022
Last Week: Week 29: 15 - 21 July 2022

Table 16: Farmgate/Producer Prices of Food Commodities in Selected Producing Areas (Rs/Kg)

Week 30: 22 - 28 July 2022

COMMODITY	Range	Average Price	COMMODITY	Range	Average Price	COMMODITY	Range	Average Price	
Paddy			<u>Vegetable (Up Country)</u>			<u>Snake Gourd</u>			
Short Grain			Beans	Dambulla	290.00 – 330.00	310.00	Dambulla	130.00 – 145.00	139.00
A'pura	118.00 – 120.00	118.80	Wellimada	300.00 – 315.00	307.00	Hambantota	170.00 – 180.00	175.00	
P'naruwa	126.00 – 127.00	126.42	Badulla	280.00 – 340.00	310.00	Embilipitiya	240.00 – 260.00	250.00	
Kalawewa	110.00 – 125.00	118.00	<u>Carrot</u>			Matara	–		
Kurunegala	100.00 – 118.00	109.80	N'Eliya	205.00 – 215.00	209.20	A'pura	90.00 – 100.00	94.00	
Dehiattakandiya	120.00 – 122.00	120.67	Wellimada	155.00 – 165.00	161.00	<u>Luffa</u>			
Nikaweratiya	120.00 – 130.00	124.80	Hanguranketha	170.00 – 190.00	180.00	Dambulla	130.00 – 145.00	138.00	
Ampara	125.00 – 125.00	125.00	<u>Leeks</u>			Hambantota	110.00 – 120.00	116.67	
Long Grain (White)			N'Eliya	115.00 – 120.00	116.80	Embilipitiya	160.00 – 180.00	173.00	
A'pura	118.00 – 120.00	118.80	Wellimada	100.00 – 110.00	106.00	Matara	–		
P'naruwa	126.00 – 127.00	126.42	<u>Beetroot</u>			A'pura	75.00 – 80.00	77.00	
Kalawewa	110.00 – 120.00	115.00	N'Eliya	135.00 – 150.00	143.00	<u>Green Chillies</u>			
Kurunegala	100.00 – 118.00	109.80	Dambulla	120.00 – 140.00	129.00	Dambulla	440.00 – 470.00	456.00	
Dehiattakandiya	120.00 – 122.00	120.67	Kurunegala	–		Hambantota	–		
Embilipitiya	–		Wellimada	130.00 – 140.00	135.00	Embilipitiya	600.00 – 650.00	628.00	
Nikaweratiya	120.00 – 130.00	125.00	Hanguranketha	170.00 – 180.00	176.60	Puttalam	420.00 – 500.00	453.33	
Hambantota	–		<u>Knol Khol</u>			A'pura	400.00 – 420.00	408.00	
Ampara	109.00 – 120.00	117.80	N'Eliya	80.00 – 90.00	85.80	<u>Pumpkin</u>			
Long Grain (Red)			Wellimada	70.00 – 80.00	75.00	Dambulla	95.00 – 115.00	107.00	
Matara	130.00 – 135.00	132.33	Hanguranketha	60.00 – 80.00	70.00	Hambantota	140.00 – 160.00	150.00	
Hambantota	130.00 – 135.00	132.33	<u>Raddish</u>			Embilipitiya	75.00 – 180.00	143.33	
Embilipitiya	135.00 – 136.00	135.50	N'Eliya	40.00 – 48.00	44.60	Matara	–		
Keeri Samba			Wellimada	30.00 – 40.00	36.00	A'pura	90.00 – 100.00	94.00	
A'pura	115.00 – 115.00	115.00	Hambantota	60.00 – 80.00	70.00	Moneragala	–		
P'naruwa	135.00 – 137.50	135.75	Hanguranketha	40.00 – 45.00	41.40	<u>Cucumber</u>			
Kalawewa	115.00 – 125.00	120.00	N'Eliya	170.00 – 180.00	176.00	A'pura	30.00 – 35.00	32.00	
Kurunegala	–		Wellimada	150.00 – 170.00	160.00	Dambulla	57.00 – 72.00	65.60	
Dehiattakandiya	130.00 – 130.00	130.00	Badulla	175.00 – 200.00	189.00	Hambantota	60.00 – 70.00	62.50	
Red Onion			Hanguranketha	150.00 – 160.00	154.00	<u>Long Beans</u>			
Puttalam	200.00 – 240.00	214.00	<u>Tomato</u>			Dambulla	150.00 – 167.50	156.00	
Jaffna	200.00 – 320.00	268.33	Wellimada	210.00 – 220.00	216.00	Hambantota	120.00 – 140.00	130.00	
Big Onion			Hambantota	170.00 – 200.00	182.50	Embilipitiya	250.00 – 270.00	260.00	
Dambulla	–		Dambulla	177.50 – 190.00	183.00	Matara	170.00 – 180.00	176.67	
Kalawewa	–		Hanguranketha	–		A'pura	100.00 – 110.00	104.00	
A'pura	–		<u>Cabbage</u>			<u>Ash Plantain</u>			
Potato			Wellimada	210.00 – 220.00	216.00	Hambantota	35.00 – 40.00	36.25	
N'Eliya	305.00 – 315.00	311.00	Hambantota	170.00 – 200.00	182.50	Embilipitiya	45.00 – 60.00	52.00	
Badulla	–		Dambulla	177.50 – 190.00	183.00	Matara	55.00 – 60.00	58.33	
Wellimada	270.00 – 290.00	278.00	<u>Ladies Fingers</u>			<u>Lime</u>			
Pulses			A'pura	110.00 – 120.00	114.00	Hambantota	–		
Green Gram			Dambulla	145.00 – 157.50	149.00	Embilipitiya	140.00 – 160.00	150.00	
Hambantota	–		Hambantota	130.00 – 150.00	140.00	Moneragala	130.00 – 150.00	138.00	
Moneragala	680.00 – 700.00	688.00	Embilipitiya	180.00 – 200.00	192.00	<u>Fruits (Rs/Kg)</u>			
Embilipitiya	670.00 – 680.00	675.00	Matara	200.00 – 220.00	206.67	<u>Banana</u>			
Nikaweratiya	550.00 – 650.00	600.00	<u>Brinjal</u>			Moneragala	25.00 – 30.00	28.00	
A'pura	680.00 – 700.00	688.00	A'pura	180.00 – 200.00	188.00	Embilipitiya	30.00 – 45.00	38.00	
Cowpea			Wellimada	220.00 – 240.00	229.00	Hambantota	40.00 – 60.00	48.33	
Hambantota	–		<u>Capsicum</u>			<u>Ambul</u>			
Nikaweratiya	450.00 – 550.00	512.50	Embilipitiya	160.00 – 180.00	171.00	Moneragala	80.00 – 90.00	86.00	
Moneragala	550.00 – 600.00	570.00	Matara	160.00 – 170.00	165.00	Embilipitiya	130.00 – 150.00	141.00	
Embilipitiya	540.00 – 550.00	545.00	Wellimada	220.00 – 230.00	225.00	Hambantota	40.00 – 60.00	48.33	
Maize			<u>Bitter Gourd</u>			<u>Kolikuttu</u>			
A'pura	–		A'pura	180.00 – 190.00	184.00	Moneragala	80.00 – 90.00	86.00	
Kalawewa	–		Dambulla	230.00 – 245.00	237.00	Embilipitiya	130.00 – 150.00	141.00	
Gingelly			Wellimada	–		Hambantota	40.00 – 60.00	48.33	
A'pura	460.00 – 470.00	464.00	<u>Papaw</u>			<u>Pineapple</u>			
Kalawewa	–		A'pura	300.00 – 360.00	328.00	Moneragala	60.00 – 70.00	66.00	
Black Gram			Embilipitiya	400.00 – 430.00	416.67	Embilipitiya	110.00 – 120.00	113.00	
A'pura	420.00 – 430.00	424.00	Matara	–	Hambantota	110.00 – 120.00	115.00		
Kalawewa	350.00 – 400.00	376.25	<u>Pineapple</u>			Divulapitiya	–		

Annex 01 - Colombo Markets: Retail Prices of Rice and Subsidiary Food Crops (Rs/Kg)

Week 30: 22 - 28 July 2022

CROP	PETTAH	MAHARAGAMA	KIRULAPONE	NULEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
Rice									
Local									
Samba 1	260.00	-	260.00	260.00	-	260.00	270.00	-	270.00
Samba 2	250.00	-	250.00	250.00	-	250.00	-	250.00	-
Keeri Samba	260.00	-	270.00	280.00	-	280.00	260.00	-	280.00
Nadu 1	240.00	-	260.00	250.00	-	240.00	240.00	-	250.00
Nadu 2	240.00	-	240.00	240.00	-	-	240.00	-	240.00
Raw (Red)	280.00	-	280.00	260.00	250.00	-	260.00	270.00	-
Raw (White)	250.00	-	260.00	260.00	-	260.00	240.00	-	260.00
Imported									
Samba	210.00	-	230.00	240.00	-	240.00	210.00	-	240.00
Nadu	210.00	-	230.00	230.00	-	220.00	220.00	-	230.00
Raw (Red)	-	-	-	-	-	-	-	-	-
Raw (White)	190.00	-	200.00	220.00	-	220.00	200.00	-	200.00
Dried Chillies									
Imported	1800.00	-	1800.00	2200.00	-	2200.00	2000.00	-	2000.00
Red Onion									
Sinnan	-	-	-	-	-	-	-	-	-
Vedalan	-	-	600.00	-	600.00	440.00	-	440.00	-
Imported	320.00	-	380.00	400.00	-	400.00	400.00	-	400.00
Big Onion									
Imported	180.00	-	220.00	240.00	-	240.00	200.00	-	240.00
Local	-	-	-	-	-	-	-	-	-
Potato									
Welimada	-	-	-	-	-	-	-	-	-
N'Eliya	440.00	-	440.00	560.00	-	600.00	500.00	-	600.00
Imported	190.00	-	240.00	240.00	-	240.00	220.00	-	240.00
Pulses									
Green Gram	900.00	-	1000.00	1000.00	-	1000.00	1000.00	-	1000.00
Cowpea (White)	780.00	-	800.00	1000.00	-	900.00	860.00	-	900.00
Cowpea (Red)	700.00	-	800.00	850.00	-	800.00	800.00	-	800.00
Red Dhal	530.00	-	580.00	600.00	-	600.00	550.00	-	580.00

Annex 02 - Colombo Markets: Retail Prices of Vegetables (Rs/Kg) and Coconut (Rs/Nut)

Week 30: 22 - 28 July 2022

CROP	PETTAH	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA										
<u>Vegetable</u>																			
Beans	450.00	- 550.00	480.00	- 560.00	480.00	- 580.00	600.00	- 600.00	480.00	- 600.00	600.00	- 600.00	440.00	- 480.00	480.00	- 520.00	520.00	- 550.00	
Carrot	240.00	- 300.00	480.00	- 480.00	400.00	- 480.00	320.00	- 400.00	320.00	- 400.00	320.00	- 320.00	320.00	- 360.00	320.00	- 400.00	320.00	- 360.00	
Leeks	200.00	- 240.00	320.00	- 360.00	280.00	- 320.00	280.00	- 320.00	280.00	- 300.00	280.00	- 320.00	240.00	- 280.00	300.00	- 320.00	300.00	- 320.00	
Beetroot	200.00	- 220.00	360.00	- 360.00	320.00	- 360.00	240.00	- 320.00	320.00	- 360.00	320.00	- 320.00	200.00	- 280.00	240.00	- 320.00	280.00	- 320.00	
Knolkhол	150.00	- 160.00	280.00	- 320.00	280.00	- 320.00	240.00	- 280.00	240.00	- 320.00	240.00	- 240.00	200.00	- 240.00	200.00	- 240.00	200.00	- 240.00	
Raddish	120.00	- 160.00	280.00	- 280.00	240.00	- 240.00	200.00	- 240.00	200.00	- 240.00	160.00	- 240.00	160.00	- 200.00	160.00	- 200.00	180.00	- 200.00	
Cabbage	280.00	- 300.00	400.00	- 480.00	320.00	- 480.00	320.00	- 360.00	360.00	- 360.00	320.00	- 400.00	320.00	- 360.00	360.00	- 480.00	440.00	- 480.00	
Tomato	260.00	- 300.00	480.00	- 480.00	320.00	- 400.00	400.00	- 400.00	360.00	- 400.00	400.00	- 480.00	280.00	- 300.00	260.00	- 400.00	360.00	- 400.00	
Ladies Fingers	260.00	- 280.00	320.00	- 400.00	400.00	- 400.00	320.00	- 400.00	280.00	- 400.00	320.00	- 320.00	320.00	- 360.00	320.00	- 400.00	360.00	- 400.00	
Brinjal	300.00	- 320.00	400.00	- 480.00	320.00	- 480.00	320.00	- 400.00	350.00	- 400.00	400.00	- 480.00	360.00	- 400.00	320.00	- 480.00	400.00	- 440.00	
Capsicum	600.00	- 650.00	800.00	- 900.00	800.00	- 1000.00	800.00	- 1000.00	800.00	- 800.00	800.00	- 1000.00	800.00	- 1000.00	800.00	- 1000.00	900.00	- 1000.00	
Pumpkin	240.00	- 250.00	280.00	- 320.00	280.00	- 320.00	320.00	- 320.00	260.00	- 320.00	280.00	- 320.00	280.00	- 300.00	320.00	- 320.00	320.00	- 320.00	
Cucumber	120.00	- 160.00	240.00	- 240.00	160.00	- 240.00	200.00	- 240.00	160.00	- 240.00	240.00	- 240.00	180.00	- 200.00	200.00	- 240.00	200.00	- 240.00	
Bitter Gourd	280.00	- 320.00	400.00	- 480.00	400.00	- 480.00	320.00	- 400.00	320.00	- 400.00	500.00	- 500.00	320.00	- 360.00	420.00	- 480.00	480.00	- 500.00	
Snake Gourd	300.00	- 320.00	400.00	- 400.00	400.00	- 440.00	360.00	- 400.00	360.00	- 400.00	360.00	- 400.00	360.00	- 400.00	360.00	- 400.00	360.00	- 400.00	
Drumstick	300.00	- 350.00	480.00	- 520.00	400.00	- 600.00	320.00	- 400.00	380.00	- 500.00	350.00	- 400.00	300.00	- 600.00	300.00	- 420.00	400.00	- 500.00	
Luffa	240.00	- 280.00	360.00	- 400.00	320.00	- 400.00	360.00	- 400.00	280.00	- 360.00	320.00	- 320.00	240.00	- 280.00	280.00	- 320.00	280.00	- 320.00	
Long Beans	300.00	- 320.00	400.00	- 480.00	400.00	- 480.00	360.00	- 400.00	280.00	- 400.00	320.00	- 320.00	300.00	- 320.00	280.00	- 320.00	300.00	- 320.00	
Ash Plantain	160.00	- 200.00	240.00	- 240.00	240.00	- 280.00	200.00	- 280.00	240.00	- 260.00	240.00	- 240.00	200.00	- 240.00	240.00	- 240.00	240.00	- 240.00	
Green Chillies	500.00	- 600.00	800.00	- 1000.00	800.00	- 800.00	800.00	- 800.00	700.00	- 800.00	700.00	- 800.00	600.00	- 700.00	800.00	- 1000.00	900.00	- 1000.00	
Lime	350.00	- 450.00	600.00	- 700.00	600.00	- 700.00	460.00	- 600.00	500.00	- 700.00	400.00	- 600.00	400.00	- 450.00	500.00	- 600.00	600.00	- 600.00	
<u>Root Crops</u>																			
Sweet Potato	160.00	- 200.00	240.00	- 280.00	240.00	- 280.00	240.00	- 320.00	240.00	- 260.00	300.00	- 320.00	200.00	- 240.00	240.00	- 240.00	240.00	- 240.00	
Manioc	140.00	- 150.00	180.00	- 200.00	180.00	- 200.00	200.00	- 200.00	180.00	- 200.00	200.00	- 200.00	160.00	- 180.00	160.00	- 180.00	180.00	- 180.00	
<u>Leafy Vegetable</u>																			
Mukunuwenna	50.00	- 60.00	80.00	- 80.00	70.00	- 70.00	80.00	- 80.00	80.00	- 80.00	80.00	- 80.00	60.00	- 60.00	90.00	- 100.00	80.00	- 80.00	
Kankun	50.00	- 60.00	80.00	- 80.00	70.00	- 70.00	80.00	- 80.00	80.00	- 80.00	80.00	- 80.00	60.00	- 60.00	90.00	- 100.00	80.00	- 80.00	
Gotukola	60.00	- 60.00	100.00	- 100.00	80.00	- 80.00	80.00	- 80.00	80.00	- 80.00	80.00	- 80.00	60.00	- 60.00	90.00	- 100.00	80.00	- 80.00	
<u>Coconut</u>																			
Large	85.00	- 90.00	100.00	- 110.00	85.00	- 100.00	90.00	- 100.00	90.00	- 95.00	85.00	- 95.00	85.00	- 95.00	95.00	- 110.00	100.00	- 110.00	
Small	80.00	- 80.00	80.00	- 80.00	80.00	- 80.00	80.00	- 80.00	75.00	- 80.00	70.00	- 80.00	70.00	- 80.00	80.00	- 80.00	80.00	- 80.00	

Annex 03 - Colombo Markets: Retail Prices of Fruits (Rs/Fruit)

Week 30: 22 - 28 July 2022

CROP	PETTAH	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<u>Plantain</u>									
Ambul (Rs/Kg)	100.00	-	120.00	150.00	-	160.00	150.00	-	160.00
Kolikuttu (Rs/Kg)	250.00	-	270.00	260.00	-	290.00	280.00	-	280.00
Seenii (Rs/Kg)	130.00	-	150.00	150.00	-	160.00	150.00	-	150.00
Anamalu	18.00	-	20.00	22.00	-	24.00	22.00	-	25.00
Ambun	23.00	-	25.00	27.00	-	30.00	27.00	-	31.00
<u>Pineapple</u>									
Large	420.00	-	450.00	450.00	-	550.00	450.00	-	550.00
Medium	350.00	-	350.00	380.00	-	400.00	350.00	-	400.00
29 Small	300.00	-	340.00	-	-	-	320.00	-	320.00
<u>Mango</u>									
Betti	-	-	-	-	-	-	-	-	-
Karthakolomban	180.00	-	200.00	-	-	-	-	-	-
Vilad	60.00	-	60.00	70.00	-	80.00	80.00	-	100.00
Kohu	-	-	-	-	-	-	-	-	-
<u>Other Fruits</u>									
Wood Apple	50.00	-	60.00	100.00	-	100.00	75.00	-	100.00
Orange	60.00	-	80.00	100.00	-	120.00	100.00	-	120.00
Avocado	60.00	-	80.00	80.00	-	120.00	100.00	-	120.00
Slime Apple	50.00	-	60.00	80.00	-	100.00	60.00	-	100.00
Grapes (Rs/Kg)	-	-	-	-	-	-	-	-	-
Papaw (Rs/Kg)	150.00	-	190.00	250.00	-	260.00	240.00	-	260.00
Passion	29.00	-	29.00	46.00	-	50.00	46.00	-	50.00
King Coconut	150.00	-	150.00	160.00	-	160.00	140.00	-	150.00

Annex 04 - Colombo Markets: Retail Prices of Sea Fish and Dried Fish (Rs/Kg)

Week 30: 22 - 28 July 2022

CROP	PETTAH	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<u>Sea Fish</u>									
Salaya	800.00	800.00	800.00	800.00	720.00	760.00	900.00	900.00	-
Hurulla	1200.00	1200.00	1040.00	1120.00	1000.00	1100.00	1200.00	1200.00	-
Balaya	1600.00	1600.00	1700.00	1720.00	-	-	-	1400.00	1800.00
Kelawalla	2000.00	2000.00	2520.00	2520.00	2000.00	2000.00	2800.00	2800.00	3000.00
Thora	-	-	2900.00	2920.00	-	-	3600.00	3600.00	-
Paraw	2600.00	2600.00	2300.00	2400.00	-	-	2800.00	2800.00	2400.00
Mora	-	-	2200.00	2200.00	-	-	2000.00	2000.00	-
Shrimps Small	1400.00	1400.00	1520.00	1700.00	1580.00	1700.00	1700.00	1700.00	1600.00
Talapath	2600.00	2600.00	2600.00	2600.00	2300.00	2400.00	2800.00	2800.00	3000.00
30 <u>Eggs (Rs/Egg)</u>									
Brown	46.50	47.00	47.00	48.00	47.00	47.00	48.00	48.00	50.00
White	44.00	44.50	45.00	45.00	44.00	46.00	44.00	48.00	48.00
<u>Dried Fish</u>									
Sprats	2200.00	2800.00	-	-	2500.00	2800.00	2500.00	2800.00	-
Kattawa	2600.00	3000.00	3200.00	3300.00	3200.00	3200.00	2800.00	3300.00	2800.00
Thora	-	-	-	-	-	-	-	-	-
Mora	2600.00	3200.00	2800.00	2900.00	3200.00	3200.00	3000.00	3200.00	2600.00
Balaya	2000.00	2200.00	2700.00	2800.00	2500.00	2500.00	2100.00	2200.00	2600.00
Anguluwa	2000.00	2400.00	2800.00	2800.00	-	2400.00	3200.00	3200.00	-
Salaya	1200.00	1500.00	-	-	1800.00	1800.00	1200.00	1600.00	1700.00
<u>Meat</u>									
Beef (without Bones)	-	-	2000.00	2000.00	2200.00	2200.00	-	2100.00	2100.00
Chicken (Broiler)	-	-	1300.00	1300.00	1400.00	1400.00	1400.00	1300.00	1300.00
Chicken (Curry)	-	-	-	-	1400.00	1400.00	1300.00	1100.00	1100.00
Mutton	-	-	2700.00	2700.00	2600.00	2600.00	-	2600.00	2600.00
Pork	-	-	1100.00	1100.00	1400.00	1400.00	-	-	1000.00

Annex 05 : Food Composition of Selected Food Commodities

Commodity	Energy (kcal/100g)	Protein (g/100g)	Total fat (g/100g)	Retinol Eq (μ g/100g)	Vit B2 (mg/100g)	Vit B6 (mg/100g)	Folate (μ g/100g)	Vit C (mg/100g)	Calcium (mg/100g)	Magnesium (mg/100g)	Iron (mg/100g)	Zinc(mg/100g)
Rice												
Rice - (white Kekulu - normal)	361	9.88	1.52	-	0.03	0.09	10.67	-	6.94	26.29	1.22	1.5
Rice - (white Kekulu Samba)	355	8.81	1.53	-	0.03	0.09	8.11	-	9.82	30.48	0.92	1.7
Rice - (Red Kekulu - normal)	366	8.64	2.12	-	0.05	0.1	8.39	-	4.73	31.7	0.88	1.84
Rice -Samba	369	6.86	2.45	-	0.05	0.13	12.79	-	8.71	37.26	1.18	1.49
Rice - Nadu White	366	7.76	1.48	-	0.03	0.12	9.35	-	4.57	20.1	0.64	1.61
Dried chilies												
Onion	233	12.68	6.41	437	0.84	0.42	46.83	NA	107	231	5.39	1.65
Big onions	48	1.67	0.24	0.16	0.01	0.1	32.99	7.58	14.82	16.94	0.45	0.25
Red onions	55	2.13	0.15	0.18	0.02	0.13	30.15	14.26	20.37	19.32	0.31	0.28
Potatoes												
	71	1.67	0.25		0.01	0.09	14.31	20.5	9.83	23.84	0.46	0.29
Pulses												
Green gram	290	21.97	0.93	19.5	0.28	0.33	135	NA	98.96	146	4.15	2.86
White cowpea	320	21.25	1.14	1.36	0.09	0.26	249	NA	84.1	213	5.04	3.57
Red cowpea	320	20.24	1.08	0.96	0.11	0.27	273	NA	81.83	194	4.95	3.4
Red Dhal	319	23.09	0.77	1.06	1.6	0.22	55	NA	41.27	66.63	7.45	3.34
Vegetables												
Beans	46	3.95	0.15	6.64	0.1	0.3	45.2	7.02	35.68	45.56	0.7	0.59
Carrot	30	0.85	0.45	1240	0.03	0.1	24.71	5.93	27.65	11.7	0.59	0.25
Leeks	30	1.74	0.49	18.56	0.02	0.19	42.63	4.65	29.28	11.77	1.49	0.43
Beetroot	31	2.12	0.15	1.52	0.01	0.09	108	4.51	20.29	34.88	0.77	0.29

Knolkhol	16	1.69	0.34		0.05	0.19	12.7	77.64	40.09	19.35	0.23	0.18
Radish	29	0.75	0.11		0.02	0.09	18.09	12.13	35.64	13.56	0.38	0.16
Cabbage	21	1.35	0.14	3.35	0.05	0.14	52.66	29.62	56.85	18.47	0.33	0.16
Tomatoes	20	0.88	0.56	165	0.03	0.09	20.16	25.58	9.69	14.93	0.31	0.12
Ladies fingers	26	2.06	0.19	12.41	0.08	0.28	70.62	24.48	92.26	55.23	0.96	0.44
Brinjal (Pandora Striped)	29	1.49	0.31	23	0.12	0.09	30.99	1.49	18.95	18	0.32	0.19
Brinjal (Chinese eggplant)	24	1.28	0.33	16.83	0.12	0.11	32.94	3.37	14.4	21.18	0.28	0.16
Capsicum	23	1.22	0.34	38.96	0.03	0.29	28.65	49.63	12.65	11.21	0.21	0.31
Pumpkin (Common)	31	0.86	0.3	30.41	0.02	0.09	17.72	8.73	18.75	9.93	0.49	0.25
Cucumber	19	0.98	0.24	0.58	0.01	0.08	19.66	4.08	22.1	18.22	0.67	0.21
Bitter gourd	19	1.47	0.23	55.08	0.05	0.06	53.1	46.89	25.19	35.81	1.75	0.26
Snake gourd (Dark green)	11	0.82	0.25	10.41	0.03	0.12	18.09	3.54	26.83	25.84	0.41	0.11
Snake gourd (Pale green)	11	0.89	0.25	5.14	0.03	0.07	16.52	2.85	27.11	21.77	0.47	0.2
Drumstick	30	2.48	0.12	3.13	0.06	0.12	60.48	92.33	22.27	28.51	0.5	0.26
Watakolu	12	0.86	0.15	59.33	0.01	0.07	25.48	6.41	14.67	14.01	4.42	0.45
Long beans	24	3.36	0.3	-	0.06	0.11	99.98	8.93	44.22	33.17	1.01	0.08
Ash Plantain	76	2.84	0.56	0.06	0.02	0.07	6.82	4.49	5.19	22.55	0.39	0.21
Green chillies	39	2.28	0.76	38.16	0.08	0.25	21.29	98.61	20.25	36.91	1.25	0.29
Limes	26	0.66	0.26	0.36	0.01	0.05	12.1	38.05	26	15.25	0.12	0.05
Kekiri	17	1.01	0.25	0.76	0.01	0.07	17.34	8.07	25.72	26.2	0.63	0.22
Ash pumpkin (Ash guord)	18	0.8	0.15		0.01	0.15	14.17	9.14	19.27	23.62	0.48	0.13
Cho-Cho	19	0.58	0.12	0.3	0.04	0.07	63.81	23.76	20.55	13.02	0.49	0.12
Thalana batu (Little prince)	21	1.28	0.39	24.33	0.12	0.09	38.63	2.4	12.38	19.62	0.31	0.22
Thalana batu (Thai eggplant)	21	1.45	0.26	18.33	0.11	0.09	31.18	2.71	17.24	37.22	0.37	0.24
Thibbatu	61	1.66	1.96	15.89	0.03	1.02	72.39	10.8	105	57.46	1.06	0.59
Kohila yams	27	0.64	0.16	1.72	0.01	0.14	4.64	1.67	52.33	33.95	0.61	1.62
Kehel muwa	19	1.36	0.63	4.27	0.02	0.12	40.51	8.16	35.09	31.43	0.38	0.39
Ambaralla	37	0.73	0.44	3.36	0.01	0.1	44.49	35.51	20.7	9.28	0.7	0.12

Mango	50	0.75	0.09	14.5	0.02	0.14	34.89	91.63	28.56	17.74	0.5	0.09
Mushroom	27	2.54	0.42	-	0.15	0.13	7.81	11.56	0.9	14.42	1.32	0.79
Dambala	21	1.84	0.2	38.74	0.08	0.4	33.69	19.82	68.24	31.38	1.2	0.44
Coconuts nuts	390	3.67	39.92	-	0.05	0.11	14.86	-				
Root Crop												
Sweet potato	108	1.27	0.33	NA	0.04	0.09	14.44	22.2	28.93	21.05	0.51	0.14
Manioc	78	0.92	0.19	NA	0.07	0.2	0.1	1.95	25.31	19.08	19.78	23.73
Nelum ala/Lotus root	79	1.94	0.93	NA	0.05	0.19	26.49	26.63	37.71	26.58	3.34	0.35
Kiriala	87	3.96	0.15	1.19	0.03	0.16	20.17	2.71	30.79	41.52	0.6	0.42
Iniala	103	3.2	0.3	33.14	0.01	0.22	22.19	13.03	40.99	28.98	1.31	0.29
Leafy Vegetables												
Mukunuwanna	28	3.15	0.55	92.25	0.09	0.27	96.14	3.24	135	45.38	1.7	1.03
Gotukola	15	0.64	0.47	226	0.07	0.23	70.11	6.74	96.31	41.42	1.25	0.66
Kankun	15	0.47	0.37	1614	0.08	0.4	33.69	19.82	49.21	18.35	1.32	0.44
Kathurumurunga	70	8.01	1.35	2097	0.33	0.22	120	121	901	96.64	4.36	0.53
Nivithi	22	2.2	0.47	959	0.06	0.11	74.05	10.26	163	61.37	1.49	0.67
Thampala	32	3.55	0.72	1474	0.21	0.22	74.27	82	258	209	3.5	1.4
Sarana	20	2.42	0.21	1149	0.03	0.13	58.54	9.89	59.57	42.93	0.13	0.75
Kohila leaves	33	4.1	0.83	300	0.02	0.17	56.76	5.56	19.5	20.32	0.25	0.3
Onion leaves	27	2.01	0.26	NA	0.04	0.18	56.8	23.38	35.21	74.95	3.15	0.77
Cabbage leaves	30	3.63	0.27	8.66	0.05	0.24	63.46	40.76	170	18.47	2.67	0.35
Salad leaves	19	1.05	0.24	NA	0.1	0.06	37.48	11.64	58.23	36.89	2.07	0.27
Cauliflower	23	2.09	0.48	0.14	0.06	0.11	46.67	50.17	22.44	18.52	0.76	0.27
Jackfruit pods	25	2.14	0.34	NA	0.03	0.04	30.7	24.77	37.32	26.08	0.3	0.17
Jackfruit seeds	77	5.66	0.44	NA	0.02	0.08	58.91	15.24	40.87	50.14	0.52	0.42

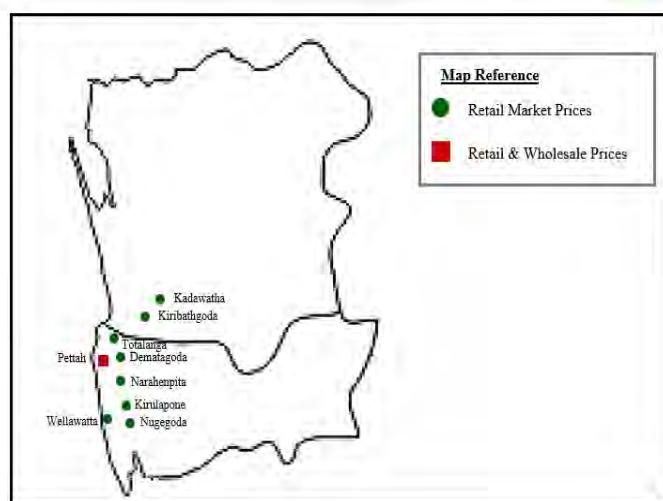
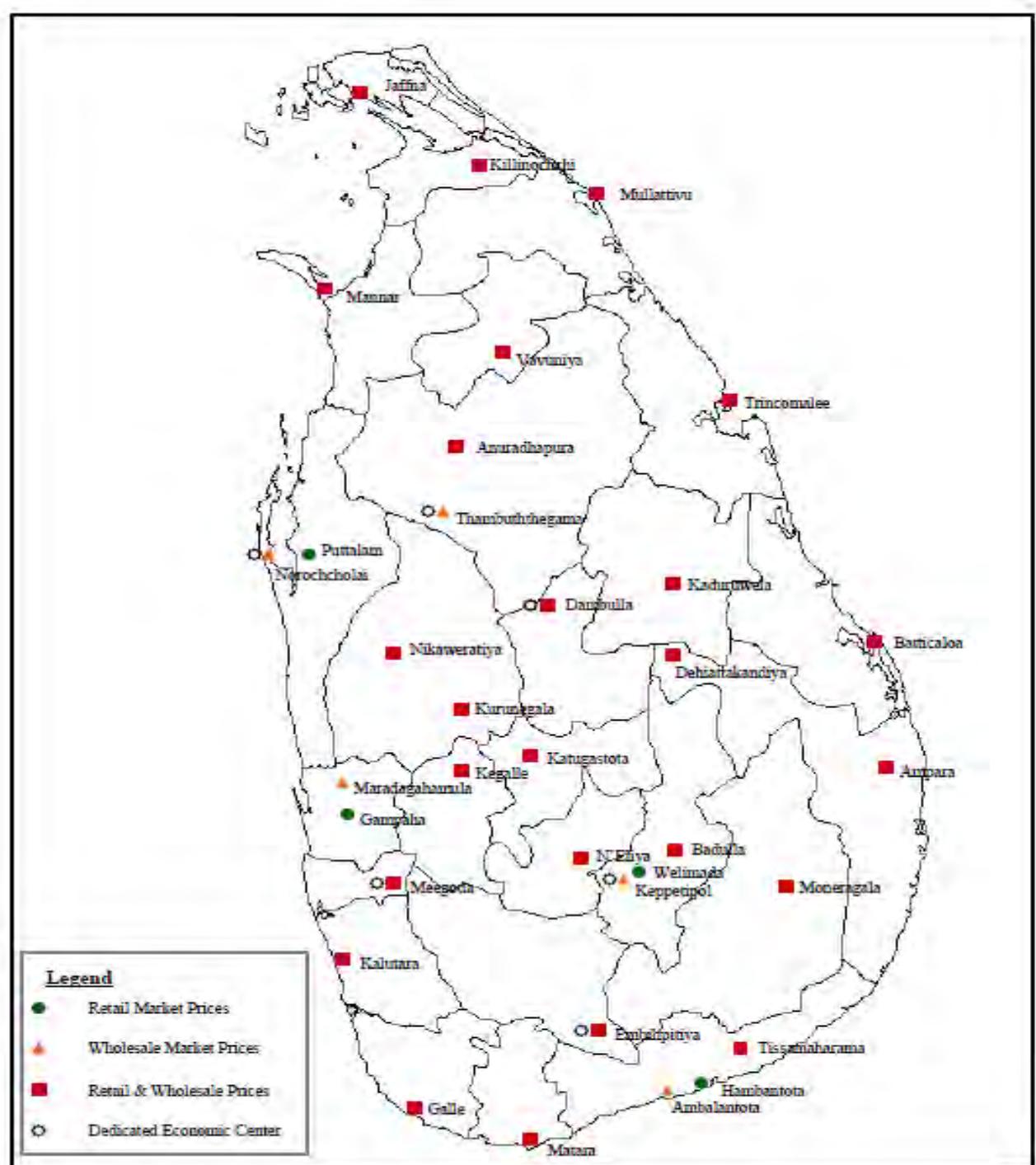
Meat

Chicken	176	23.14	9.24	6.88	0.07	0.49	10.09	-	15.06	20.18	0.75	0.64
Beef	160	23.3	7.45	2.15	0.08	0.32	1.93	-	4.8	28.54	2.41	3.31
Mutton	138	20.37	6.23	2.7	0.13	0.28	1.73	-	7.58	19.5	1.62	5.05
Pork	161	18.83	9.5	1.9	0.09	0.28	8.15	-	6.58	8.9	0.79	0.8
Fish												
Balaya	96	21.28	1.12	21.01	0.15	0.12	7.89		6.45	26.02	0.68	0.46
Seer	136	22.28	5.18	81.9	0.07	0.16	15.45		9.85	36.73	0.41	0.74
Shark	95	21.6	0.83	1.11	0.04	0.11	8.57		8.44	32.58	0.41	0.74
Paraw	87	20.02	0.7	1.49	0.02	0.16	6.77		8.17	31.68	0.67	0.41
Thalapath	91	16.04	2.88	12.03	0.1	0.13	78.22		7.64	24.89	0.71	0.67
Kelawalla	109	21.47	2.55	15.95	0.17	0.73	77.39		13.35	33.82	0.68	0.64
Haedaella	87	19.88	0.78	12.18	0.04	0.06	11.7		36.6	53	0.54	0.65
Hurulla Karalla / Katuwalla	88	17.08	2.18	10.02	0.14	1.66	61.66		103	35.45	1.24	1.05
Kumbala / Angila	97	21.8	1.06	1.25	0.02	0.1	14.38		37.06	39.05	0.24	0.42
Salaya / Sudaya Theppli / Telapiya / Korali	101	21.51	1.53	16.34	0.1	0.1	7.13		31.27	37.46	1.46	0.67
	100	19.5	2.39	15.41	0.18	1.39	60.87		435	42.83	1.4	2.3
Prawns	83	18.48	1.08	17.14	0.18	0.18	8.29		99.39	24.96	2.84	0.88
Crabs	65	14.85	0.56	1.24	0.03	0.1	15.37		37.81	30.5	0.73	1.1
Cuttle fish	45	10	0.55	8.33	0.14	0.18	13.83		37.81	45.93	0.73	1.1
Linna	76	16.82	0.93	1.93	0.02	0.04	6.22		8.73	35.46	0.62	1.3
Coppa	112	20.3	3.37	15.78	0.23	0.68	59.78					
Ray (Maduwa)	97	22.89	0.56	21.51	0.04	0.12	8.08		7.2	30.08	1.2	0.58
	97	23.98	0.68	7.55	0.02	0.21	25.59		9.16	24.61	0.74	0.44
Dried Fish												
Dried sprats	259	51.16	5.92	12.83	0.25	0.62	438		1178	162	3.06	4.2

Dried keeramin	311	49.6	12.42	12.92	0.13	2.41	144	555	166	2.58	3.19
Dried thalapath	289	54.68	8.04	9.38	0.04	0.43	97.8	62.75	110	1.96	1.45
Dried katta	275	50.04	8.31	2.48	0.03	0.35	80.4	86.55	92.17	1.47	1.16
Dried balaya	282	63.79	3.37	14.32	0.12	1.98	213	83.48	83.45	3.6	1.44
Dried shark / keelan	267	55.03	5.25	10.31	0.04	0.32	187	42.24	92.94	1.48	0.66
Eggs											
Hen eggs (Country)	170	13.14	13	208	0.08	0.18	54.6	50.14	11.04	1.64	1.12
Hen eggs (Table)	135	13.55	9.03	200	0.19	0.19	49.46	63.3	12	2.39	1.73
Quail eggs	153	12.39	11.46	153	0.11	0.17	54.86	60.67	11.21	2.55	1.51
Fruits											
Banana Embul	109	1.11	1.09	9.68	0.05	0.64	32.98	13.61	9.39	25.67	0.51
Anamaalu	102	1.04	0.72	16.4	0.04	0.65	21.07	3.66	8.06	27.02	0.51
Koli kuttu	107	1.38	0.34	8.8	0.03	0.47	18.12	7.71	8.56	38	0.32
Pineapple	37	0.41	0.17	5.76	0.04	0.12	17.86	39.36	10.37	10.71	0.3
Papaya	26	0.42	0.16	171	0.11	0.04	54.85	48.62	16.77	8.9	0.23
Mangoes (Karthakolomban)	79	0.8	0.92	259	0.01	0.1	35.52	17.74	3.12	6.72	0.1
Mangoes (Vilad)	44	0.76	0.58	146	0.05	0.26	67.6	29.97	16.93	14.79	0.65
Apple	62	0.29	0.64	0.36	0.02	0.08	3.43	2.9	3.12	6.72	0.1
Avacado	144	2.95	13.86	2	0.08	0.18	67.17	9.36	28.48	48.14	0.81
Wood apple	78	3.09	3.62	0.46	0.01	0.14	6.07	13.58	59.15	25.16	0.45
Orange	46	1.07	0.37	23.44	0.01	0.28	14.46	20.19	31.18	20.36	0.81
Guava	39	1.53	0.38	19.67	0.01	0.11	25.24	30.88	6.59	12.02	0.53
Grapes	49	0.95	10.69	3.22	0.04	0.1	7.07	20.51	7.27	6.86	0.28
Melon	19	0.65	0.16	130	0.02	0.11	6	8.24	4.05	9.76	0.15

Source: Sri Lanka Food Composition Tables, Ministry of Health - 2021.

Price Collecting Areas





HARTI



Ministry of Agriculture

**Food System Division and Data Management Division
Hector Kobbekaduwa Agrarian Research and Training Institute
No. 114, Wijerama Mawatha, Colombo 07.**

Phone: 011-2696981 Fax: 011-2682283

E-mail: mfpaharti@yahoo.com

Web: www.harti.gov.lk

www.mospahati.lk

යොමුවලි මිලට්ටි කොළ විල,
රජයෙහි දුරකථනයායේ

හෙක්වත් කොළඹකුව ගොවී කටයුතු තරේයේකානු
හා ප්‍රසාද නිර්මාණ ආයතනය අනුග්‍රහයෙන්

වොමුවලි මිල විල - ආන දාය
බැංකින් නෑති දැනුම දුරකථන තුළයක්
බැංකින් නෑති දැනුම දුරකථන තුළයක්
6666 අවනත්ව.

වොමුවලි මිල විල - ආන දාය
බැංකින් නෑති දැනුම දුරකථන තුළයක්
බැංකින් නෑති දැනුම දුරකථන තුළයක්
වොමුවලි මිල විල - ආන දාය
බැංකින් නෑති දැනුම දුරකථන තුළයක්
බැංකින් නෑති දැනුම දුරකථන තුළයක්