

# WEEKLY FOOD COMMODITIES BULLETIN

Vol: 44

05<sup>th</sup> – 11<sup>th</sup> August 2022

ISSN 1391 - 049

No.32

## RETAIL MARKET AT A GLANCE

### Summary

#### Rice/Paddy



Prices of all local rice varieties have decreased with the highest price decrease of Rs.11.00/kg noted for raw red. Compared to the same period last year, prices of all local varieties have increased by 78%-151%.

(Page No 01-02)

#### Other Field Crops



The price of dried chilies has decreased by Rs.127.00/kg and the price range was Rs.1600.00-2200.00/kg. Compared to the same period last year, the price of imported dried chilies has increased by 222%.

Price of Nuwara Eliya and imported potatoes have decreased by Rs.42.00/kg and Rs.13.00/kg respectively.

(Page No 02-03)

#### Vegetables



Retail prices of most varieties have increased and the highest price increase of Rs.74.00/kg was reported for beans among up-country varieties.

(Page No 03-04)

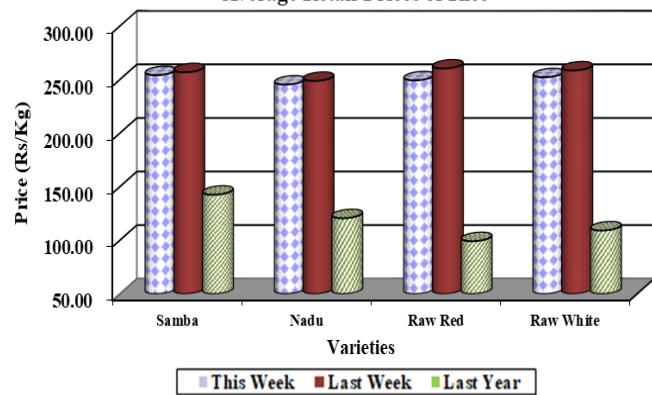
#### Eggs



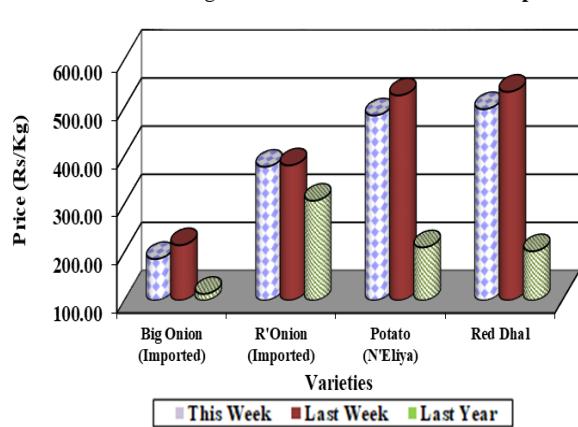
Retail prices of both brown and white eggs have increased in the range of Rs.6.00-8.00/egg. Prices ranged from Rs.58.00-62.00 and Rs.53.00-60.00 respectively for both types. Compared to the same period of last year, prices of both brown and white eggs have increased by 196% and 199% respectively.

(Page No 08)

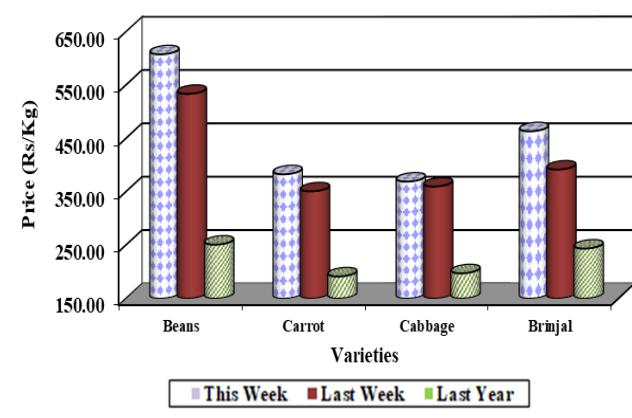
**Average Retail Prices of Rice**



**Average Retail Prices of Other Field Crops**



**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 unavailable for price collecting for local samba, nadu, and raw red and white rice varieties. The price of keeri samba has decreased by 1% and average price was Rs.249.00/kg.

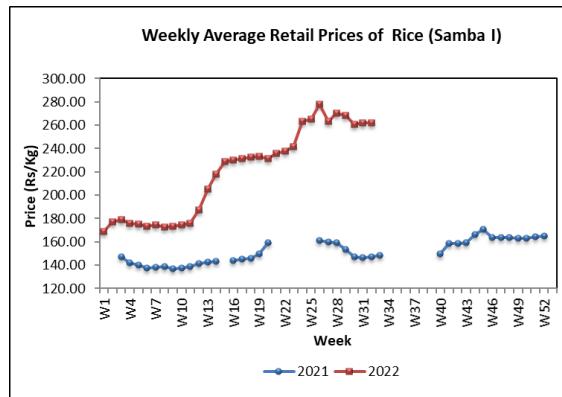
Wholesale price of imported raw white has increased significantly by 10% due to decreased supply of stocks and the price ranged Rs.180.00-185.00/kg. Price of ponni samba also increased by 2% and the average price stood at Rs.189.00/kg.

#### **Retail**

Prices of all local varieties have decreased. The highest price decrease was reported for raw red by Rs.11.00/kg. Likewise, prices of nadu grade II and raw white have decreased by Rs.6.00/kg while the price of samba grade II has decreased by Rs.5.00/kg. Prices of other varieties have decreased slightly.

Prices of imported nadu and raw white have increased by Rs.2.00/kg and the price ranges were Rs.200.00-230.00/kg and Rs.190.00-220.00/kg respectively. The price of imported samba has not

changed and the price range was Rs.210.00-230.00/kg.



Compared to the same period of last year, all local varieties have increased by 78%-151%.

### **Paddy**

Prices of all major paddy varieties have decreased considerably due to commencing of harvesting for the 2022 *Yala* season. Prices are expected to further decrease in the coming weeks with peak harvesting. The highest price decrease for most of the major paddy varieties was observed in the Kalawewa area. Accordingly, the average price of short grain paddy has decreased by Rs.1.00-16.00/kg and prices ranged between 90.00-123.00/kg. Likewise, keeri samba paddy also decreased by Rs.1.00-11.00/kg and the price range was Rs.100.00-130.00/kg. Subsequently, the average price of long grain white paddy also decreased by Rs.1.00-16.00/kg and prices ranged Rs.90.00-124.00/kg. Further, long grain red paddy also has decreased by

Rs.4.00-8.00/kg in major producing areas in the Southern province and the prices ranged Rs.125.00-132.00.

Market supply of both old well-dried paddy and newly harvested wet paddy resulted in a significant gap in the price range of all varieties.

Compared to the same period of last year, prices of all major varieties have increased by over 100% in all areas and the highest price increase of 159% was reported for long gain red paddy in Embilipitiya.

### **Dried Chilies**

#### **Wholesale**

The price of imported dried chilies has decreased due to increased supply and the average price was Rs.1456.00/kg.

Compared to the same period last year, the wholesale price of imported dried chilies has increased by 191%.

#### **Retail**

The price of dried chilies has decreased by Rs.127.00/kg and the price range was Rs.1600.00-2200.00/kg.

Compared to the same period last year, the price of imported dried chilies has increased by 222%.

### **Onion**

#### **Wholesale**

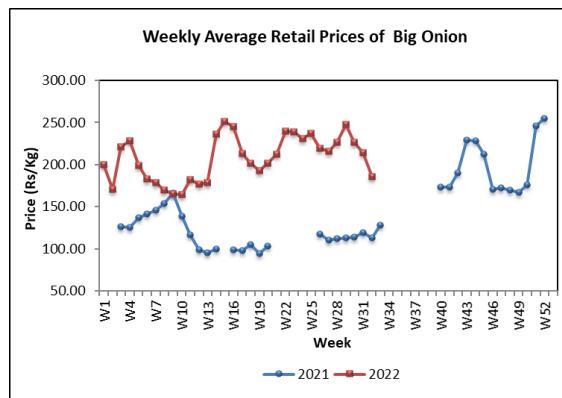
The price of vedalan has decreased by 1% due to the increased supply from Puttalam area and the price ranged Rs.285.00-350.00/kg. The wholesale price of imported big onion has decreased by 14% due to an increased supply and the price ranged Rs.130.00-140.00/kg.

Compared to the same period of last year, prices of vedalan and imported big onion have increased by 67% and 63% respectively.

#### **Retail**

Price of vedalan and imported red onions have decreased by Rs.80.00/kg and Rs.3.00/kg respectively. Price ranges were Rs.400.00-540.00/kg and Rs.340.00-400.00/kg respectively.

Price of imported big onion has decreased by Rs.29.00/kg and price range was Rs160.00-200.00/kg.



Compared to the same period of last year, sinan, vedalan, imported red onion and

imported big onion have increased by 22%, 50%, 23% and 64% respectively.

### **Potato**

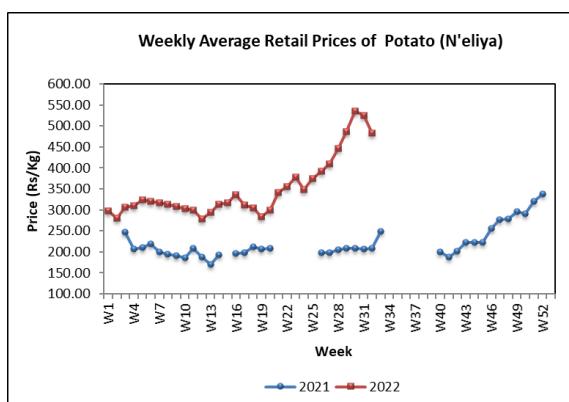
#### **Wholesale**

Prices of all types of potatoes have decreased due to increased supply of both imported and local stocks. Price of imported potato has decreased by 5% and both Welimada and Nuwara Eliya potatoes have decreased by 1%. Average prices of Wellimada, Nuwara Eliya and imported potatoes were Rs.325.00/kg, Rs.352.00/kg and Rs.182.00/kg respectively.

Compared to the same period of last year, prices of Nuwara Eliya and imported potatoes have increased by 102% and 41% respectively.

#### **Retail**

Price of Nuwara Eliya and imported potatoes have decreased by Rs.42.00/kg and Rs.13.00/kg respectively.



The price ranges were Rs.400.00-520.00/kg and Rs.190.00-240.00/kg respectively.

Compared to the same period of last year Nuwara Eliya and imported potatoes have increased by 131% and 49% respectively.

### **Pulses**

#### **Wholesale**

Price of red dhal has decreased further by 4% due to increased supply and the price ranged Rs.425.00-450.00/kg. Price of white cowpea also has increased by 1%. Prices of green gram and red cowpea have decreased slightly and their average prices were Rs.781.00/kg and Rs.661.00/kg respectively.

Compared to the same period of last year, prices of red dhal and red cowpea have increased by 132% and 60% respectively.

#### **Retail**

Price of white cowpea and red cowpea have increased by Rs.35.00/kg and 27.00/kg respectively. Price ranges were Rs.780.00-950.00/kg and Rs.700.00-900.00/kg respectively. Price of red dhal has decreased by Rs.36.00/kg and the price range was Rs.450.00-560.00/kg.

Compared to the same period of last year, prices of all pulses have increased and the

highest price increase was reported for red dhal as 146%.

### **Vegetable**

#### **Wholesale**

Prices of most of the vegetable varieties have increased due to decreased market supply with the prevailing rainy weather condition for most of the main producing areas.

Considering up country vegetables, prices of most varieties have increased. Price of beans has increased by 64% due to decreased market supply from Balangoda and Welimada areas.

In addition, prices of cabbage and raddish have increased by 26% and 21% due to decreased market supply from Nuwara Eliya and Thalawakele areas. Further, prices of knolkhol, leeks and carrot have increased by 3% - 8%. However, price of beetroot has decreased by 5% due to increased market supply from Puttalam areas.

Considering low country vegetables prices of most of the varieties have increased due to decreased market supply from Embilipitiya area due to persistent rainy weather condition. Prices of ash plantain, brinjal and long beans have increased by 31%, 23% and 20% respectively. In

addition, prices of luffa, snake gourd, cucumber and bitter gourd have increased in the range of 3%-11%. Further, price of drumstick has increased by 5% due to high quality stocks received from Jaffna and Kinniya areas. However, price of pumpkin has decreased by 9% due to increased market supply from Dambulla and Anuradhapura areas.

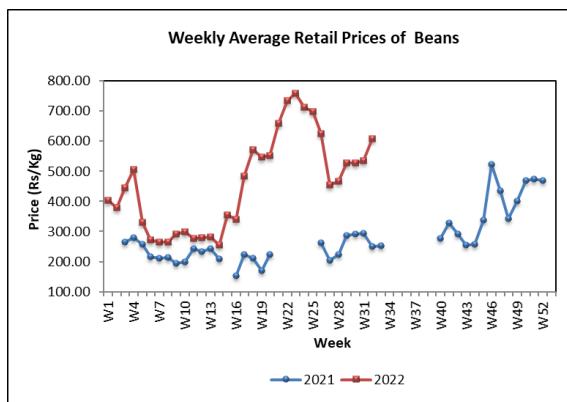
Meanwhile, price of green chilies has decreased by 23% due to increased market supply from Puttalam and Nochchiyagama areas. Further, price of lime has decreased by 21% due to increased market supply from Monaragala area.

Compared to the same period of last year, wholesale prices of most of the vegetable varieties have increased with the highest price increase of 372% reported from tomato.

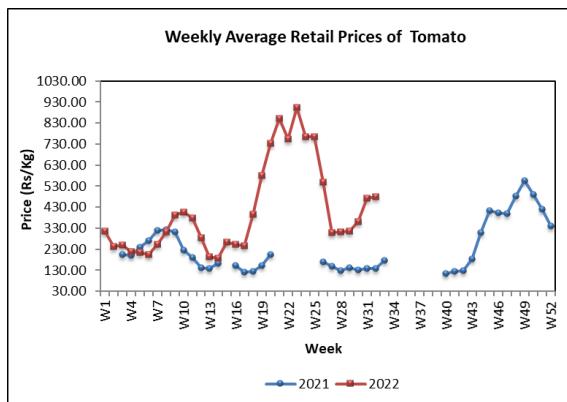
### **Retail**

In line with the increased wholesale prices, prices of most of the varieties have increased.

Considering, up-country varieties, the highest price increase was reported for beans as Rs.74.00/kg, followed by carrot as Rs.32.00/kg.



Prices of tomato and capsicum have increased by Rs.7.00/kg and Rs.34.00/kg respectively.



Considering low country varieties, the highest price increase was reported for drumstick as Rs.78.00/kg, followed by brinjal as Rs.72.00/kg. However, prices of pumpkin and ladies fingers have decreased by Rs.25.00/kg and Rs.30.00/kg respectively.

Further, prices of green chilies and lime have decreased by Rs.39.00/kg and Rs.6.00/kg respectively due to decreased wholesale prices.

Compared to the same period of last year, prices of all varieties have increased in the

range of 4%-246% recording the highest for tomato.

## Coconut

### Wholesales

Prices of both large and small nuts have decreased by 1% and 4% respectively. Their prices ranged Rs.75.00-80.00/nut for large nut and Rs.65.00-70.00/nut for small nut.

Compared to the same period of last year, wholesale prices of both large and small nuts have increased by 7% and 4% respectively.

## Retail

Prices of both large and small nuts have not changed significantly. Price ranges were Rs.90.00-110.00/nut for large and Rs.70.00-85.00/nut for small.

Compared to the same period of last year, prices of both types of nuts have increased by 11%.

## Fruits

### Wholesale

Prices of most fruit varieties have decreased mainly due to low demand, subsequent to rainy weather that prevailed. The highest price decrease of 15% was reported for vilad mango, with low demand and availability of low quality fruits. The

price of slime apple by 14% and avocado by 10% has decreased with the availability of low quality stocks. The price of wood apple has decreased by 10% with the increase of supply in the wake of the harvesting season. Prices of orange and king coconut have increased by 8% and 5% respectively due to the rainy weather. A slight price decrease was recorded for karthakolomban mango and passion fruit.

However, the price of all banana varieties has increased in the range of 4%-13% with high transportation cost. The price of all sizes of pineapple has increased 1%-5% and papaw by 8% with the availability of quality fruits.

Compared to the same period of last year, prices of most fruits have increased with the highest of 293% being noted for small sized pineapple.

### Retail

Retail prices of most fruits have decreased in line with the decreased wholesale prices. The highest price decrease of Rs.45.00/fruit was reported for mango-karthakolomban due to low demand. The price of wood apple has decreased by Rs.17.00/fruit due to increased supply. The price of slime apple has decreased by Rs.15.00/fruit. Prices of orange and king coconut have decreased by Rs.12.00/fruit

and Rs.10.00/fruit respectively due to low demand with the rainy weather condition. Prices of avocado, passion fruit and mango-vilad have decreased in the range of Rs.3.00-4.00/fruit.

Meanwhile, a price increase of Rs.19.00/kg was reported for papaw due to availability of quality stocks. Price of banana varieties ambul, kolikuttu and seeni has increased in the range of Rs.1.00-16.00/kg due to high transport cost. The price of all sizes of pineapple has increased in the range of Rs.1.00-14.00/fruit due to availability of quality stocks.

Compared to the same period of last year, price of most of the fruits has increased and the highest price increase of 152% was reported for medium sized pineapple.

### Fresh Fish

### Wholesale

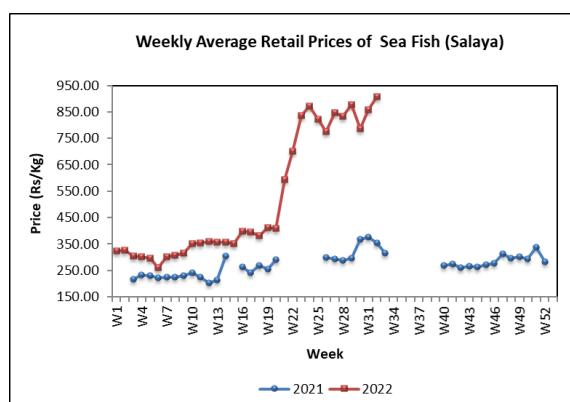
Prices of all of fresh fish types have increased due to low supply. The highest price increase of 20% was noted for hurulla due to low supply from Kalipitiya and Mullaitivu areas and the price ranged Rs.780.00-1200.00/kg. A price increase of 16% was noted for paraw due to low supply from Northern area and the price ranged Rs.1300.00-2000.00/kg. A price increase of 6% was noted for thora due to low supply from Trincomalee and Mannar

areas. Likewise, an increase of 5% was noted for shrimp and kelawalla due to low supply from Jaffna and Southern areas. In addition, price of balaya has increased by 2% and prices of salaya and thalapath have increased by 1%.

Compared to the same period of last year, wholesale prices of all fresh fish types have increased in the range of 58%-221% and the highest price increase was noted for salaya.

### **Retail**

Retail prices of all types of fresh fish have increased in line with the increased wholesale prices due to insufficient supply regarding to ongoing bad weather condition. The highest price increase was reported for paraw by Rs.381.00/kg followed by Rs.338.00/kg for kelawalla. Prices of the rest have also increased in the range of Rs.48.00-213.00/kg.



Compared to the same period of last year, prices of all types of fresh fish have increased in the range of 63%-157%.

### **Dried Fish**

#### **Wholesale**

Due to decreased local dried fish supply, prices of most of the local dried fish types have increased. The highest price increase of 6% was noted for local sprats due to low supply from Trincomalee and Mannar areas and the price ranged Rs.1950.00-2240.00/kg. Likewise, an increase of 5% was noted for local salaya due to low supply from Chilaw and Negombo areas. In addition, price of local balya has increased by 2% and price of local mora has increased by 1%.

Further, wholesale prices of most of the imported dried fish types have increased due to low supply with the increased dollar rate. The price increase of 2% was noted for imported kattawa and imported sprats due to low supply from Iran, Thailand, and Oman. In addition, the price of imported anguluwa has decreased by 2%.

Compared to the same period of last year, wholesale prices of all types of fish have increased in the range of 67%-245% and the highest price increase was reported for local salaya.

### Retail

In line with increased wholesale prices, retail prices of all types of dried fish except anguluwa have also increased in the range of Rs.19.00-129.00/kg and the highest price increase was reported for mora by Rs.129.00/kg followed by Rs.101.00/kg for salaya.

However, the price of anguluwa has decreased by Rs.53.00/kg due to low demand.

Compared to the same period of last year, prices of all types of dried fish have increased in the range of 81%-170%.

### Eggs

#### Wholesale

Prices of brown and white eggs have increased by 24% and their prices ranged Rs.55.00-61.00 and Rs.53.00-58.00 respectively.

Compared to the same period of last year, prices of both brown and white eggs have increased by 186% and 205% respectively.

#### Retail

Retail prices of both brown and white eggs have increased in the range of Rs.6.00-8.00/egg in line with increased

wholesale prices. The price of a brown egg was Rs.58.00-62.00 and Rs.53.00-60.00 for white eggs.

Compared to the same period of last year, prices of both brown and white eggs have increased by 196% and 199% respectively.

### Meat

#### Retail

The price of most types of meat has increased. The highest price increase of Rs.151.00/kg was reported for skin-less curry chicken, caused by the price increase of eggs. Prices of pork and beef have increased by Rs.50.00/kg and Rs.25.00/kg respectively due to insufficient livestock for meat production. However, the price of mutton has decreased by Rs.14.00/kg due to low demand.

Compared to the same period of last year prices of all types of meat have increased in the range of 36%-101% and the highest was reported for skin-less curry 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.

## Weekly Food Commodities Bulletin

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 32: 05 - 11 August 2022**



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

Week 32: 05 - 11 August 2022

LOCATION	Dried Chillies	Red Onion			Big Onion	Potato				Pulses					
	Imported	Imported	Local	Imported		Imported	Welimada	Nuwara Eliya	Imported	Green Gram	Cowpea	Red Dhal			
Colombo	70000 - 75000	-	14250 - 17500	6500 - 7000	8000 - 16000	16000 - 16500	17500 - 18000	37500 - 40000	33500 - 37500	21250 - 22500					
Kurunegala	70000 - 77500	16000 - 16000	-	7250 - 8000	-	-	-	-	-	-	-	21500 - 22500			
Nikaweratiya	71500 - 72500	16000 - 16250	-	7250 - 7900	8000 - 8250	-	-	38000 - 38000	-	-	21250 - 22000				
Dehiattakandiya	87500 - 90000	16000 - 17000	-	7250 - 7500	9500 - 10000	-	23000 - 23000	-	-	-	22000 - 22500				
Dambulla (DEC)	67500 - 70000	-	11500 - 12000	6250 - 6500	8500 - 9000	-	16000 - 17000	32500 - 37500	27500 - 30000	22250 - 22500					
Anuradhapura	80000 - 85000	14000 - 16500	17500 - 20000	7250 - 9000	9500 - 10500	-	-	42500 - 45000	34000 - 37500	23000 - 24500					
Thambuththegama	71000 - 75000	-	15000 - 16000	6500 - 7000	8500 - 8900	-	19000 - 20500	39000 - 40000	30000 - 34000	21000 - 21750					
Polonnaruwa	88000 - 88250	19500 - 19750	-	-	10500 - 10750	-	20000 - 20250	45000 - 45000	-	25000 - 25250					
Kaluthara	72500 - 75000	12500 - 15000	-	6900 - 7000	8500 - 8750	16250 - 16500	17750 - 18000	40000 - 41000	35000 - 36000	21500 - 22000					
Puttalam	70000 - 72500	12500 - 12500	12500 - 16000	8600 - 9000	9700 - 10500	-	20500 - 22500	40000 - 42500	34500 - 36000	21500 - 22000					
Kandy	74000 - 75000	-	15000 - 15500	6500 - 7000	9000 - 9250	16000 - 16500	18000 - 18500	40000 - 41250	37500 - 37750	22500 - 23000					
Matara	82500 - 84000	15500 - 16000	16500 - 17500	7500 - 7750	9000 - 9500	-	18000 - 18500	40000 - 45000	40000 - 41000	21500 - 22500					
Hambantota	80000 - 82500	17500 - 17750	-	7500 - 8000	8750 - 9000	-	17500 - 17750	35000 - 37500	-	23250 - 23500					
Kegalle	80000 - 81000	-	15500 - 15650	7500 - 7600	8500 - 8600	-	18950 - 19100	39500 - 40000	36000 - 36500	21750 - 22100					
Galle	-	-	-	-	-	-	-	-	-	-	-	-	-		
Tissamaharama	75000 - 85000	-	16000 - 19000	7500 - 8000	9500 - 10000	-	-	-	-	-	22000 - 23000				
Meegoda (DEC)	71500 - 73000	14500 - 15000	15000 - 16000	7000 - 7250	8000 - 8500	16000 - 16500	17000 - 17500	39500 - 45000	-	21000 - 22000					
Jaffna	77500 - 82500	-	11000 - 12250	7000 - 7750	9000 - 9500	-	-	36500 - 39000	-	22500 - 23500					
Vavuniya	92500 - 93500	-	-	7500 - 7750	10000 - 10500	-	-	-	-	-	-	-	-		
Mannar	75000 - 76000	15000 - 15000	-	8250 - 8500	9500 - 9750	-	-	42000 - 42500	-	22250 - 22500					
Killinochchi	78500 - 81000	-	-	9000 - 9250	9000 - 9500	-	-	41000 - 42000	-	24000 - 25000					
Mullattivu	80000 - 82500	-	-	9000 - 9000	9000 - 10000	-	-	40000 - 41500	-	23500 - 24000					
Batticaloa	80000 - 82000	19000 - 19250	-	9000 - 9500	10400 - 11000	-	-	41000 - 42500	-	23800 - 24300					
Trincomalee	81000 - 82500	-	14000 - 15000	7500 - 7800	10000 - 10800	-	-	43500 - 44500	31500 - 33000	23000 - 24000					
Galenbindunuwewa	80000 - 82500	15000 - 17000	-	8000 - 8500	9000 - 9500	-	-	37500 - 40000	33000 - 34000	23000 - 23500					
Matale	-	-	-	-	-	-	-	-	-	-	-	-	-		

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

Week 32: 05 - 11 August 2022

LOCATIONS	Dried Chillies	Red Onion		Big Onion	Potato			Pulses		
	Imported	Imported	Local		Imported	Welimada	Nuwara Eliya	Green Gram	Cowpea	Red Dhal
Colombo	1600.00 – 2200.00	340.00 – 400.00	400.00 – 540.00	160.00 – 200.00	190.00 – 240.00	–	400.00 – 520.00	850.00 – 1000.00	780.00 – 950.00	450.00 – 560.00
Gampaha	1600.00 – 1800.00	–	–	180.00 – 200.00	220.00 – 260.00	–	520.00 – 520.00	920.00 – 920.00	740.00 – 840.00	460.00 – 485.00
Kurunegala	1600.00 – 1760.00	380.00 – 400.00	–	180.00 – 200.00	220.00 – 240.00	–	450.00 – 500.00	900.00 – 1000.00	800.00 – 800.00	500.00 – 550.00
Nikaweratiya	1700.00 – 1800.00	340.00 – 360.00	400.00 – 400.00	190.00 – 200.00	210.00 – 240.00	–	–	850.00 – 930.00	720.00 – 720.00	480.00 – 500.00
Dambulla	1600.00 – 1700.00	–	380.00 – 400.00	160.00 – 180.00	190.00 – 200.00	–	–	850.00 – 950.00	700.00 – 750.00	460.00 – 480.00
Anuradhapura	1600.00 – 1800.00	360.00 – 360.00	400.00 – 480.00	160.00 – 200.00	200.00 – 240.00	–	–	950.00 – 1000.00	700.00 – 800.00	480.00 – 500.00
Thambuththegama	1600.00 – 1700.00	–	440.00 – 480.00	150.00 – 180.00	180.00 – 220.00	–	–	850.00 – 900.00	700.00 – 700.00	450.00 – 500.00
Polonnaruwa	1800.00 – 1850.00	400.00 – 410.00	440.00 – 450.00	–	220.00 – 230.00	–	420.00 – 420.00	900.00 – 940.00	800.00 – 800.00	510.00 – 520.00
Kaluthara	1650.00 – 1700.00	400.00 – 420.00	–	170.00 – 190.00	220.00 – 230.00	480.00 – 500.00	500.00 – 520.00	900.00 – 1000.00	800.00 – 850.00	480.00 – 500.00
Badulla	1700.00 – 1750.00	360.00 – 400.00	400.00 – 460.00	180.00 – 220.00	220.00 – 240.00	440.00 – 480.00	–	850.00 – 900.00	800.00 – 800.00	500.00 – 550.00
Keppetipola	1650.00 – 1700.00	350.00 – 370.00	390.00 – 420.00	180.00 – 200.00	220.00 – 230.00	340.00 – 350.00	–	920.00 – 960.00	790.00 – 820.00	480.00 – 520.00
Moneragala	1600.00 – 1700.00	350.00 – 360.00	420.00 – 480.00	180.00 – 200.00	200.00 – 240.00	–	400.00 – 460.00	880.00 – 920.00	–	460.00 – 520.00
Kegalle	1600.00 – 1700.00	360.00 – 380.00	–	180.00 – 200.00	210.00 – 220.00	–	430.00 – 440.00	800.00 – 830.00	700.00 – 760.00	450.00 – 480.00
Ampara	1600.00 – 1800.00	360.00 – 360.00	380.00 – 400.00	195.00 – 220.00	240.00 – 260.00	440.00 – 440.00	440.00 – 480.00	900.00 – 1000.00	700.00 – 700.00	480.00 – 540.00
Dehiwakkandiya	1800.00 – 1850.00	350.00 – 360.00	470.00 – 480.00	160.00 – 180.00	210.00 – 220.00	–	480.00 – 480.00	–	–	450.00 – 460.00
Nuwaraeliya	1650.00 – 1750.00	350.00 – 360.00	380.00 – 400.00	170.00 – 200.00	210.00 – 230.00	–	360.00 – 380.00	920.00 – 970.00	780.00 – 800.00	450.00 – 470.00
Kandy	1700.00 – 1750.00	–	500.00 – 520.00	200.00 – 220.00	240.00 – 250.00	500.00 – 520.00	560.00 – 580.00	900.00 – 950.00	800.00 – 820.00	490.00 – 510.00
Puttalam	–	–	400.00 – 440.00	200.00 – 220.00	220.00 – 280.00	–	520.00 – 580.00	840.00 – 920.00	740.00 – 760.00	450.00 – 460.00
Rathnapura	1800.00 – 1900.00	400.00 – 400.00	–	190.00 – 200.00	220.00 – 240.00	–	–	950.00 – 980.00	890.00 – 920.00	510.00 – 530.00
Hambantota	1700.00 – 1750.00	400.00 – 410.00	380.00 – 400.00	170.00 – 180.00	200.00 – 210.00	–	400.00 – 420.00	800.00 – 900.00	–	475.00 – 480.00
Matara	1700.00 – 1800.00	350.00 – 370.00	380.00 – 400.00	160.00 – 180.00	200.00 – 220.00	–	400.00 – 420.00	850.00 – 950.00	850.00 – 900.00	460.00 – 500.00
Galle	–	–	–	–	–	–	–	–	–	–
Tissamaharama	1700.00 – 1750.00	340.00 – 400.00	–	160.00 – 180.00	200.00 – 260.00	–	450.00 – 470.00	–	–	460.00 – 490.00
Meegoda (DEC)	1600.00 – 1650.00	400.00 – 400.00	400.00 – 400.00	160.00 – 180.00	200.00 – 220.00	400.00 – 400.00	440.00 – 440.00	880.00 – 960.00	780.00 – 800.00	460.00 – 500.00
Embilipitiya	1730.00 – 1800.00	340.00 – 400.00	390.00 – 400.00	185.00 – 220.00	230.00 – 260.00	380.00 – 420.00	400.00 – 450.00	800.00 – 850.00	650.00 – 700.00	475.00 – 530.00
Jaffna	1600.00 – 1780.00	–	–	170.00 – 180.00	180.00 – 200.00	–	–	800.00 – 820.00	–	450.00 – 480.00
Vavuniya	1850.00 – 1900.00	–	–	160.00 – 180.00	240.00 – 240.00	–	–	850.00 – 850.00	–	480.00 – 500.00
Mannar	1600.00 – 1600.00	–	400.00 – 420.00	175.00 – 180.00	200.00 – 210.00	–	–	880.00 – 900.00	–	460.00 – 480.00
Killinochchi	1650.00 – 1700.00	–	–	200.00 – 220.00	200.00 – 220.00	–	–	860.00 – 900.00	–	520.00 – 530.00
Mullaittivu	1650.00 – 1700.00	–	–	–	200.00 – 220.00	–	–	850.00 – 880.00	–	500.00 – 510.00
Batticaloa	1650.00 – 1700.00	400.00 – 400.00	–	200.00 – 220.00	220.00 – 240.00	–	600.00 – 600.00	850.00 – 880.00	–	510.00 – 520.00
Trincomalee	1700.00 – 1750.00	–	–	170.00 – 220.00	210.00 – 230.00	–	–	880.00 – 920.00	660.00 – 700.00	480.00 – 520.00
Hanguranketha	1650.00 – 1800.00	360.00 – 400.00	420.00 – 450.00	180.00 – 200.00	180.00 – 220.00	360.00 – 400.00	400.00 – 430.00	780.00 – 850.00	700.00 – 750.00	450.00 – 470.00
Veyangoda	1600.00 – 1750.00	360.00 – 400.00	–	160.00 – 200.00	200.00 – 240.00	–	480.00 – 480.00	800.00 – 920.00	700.00 – 800.00	460.00 – 500.00
Galenbindunuwewa	1650.00 – 1700.00	340.00 – 380.00	–	170.00 – 180.00	190.00 – 200.00	–	–	800.00 – 850.00	680.00 – 720.00	480.00 – 490.00
Bandarawela	1700.00 – 1750.00	360.00 – 400.00	–	200.00 – 220.00	240.00 – 250.00	420.00 – 450.00	–	950.00 – 960.00	750.00 – 800.00	480.00 – 520.00
Matale	–	–	–	–	–	–	–	–	–	–

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

Week 32: 05 - 11 August 2022

Locations	Butter Beans	Green Beans	Carrot	Leeks	Beetroot	Knolkhol
Colombo	-	450.00 - 600.00	180.00 - 250.00	150.00 - 170.00	70.00 - 170.00	90.00 - 130.00
Meegoda (DEC)	-	500.00 - 550.00	280.00 - 310.00	170.00 - 190.00	120.00 - 140.00	170.00 - 190.00
Dambulla (DEC)	-	450.00 - 500.00	230.00 - 250.00	110.00 - 120.00	80.00 - 110.00	90.00 - 110.00
Keppetipola (DEC)	-	520.00 - 530.00	250.00 - 260.00	120.00 - 130.00	130.00 - 140.00	140.00 - 150.00
Norochchhole (DEC)	-	-	-	-	70.00 - 90.00	-
Nuwara Eliya	-	520.00 - 540.00	230.00 - 240.00	110.00 - 120.00	130.00 - 140.00	100.00 - 110.00
Kandy	-	400.00 - 430.00	230.00 - 250.00	100.00 - 120.00	90.00 - 100.00	80.00 - 100.00
Hambantota	-	500.00 - 550.00	250.00 - 320.00	180.00 - 200.00	160.00 - 200.00	150.00 - 200.00
Thambuththegama (DEC)	-	540.00 - 570.00	270.00 - 300.00	130.00 - 150.00	90.00 - 110.00	100.00 - 130.00
Jaffna		550.00 - 600.00	300.00 - 320.00	200.00 - 220.00	100.00 - 120.00	-
Bandarawela		400.00 - 460.00	180.00 - 220.00	100.00 - 120.00	120.00 - 140.00	80.00 - 120.00
Veyangoda	-	550.00 - 600.00	270.00 - 280.00	140.00 - 180.00	120.00 - 130.00	130.00 - 160.00

Locations	Raddish	Cabbage	Tomato	Ladies Fingers	Brinjal	Capsicum
Colombo	60.00 - 100.00	200.00 - 260.00	280.00 - 330.00	170.00 - 180.00	280.00 - 370.00	580.00 - 650.00
Meegoda (DEC)	100.00 - 120.00	320.00 - 360.00	320.00 - 350.00	170.00 - 180.00	330.00 - 370.00	650.00 - 700.00
Moneragala	100.00 - 110.00	250.00 - 300.00	350.00 - 380.00	220.00 - 260.00	200.00 - 220.00	650.00 - 700.00
Dambulla (DEC)	70.00 - 85.00	250.00 - 270.00	260.00 - 300.00	130.00 - 150.00	230.00 - 260.00	550.00 - 600.00
Keppetipola (DEC)	40.00 - 50.00	280.00 - 300.00	300.00 - 320.00	150.00 - 160.00	380.00 - 390.00	600.00 - 620.00
Norochchhole (DEC)	50.00 - 80.00	-	240.00 - 300.00	120.00 - 140.00	250.00 - 300.00	400.00 - 470.00
Nuwara Eliya	50.00 - 60.00	240.00 - 250.00	240.00 - 250.00	130.00 - 140.00	350.00 - 360.00	620.00 - 640.00
Kandy	50.00 - 70.00	170.00 - 210.00	250.00 - 280.00	140.00 - 150.00	280.00 - 320.00	600.00 - 650.00
Hambantota	80.00 - 120.00	250.00 - 280.00	330.00 - 350.00	180.00 - 200.00	250.00 - 280.00	500.00 - 600.00
Thambuththegama (DEC)	70.00 - 90.00	250.00 - 280.00	230.00 - 260.00	100.00 - 120.00	240.00 - 270.00	520.00 - 600.00
Tissamaharama	120.00 - 140.00	260.00 - 280.00	280.00 - 350.00	140.00 - 170.00	240.00 - 260.00	430.00 - 640.00
Jaffna	95.00 - 110.00	300.00 - 320.00	340.00 - 365.00	80.00 - 90.00	200.00 - 280.00	580.00 - 620.00
Bandarawela	40.00 - 50.00	160.00 - 200.00	320.00 - 380.00	-	220.00 - 250.00	500.00 - 550.00
Veyangoda	90.00 - 110.00	250.00 - 280.00	270.00 - 300.00	150.00 - 170.00	300.00 - 330.00	600.00 - 640.00

Locations	Pumpkin	Cucumber	Bitter Gourd	Snake Gourd	Drumstick	Luffa
Colombo	120.00 - 130.00	80.00 - 100.00	220.00 - 280.00	240.00 - 300.00	220.00 - 350.00	180.00 - 200.00
Meegoda (DEC)	130.00 - 150.00	80.00 - 100.00	320.00 - 380.00	300.00 - 300.00	370.00 - 380.00	200.00 - 240.00
Moneragala	120.00 - 150.00	100.00 - 130.00	360.00 - 400.00	300.00 - 320.00	250.00 - 280.00	220.00 - 250.00
Dambulla (DEC)	100.00 - 130.00	85.00 - 100.00	230.00 - 250.00	160.00 - 180.00	260.00 - 290.00	145.00 - 160.00
Keppetipola (DEC)	130.00 - 140.00	110.00 - 120.00	270.00 - 280.00	190.00 - 200.00	280.00 - 300.00	200.00 - 220.00
Norochchhole (DEC)	150.00 - 190.00	60.00 - 70.00	250.00 - 300.00	150.00 - 170.00	240.00 - 250.00	100.00 - 150.00
Nuwara Eliya	130.00 - 140.00	120.00 - 130.00	290.00 - 300.00	200.00 - 220.00	280.00 - 300.00	190.00 - 210.00
Kandy	120.00 - 130.00	80.00 - 90.00	230.00 - 250.00	160.00 - 180.00	250.00 - 300.00	150.00 - 170.00
Hambantota	100.00 - 140.00	100.00 - 130.00	300.00 - 360.00	-	150.00 - 200.00	250.00 - 300.00
Thambuththegama (DEC)	80.00 - 120.00	50.00 - 70.00	220.00 - 260.00	140.00 - 160.00	-	130.00 - 160.00
Tissamaharama	130.00 - 140.00	70.00 - 90.00	300.00 - 320.00	240.00 - 260.00	100.00 - 120.00	160.00 - 180.00
Jaffna	100.00 - 110.00	-	300.00 - 320.00	110.00 - 135.00	300.00 - 350.00	-
Bandarawela	120.00 - 130.00	80.00 - 100.00	-	-	-	-
Veyangoda	130.00 - 140.00	90.00 - 120.00	280.00 - 300.00	180.00 - 200.00	300.00 - 350.00	160.00 - 180.00

**Table 06 (Contd.)**

	<b>Long Beans</b>	<b>Ash Plantain</b>	<b>Green Chillies</b>	<b>Lime</b>	<b>Sweet Potaoe</b>	<b>Manioc</b>
Colombo	180.00 - 280.00	100.00 - 130.00	300.00 - 350.00	150.00 - 170.00	100.00 - 120.00	70.00 - 90.00
Meegoda (DEC)	260.00 - 280.00	120.00 - 140.00	480.00 - 500.00	150.00 - 160.00	140.00 - 150.00	120.00 - 120.00
Moneragala	280.00 - 290.00	60.00 - 80.00	500.00 - 600.00	80.00 - 90.00	-	-
Dambulla (DEC)	180.00 - 200.00	110.00 - 130.00	280.00 - 330.00	100.00 - 110.00	115.00 - 130.00	50.00 - 60.00
Keppetipola (DEC)	220.00 - 230.00	110.00 - 120.00	400.00 - 450.00	130.00 - 140.00	100.00 - 120.00	60.00 - 70.00
Norochchhole (DEC)	200.00 - 240.00	75.00 - 85.00	300.00 - 350.00	220.00 - 280.00	100.00 - 120.00	90.00 - 110.00
Nuwara Eliya	220.00 - 230.00	120.00 - 130.00	430.00 - 460.00	140.00 - 150.00	130.00 - 140.00	75.00 - 90.00
Kandy	230.00 - 250.00	110.00 - 120.00	350.00 - 400.00	130.00 - 150.00	100.00 - 120.00	60.00 - 70.00
Hambantota	250.00 - 280.00	50.00 - 80.00	450.00 - 550.00	150.00 - 240.00	120.00 - 150.00	40.00 - 80.00
Thambuththegama (DEC)	150.00 - 180.00	80.00 - 100.00	300.00 - 400.00	80.00 - 120.00	120.00 - 140.00	60.00 - 80.00
Tissamaharama	160.00 - 180.00	60.00 - 80.00	350.00 - 400.00	80.00 - 120.00	130.00 - 140.00	50.00 - 60.00
Jaffna	200.00 - 240.00	100.00 - 130.00	400.00 - 430.00	350.00 - 380.00	170.00 - 180.00	-
Bandarawela	-	-	400.00 - 450.00	-	100.00 - 120.00	60.00 - 70.00
Veyangoda	240.00 - 250.00	120.00 - 150.00	350.00 - 370.00	150.00 - 160.00	130.00 - 140.00	110.00 - 120.00

<b>Locations</b>	<b>Leafy Vegetables (Rs/Bundle)</b>			<b>Coconut (Rs/Nut)</b>	
	<b>Mukunuwenna</b>	<b>Kankun</b>	<b>Gotukola</b>	<b>Large</b>	<b>Small</b>
Colombo	35.00 - 40.00	35.00 - 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)	40.00 - 50.00	35.00 - 40.00	25.00 - 30.00	60.00 - 70.00	55.00 - 58.00
Nuwara Eliya	-	-	-	-	-
Dambulla (DEC)	25.00 - 30.00	25.00 - 25.00	20.00 - 25.00	60.00 - 63.00	52.00 - 53.00
Kandy	40.00 - 45.00	45.00 - 50.00	150.00 - 160.00	75.00 - 80.00	62.00 - 65.00
Hambantota	40.00 - 50.00	35.00 - 45.00	50.00 - 60.00	-	-
Thambuththegama (DEC)	30.00 - 30.00	30.00 - 30.00	30.00 - 30.00	52.00 - 58.00	48.00 - 50.00
Tissamaharama	30.00 - 35.00	30.00 - 35.00	35.00 - 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	35.00 - 40.00	80.00 - 85.00	50.00 - 55.00
Bandarawela	-	-	-	-	-
Veyangoda	35.00 - 40.00	35.00 - 40.00	45.00 - 51.00	70.00 - 70.00	-

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

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

**Week 32: 05 - 11 August 2022**

Table 07 (Contd.)

LOCATIONS	Low Country Varieties												
	Ladies Fingers	Brinjal	Capsicum	Pumpkin	Cucumber	Bitter Gourd	Snake Gourd	Drumstick	Luffa	Long Beans			
Colombo	200.00 - 360.00	300.00 - 600.00	650.00 - 1000.00	160.00 - 320.00	120.00 - 240.00	320.00 - 550.00	280.00 - 480.00	300.00 - 800.00	220.00 - 400.00	280.00 - 480.00			
Gampaha	240.00 - 320.00	480.00 - 480.00	800.00 - 800.00	240.00 - 280.00	200.00 - 240.00	400.00 - 480.00	320.00 - 400.00	480.00 - 480.00	240.00 - 320.00	320.00 - 400.00			
Kurunegala	240.00 - 260.00	360.00 - 400.00	680.00 - 700.00	240.00 - 260.00	160.00 - 200.00	460.00 - 480.00	320.00 - 340.00	380.00 - 400.00	280.00 - 320.00	300.00 - 360.00			
Nikaweratiya	240.00 - 320.00	320.00 - 360.00	750.00 - 800.00	200.00 - 300.00	120.00 - 160.00	400.00 - 420.00	320.00 - 360.00	320.00 - 420.00	240.00 - 320.00	280.00 - 320.00			
Dambulla	220.00 - 240.00	440.00 - 460.00	700.00 - 760.00	180.00 - 200.00	140.00 - 160.00	380.00 - 400.00	240.00 - 280.00	340.00 - 380.00	240.00 - 260.00	280.00 - 300.00			
Anuradhapura	200.00 - 240.00	350.00 - 400.00	760.00 - 800.00	240.00 - 320.00	160.00 - 200.00	440.00 - 520.00	280.00 - 320.00	400.00 - 480.00	240.00 - 320.00	320.00 - 360.00			
Thambuthegama	160.00 - 220.00	300.00 - 360.00	640.00 - 700.00	180.00 - 240.00	120.00 - 200.00	280.00 - 340.00	200.00 - 240.00	-	220.00 - 280.00	200.00 - 240.00			
Polonnaruwa	320.00 - 340.00	360.00 - 380.00	650.00 - 670.00	220.00 - 240.00	180.00 - 200.00	420.00 - 450.00	280.00 - 300.00	360.00 - 400.00	280.00 - 300.00	360.00 - 370.00			
Kaluthara	-	400.00 - 420.00	650.00 - 700.00	200.00 - 240.00	200.00 - 220.00	-	-	-	-	-			
Badulla	300.00 - 320.00	360.00 - 400.00	680.00 - 800.00	200.00 - 240.00	160.00 - 200.00	440.00 - 480.00	440.00 - 480.00	360.00 - 400.00	320.00 - 360.00	320.00 - 360.00			
Keppetipola	220.00 - 240.00	440.00 - 460.00	650.00 - 680.00	190.00 - 210.00	150.00 - 160.00	340.00 - 360.00	250.00 - 260.00	350.00 - 360.00	250.00 - 260.00	260.00 - 280.00			
Moneragala	320.00 - 340.00	320.00 - 360.00	720.00 - 800.00	250.00 - 280.00	180.00 - 200.00	480.00 - 500.00	320.00 - 360.00	320.00 - 340.00	320.00 - 340.00	320.00 - 380.00			
Kegalle	300.00 - 320.00	340.00 - 360.00	780.00 - 800.00	220.00 - 240.00	180.00 - 200.00	420.00 - 440.00	300.00 - 320.00	400.00 - 480.00	300.00 - 320.00	380.00 - 400.00			
Ampara	300.00 - 320.00	400.00 - 520.00	800.00 - 840.00	240.00 - 280.00	200.00 - 220.00	450.00 - 480.00	360.00 - 400.00	360.00 - 360.00	280.00 - 320.00	280.00 - 320.00			
Dehiattakandiya	260.00 - 280.00	320.00 - 360.00	680.00 - 740.00	280.00 - 300.00	160.00 - 200.00	560.00 - 580.00	320.00 - 360.00	400.00 - 400.00	320.00 - 320.00	340.00 - 360.00			
Nuwaraeliya	200.00 - 220.00	420.00 - 440.00	680.00 - 700.00	200.00 - 220.00	160.00 - 180.00	380.00 - 400.00	260.00 - 280.00	400.00 - 420.00	260.00 - 280.00	260.00 - 280.00			
Kandy	220.00 - 240.00	440.00 - 480.00	750.00 - 800.00	180.00 - 200.00	140.00 - 160.00	320.00 - 360.00	280.00 - 300.00	360.00 - 400.00	240.00 - 280.00	300.00 - 320.00			
Puttalam	240.00 - 300.00	400.00 - 480.00	750.00 - 800.00	240.00 - 280.00	180.00 - 220.00	400.00 - 480.00	280.00 - 320.00	480.00 - 560.00	300.00 - 340.00	280.00 - 320.00			
Rathnapura	300.00 - 320.00	340.00 - 360.00	650.00 - 700.00	270.00 - 280.00	170.00 - 180.00	420.00 - 440.00	350.00 - 370.00	420.00 - 440.00	300.00 - 330.00	340.00 - 360.00			
Hambantota	280.00 - 320.00	320.00 - 380.00	620.00 - 670.00	140.00 - 180.00	140.00 - 180.00	400.00 - 480.00	450.00 - 480.00	220.00 - 280.00	280.00 - 320.00	320.00 - 400.00			
Matara	260.00 - 280.00	380.00 - 400.00	780.00 - 800.00	200.00 - 220.00	180.00 - 200.00	550.00 - 600.00	380.00 - 420.00	-	300.00 - 320.00	300.00 - 320.00			
Galle	-	-	-	-	-	-	-	-	-	-			
Tissamaharama	180.00 - 220.00	280.00 - 320.00	600.00 - 680.00	170.00 - 190.00	100.00 - 120.00	350.00 - 380.00	280.00 - 300.00	160.00 - 180.00	200.00 - 240.00	200.00 - 240.00			
Meegoda (DEC)	280.00 - 320.00	440.00 - 480.00	800.00 - 1000.00	200.00 - 240.00	180.00 - 200.00	420.00 - 480.00	400.00 - 440.00	480.00 - 500.00	300.00 - 400.00	350.00 - 400.00			
Embilipitiya	280.00 - 320.00	350.00 - 400.00	640.00 - 800.00	200.00 - 300.00	220.00 - 240.00	400.00 - 600.00	350.00 - 400.00	200.00 - 240.00	280.00 - 320.00	400.00 - 440.00			
Jaffna	100.00 - 120.00	250.00 - 300.00	600.00 - 640.00	120.00 - 145.00	-	300.00 - 350.00	-	250.00 - 450.00	-	240.00 - 280.00			
Vavuniya	240.00 - 260.00	380.00 - 400.00	780.00 - 800.00	240.00 - 260.00	180.00 - 200.00	780.00 - 800.00	300.00 - 320.00	-	300.00 - 320.00	380.00 - 400.00			
Mannar	260.00 - 280.00	340.00 - 360.00	800.00 - 800.00	240.00 - 260.00	-	420.00 - 440.00	280.00 - 300.00	-	-	360.00 - 380.00			
Killinochchi	240.00 - 260.00	320.00 - 350.00	680.00 - 720.00	160.00 - 200.00	-	600.00 - 640.00	240.00 - 260.00	550.00 - 580.00	-	380.00 - 420.00			
Mullaitivu	280.00 - 300.00	280.00 - 320.00	700.00 - 720.00	200.00 - 240.00	-	580.00 - 600.00	280.00 - 320.00	560.00 - 600.00	-	380.00 - 400.00			
Batticaloa	250.00 - 260.00	340.00 - 360.00	700.00 - 720.00	180.00 - 200.00	180.00 - 180.00	600.00 - 600.00	280.00 - 320.00	550.00 - 560.00	240.00 - 250.00	360.00 - 400.00			
Trincomalee	220.00 - 250.00	260.00 - 280.00	750.00 - 800.00	170.00 - 200.00	150.00 - 170.00	460.00 - 500.00	290.00 - 320.00	300.00 - 340.00	240.00 - 260.00	240.00 - 280.00			
Hanguranketha	200.00 - 220.00	300.00 - 330.00	620.00 - 650.00	150.00 - 180.00	150.00 - 160.00	300.00 - 340.00	230.00 - 250.00	400.00 - 450.00	220.00 - 240.00	220.00 - 250.00			
Veyangoda	240.00 - 280.00	400.00 - 440.00	700.00 - 800.00	200.00 - 240.00	160.00 - 180.00	400.00 - 430.00	280.00 - 320.00	360.00 - 400.00	240.00 - 320.00	300.00 - 320.00			
Galenbindunuweawa	220.00 - 240.00	280.00 - 320.00	700.00 - 800.00	200.00 - 240.00	140.00 - 160.00	360.00 - 400.00	280.00 - 320.00	-	240.00 - 260.00	220.00 - 240.00			
Bandarawela	300.00 - 320.00	300.00 - 350.00	700.00 - 750.00	220.00 - 250.00	150.00 - 160.00	400.00 - 450.00	350.00 - 360.00	350.00 - 380.00	300.00 - 320.00	300.00 - 340.00			
Matale	-	-	-	-	-	-	-	-	-	-			

**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	150.00 - 280.00	350.00 - 800.00	240.00 - 600.00	160.00 - 320.00	120.00 - 200.00	60.00 - 90.00	60.00 - 90.00	60.00 - 100.00	90.00 - 110.00	70.00 - 85.00							
Gampaha	200.00 - 240.00	600.00 - 800.00	400.00 - 500.00	240.00 - 240.00	150.00 - 150.00	70.00 - 70.00	70.00 - 70.00	25.00 - 25.00	80.00 - 80.00	60.00 - 60.00							
Kurunegala	180.00 - 200.00	600.00 - 700.00	260.00 - 300.00	200.00 - 220.00	120.00 - 140.00	40.00 - 40.00	40.00 - 40.00	30.00 - 30.00	80.00 - 80.00	70.00 - 70.00							
Nikaweratiya	160.00 - 240.00	600.00 - 600.00	150.00 - 200.00	160.00 - 240.00	120.00 - 140.00	40.00 - 50.00	40.00 - 40.00	60.00 - 60.00	75.00 - 75.00	65.00 - 65.00							
Dambulla	160.00 - 180.00	600.00 - 700.00	350.00 - 400.00	180.00 - 200.00	120.00 - 130.00	45.00 - 50.00	45.00 - 50.00	40.00 - 45.00	70.00 - 80.00	60.00 - 65.00							
Anuradhapura	180.00 - 200.00	600.00 - 800.00	400.00 - 600.00	200.00 - 240.00	160.00 - 180.00	50.00 - 50.00	50.00 - 50.00	50.00 - 50.00	75.00 - 80.00	60.00 - 65.00							
Thambuththegama	180.00 - 220.00	500.00 - 650.00	180.00 - 220.00	200.00 - 240.00	100.00 - 130.00	40.00 - 40.00	40.00 - 40.00	40.00 - 40.00	60.00 - 70.00	50.00 - 55.00							
Polonnaruwa	180.00 - 200.00	650.00 - 670.00	450.00 - 500.00	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	140.00 - 160.00	600.00 - 700.00	500.00 - 600.00	240.00 - 260.00	140.00 - 160.00	60.00 - 80.00	60.00 - 70.00	60.00 - 80.00	100.00 - 110.00	80.00 - 90.00							
Badulla	160.00 - 180.00	600.00 - 800.00	240.00 - 300.00	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	150.00 - 160.00	600.00 - 700.00	220.00 - 240.00	150.00 - 170.00	100.00 - 120.00	35.00 - 40.00	35.00 - 40.00	30.00 - 35.00	85.00 - 88.00	65.00 - 70.00							
Moneragala	100.00 - 120.00	700.00 - 800.00	100.00 - 120.00	-	-	60.00 - 70.00	60.00 - 70.00	60.00 - 70.00	70.00 - 75.00	60.00 - 65.00							
Kegalle	180.00 - 240.00	860.00 - 900.00	430.00 - 450.00	220.00 - 240.00	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 - 200.00	700.00 - 800.00	300.00 - 350.00	200.00 - 200.00	80.00 - 100.00	50.00 - 60.00	40.00 - 50.00	40.00 - 50.00	75.00 - 80.00	60.00 - 70.00							
Dehiattakandiya	200.00 - 200.00	800.00 - 900.00	400.00 - 500.00	200.00 - 200.00	100.00 - 120.00	50.00 - 50.00	50.00 - 50.00	50.00 - 50.00	70.00 - 80.00	60.00 - 65.00							
Nuwaraeliya	180.00 - 200.00	650.00 - 680.00	200.00 - 240.00	180.00 - 200.00	140.00 - 150.00	50.00 - 55.00	50.00 - 55.00	35.00 - 45.00	85.00 - 90.00	65.00 - 70.00							
Kandy	180.00 - 200.00	500.00 - 600.00	240.00 - 280.00	200.00 - 240.00	160.00 - 170.00	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	600.00 - 700.00	300.00 - 400.00	240.00 - 300.00	140.00 - 180.00	60.00 - 60.00	60.00 - 60.00	40.00 - 40.00	70.00 - 73.00	60.00 - 65.00							
Rathnapura	180.00 - 190.00	700.00 - 700.00	400.00 - 400.00	180.00 - 200.00	110.00 - 130.00	80.00 - 90.00	80.00 - 80.00	80.00 - 90.00	90.00 - 100.00	80.00 - 85.00							
Hambanthota	70.00 - 110.00	600.00 - 700.00	300.00 - 350.00	160.00 - 200.00	80.00 - 110.00	60.00 - 60.00	45.00 - 50.00	60.00 - 70.00	80.00 - 85.00	65.00 - 70.00							
Matara	120.00 - 130.00	600.00 - 700.00	200.00 - 250.00	180.00 - 200.00	90.00 - 120.00	55.00 - 60.00	55.00 - 60.00	70.00 - 80.00	85.00 - 90.00	60.00 - 70.00							
Galle	-	-	-	-	-	-	-	-	-	-							
Tissamaharama	90.00 - 120.00	440.00 - 480.00	150.00 - 180.00	180.00 - 200.00	80.00 - 90.00	45.00 - 50.00	45.00 - 50.00	50.00 - 60.00	85.00 - 90.00	55.00 - 60.00							
Meegoda (DEC)	200.00 - 240.00	600.00 - 700.00	250.00 - 300.00	200.00 - 240.00	130.00 - 130.00	80.00 - 80.00	80.00 - 80.00	90.00 - 90.00	85.00 - 95.00	80.00 - 80.00							
Embilipitiya	120.00 - 160.00	750.00 - 900.00	250.00 - 380.00	160.00 - 200.00	80.00 - 90.00	50.00 - 70.00	50.00 - 60.00	70.00 - 80.00	75.00 - 90.00	50.00 - 70.00							
Jaffna	140.00 - 155.00	450.00 - 480.00	380.00 - 420.00	200.00 - 250.00	-	60.00 - 70.00	35.00 - 45.00	30.00 - 35.00	70.00 - 80.00	50.00 - 60.00							
Vavuniya	80.00 - 100.00	580.00 - 600.00	300.00 - 320.00	220.00 - 240.00	240.00 - 240.00	60.00 - 60.00	60.00 - 60.00	-	60.00 - 60.00	40.00 - 40.00							
Mannar	160.00 - 180.00	650.00 - 700.00	350.00 - 400.00	-	200.00 - 200.00	50.00 - 50.00	50.00 - 50.00	50.00 - 50.00	55.00 - 60.00	35.00 - 40.00							
Killinochchi	100.00 - 120.00	550.00 - 600.00	320.00 - 350.00	-	200.00 - 240.00	50.00 - 60.00	-	-	50.00 - 60.00	40.00 - 40.00							
Mullaithivu	120.00 - 160.00	500.00 - 540.00	260.00 - 280.00	180.00 - 200.00	200.00 - 240.00	40.00 - 50.00	-	-	40.00 - 40.00	70.00 - 75.00							
Batticaloa	100.00 - 120.00	560.00 - 600.00	320.00 - 340.00	-	160.00 - 180.00	60.00 - 60.00	50.00 - 50.00	50.00 - 50.00	50.00 - 60.00	75.00 - 75.00							
Trincomalee	160.00 - 200.00	520.00 - 580.00	260.00 - 280.00	150.00 - 160.00	140.00 - 170.00	50.00 - 70.00	60.00 - 70.00	50.00 - 70.00	50.00 - 70.00	90.00 - 100.00							
Hanguranketha	160.00 - 170.00	550.00 - 600.00	300.00 - 350.00	150.00 - 160.00	80.00 - 100.00	40.00 - 40.00	40.00 - 40.00	35.00 - 40.00	78.00 - 85.00	50.00 - 70.00							
Veyangoda	160.00 - 200.00	600.00 - 650.00	400.00 - 500.00	200.00 - 240.00	150.00 - 200.00	60.00 - 70.00	60.00 - 70.00	30.00 - 33.00	80.00 - 80.00	55.00 - 60.00							
Galenbindunuwewa	-	600.00 - 700.00	-	-	-	50.00 - 55.00	50.00 - 55.00	-	-	70.00 - 80.00	60.00 - 65.00						
Bandarawela	150.00 - 160.00	600.00 - 650.00	350.00 - 400.00	180.00 - 200.00	100.00 - 120.00	50.00 - 60.00	50.00 - 60.00	60.00 - 70.00	80.00 - 100.00	60.00 - 70.00							
Matale	-	-	-	-	-	-	-	-	-	-							

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

Week 32: 05 - 11 August 2022

LOCATIONS	Banana							Pineapple				Mango	
	Ambul (Rs/Kg)	Kolikuttu (Rs/Kg)	Seeni (Rs/Kg)	Anamalu	Ambun	Large	Medium	Small	Betti	Karthakolomban			
Colombo	120.00 - 180.00	240.00 - 320.00	120.00 - 180.00	18.00 - 26.00	23.00 - 33.00	500.00 - 600.00	400.00 - 480.00	300.00 - 380.00	-	150.00 - 160.00			
Gampaha	140.00 - 160.00	280.00 - 300.00	130.00 - 150.00	18.00 - 18.00	25.00 - 25.00	600.00 - 600.00	450.00 - 450.00	-	-	120.00 - 150.00			
Kurunegala	120.00 - 150.00	340.00 - 360.00	100.00 - 130.00	16.00 - 18.00	28.00 - 32.00	500.00 - 600.00	300.00 - 350.00	180.00 - 240.00	-	-			
Nikaweratiya	130.00 - 150.00	300.00 - 320.00	130.00 - 140.00	-	29.00 - 32.00	480.00 - 500.00	380.00 - 450.00	-	-	-			
Dambulla	140.00 - 150.00	280.00 - 300.00	130.00 - 140.00	-	28.00 - 32.00	550.00 - 600.00	400.00 - 480.00	230.00 - 250.00	80.00 - 100.00	180.00 - 200.00			
Anuradhapura	100.00 - 120.00	260.00 - 280.00	100.00 - 120.00	22.00 - 24.00	28.00 - 30.00	630.00 - 720.00	520.00 - 600.00	380.00 - 430.00	-	150.00 - 160.00			
Thambuththegama	120.00 - 150.00	350.00 - 380.00	120.00 - 140.00	20.00 - 22.00	30.00 - 35.00	600.00 - 700.00	450.00 - 500.00	-	-	-			
Polonnaruwa	120.00 - 140.00	250.00 - 260.00	100.00 - 120.00	18.00 - 19.00	22.00 - 25.00	-	350.00 - 400.00	250.00 - 300.00	-	-			
Kaluthara	140.00 - 150.00	220.00 - 240.00	150.00 - 160.00	20.00 - 22.00	25.00 - 27.00	450.00 - 500.00	350.00 - 400.00	250.00 - 300.00	-	180.00 - 200.00			
Badulla	120.00 - 140.00	260.00 - 280.00	100.00 - 120.00	14.00 - 15.00	25.00 - 27.00	-	340.00 - 350.00	200.00 - 220.00	-	100.00 - 120.00			
Keppetipola	110.00 - 120.00	260.00 - 280.00	120.00 - 130.00	18.00 - 20.00	34.00 - 36.00	-	360.00 - 380.00	240.00 - 260.00	-	120.00 - 140.00			
Moneragala	80.00 - 90.00	180.00 - 190.00	60.00 - 70.00	11.00 - 12.00	15.00 - 17.00	630.00 - 700.00	530.00 - 600.00	-	-	-			
Kegalle	120.00 - 130.00	270.00 - 280.00	120.00 - 130.00	30.00 - 30.00	40.00 - 50.00	400.00 - 450.00	280.00 - 360.00	100.00 - 150.00	-	80.00 - 100.00			
Ampara	140.00 - 150.00	250.00 - 300.00	80.00 - 100.00	16.00 - 17.00	22.00 - 23.00	480.00 - 480.00	400.00 - 450.00	200.00 - 250.00	-	100.00 - 100.00			
Dehiwakkandiya	120.00 - 130.00	250.00 - 260.00	100.00 - 120.00	-	33.00 - 33.00	440.00 - 450.00	350.00 - 360.00	250.00 - 280.00	-	-			
Nuwaraeliya	125.00 - 130.00	270.00 - 280.00	110.00 - 120.00	18.00 - 22.00	38.00 - 43.00	-	360.00 - 380.00	240.00 - 260.00	-	90.00 - 120.00			
Kandy	130.00 - 150.00	270.00 - 280.00	140.00 - 150.00	20.00 - 22.00	30.00 - 32.00	550.00 - 580.00	350.00 - 400.00	150.00 - 200.00	-	120.00 - 130.00			
Puttalam	100.00 - 120.00	240.00 - 280.00	110.00 - 140.00	12.00 - 14.00	-	480.00 - 550.00	-	200.00 - 250.00	-	-			
Rathnapura	120.00 - 130.00	240.00 - 260.00	120.00 - 130.00	-	-	550.00 - 600.00	350.00 - 400.00	200.00 - 250.00	-	150.00 - 200.00			
Hambantota	100.00 - 130.00	250.00 - 280.00	120.00 - 130.00	18.00 - 20.00	20.00 - 22.00	650.00 - 700.00	500.00 - 550.00	380.00 - 420.00	-	-			
Matara	120.00 - 130.00	250.00 - 280.00	110.00 - 130.00	17.00 - 18.00	22.00 - 23.00	600.00 - 620.00	500.00 - 550.00	400.00 - 420.00	-	140.00 - 150.00			
Galle	-	-	-	-	-	-	-	-	-	-			
Tissamaharama	100.00 - 120.00	200.00 - 240.00	80.00 - 100.00	-	-	490.00 - 500.00	380.00 - 400.00	300.00 - 320.00	-	-			
Meegoda (DEC)	140.00 - 140.00	300.00 - 300.00	130.00 - 130.00	-	-	700.00 - 750.00	-	-	-	-			
Embilipitiya	90.00 - 120.00	200.00 - 250.00	75.00 - 90.00	15.00 - 25.00	25.00 - 30.00	-	300.00 - 350.00	220.00 - 250.00	60.00 - 70.00	-	-		
Jaffna	140.00 - 150.00	220.00 - 250.00	90.00 - 110.00	-	-	500.00 - 550.00	390.00 - 430.00	300.00 - 340.00	-	180.00 - 200.00			
Vavuniya	-	-	-	-	-	-	-	260.00 - 280.00	-	-			
Mannar	100.00 - 120.00	200.00 - 220.00	100.00 - 120.00	13.00 - 15.00	-	-	-	-	-	-	80.00 - 100.00		
Killinochchi	140.00 - 160.00	250.00 - 260.00	90.00 - 100.00	22.00 - 24.00	22.00 - 24.00	670.00 - 720.00	540.00 - 570.00	360.00 - 380.00	-	-			
Mullaitivu	140.00 - 150.00	250.00 - 250.00	140.00 - 150.00	-	20.00 - 23.00	460.00 - 500.00	420.00 - 420.00	340.00 - 350.00	-	-			
Batticaloa	140.00 - 150.00	240.00 - 250.00	100.00 - 120.00	-	-	-	360.00 - 380.00	-	-	-			
Trincomalee	140.00 - 160.00	200.00 - 220.00	100.00 - 120.00	20.00 - 21.00	22.00 - 23.00	420.00 - 450.00	350.00 - 380.00	240.00 - 260.00	-	-			
Veyangoda	160.00 - 180.00	280.00 - 300.00	130.00 - 160.00	18.00 - 20.00	28.00 - 30.00	500.00 - 500.00	350.00 - 400.00	250.00 - 280.00	-	125.00 - 150.00			
Galenbindunuweawa	100.00 - 130.00	200.00 - 250.00	100.00 - 120.00	20.00 - 25.00	25.00 - 30.00	650.00 - 800.00	525.00 - 675.00	400.00 - 540.00	-	-			
Bandarawela	140.00 - 150.00	260.00 - 280.00	120.00 - 140.00	16.00 - 18.00	22.00 - 24.00	-	350.00 - 360.00	200.00 - 250.00	-	100.00 - 120.00			
Matale	-	-	-	-	-	-	-	-	-	-			

**Table 08 (Contd.)**

**Table 09: Selected Markets: Wholesale Price of Fresh Fish & Eggs (Rs/Kg & Rs/Egg)**  
 Week 32: 05 - 11 August 2022

Locations	Sea Fish							
	Salaya	Hurulla	Balaya	Kelawalla	Thora	Paraw		
Colombo	450.00 – 850.00	780.00 – 1200.00	700.00 – 1150.00	1200.00 – 1800.00	1950.00 – 3600.00	1300.00 – 2000.00		
Kandy	–	–	–	–	–	–	–	–
Kaluthara	850.00 – 900.00	1100.00 – 1200.00	1100.00 – 1200.00	1600.00 – 1800.00	–	–	–	–
Puttalam	750.00 – 800.00	920.00 – 1100.00	–	1700.00 – 1750.00	–	–	1450.00 – 1620.00	–
Matara	650.00 – 660.00	–	1150.00 – 1200.00	–	–	–	–	–
Hambantota	–	–	1200.00 – 1300.00	–	–	–	–	–
Galle	–	–	–	–	–	–	–	–
Batticaloa	500.00 – 550.00	800.00 – 1000.00	–	–	1800.00 – 1900.00	–	–	–
Trincomalee	500.00 – 580.00	1000.00 – 1150.00	1300.00 – 1380.00	1650.00 – 1750.00	–	–	1500.00 – 1580.00	–
Mannar	380.00 – 400.00	–	1000.00 – 1050.00	–	–	–	1300.00 – 1400.00	–

Locations	Sea Fish				Eggs		
	Mora	Shrimps	Thalapath	Teppeli	Brown	White	
Colombo	–	1250.00 – 1750.00	1750.00 – 2000.00	–	55.00 – 61.00	53.00 – 58.00	
Kandy	–	–	–	–	56.00 – 57.00	54.00 – 55.00	
Kaluthara	–	–	2000.00 – 2100.00	–	–	–	
Puttalam	–	1100.00 – 1300.00	–	–	57.00 – 57.50	56.00 – 56.50	
Matara	–	1850.00 – 1900.00	–	–	–	–	
Hambantota	–	–	–	–	–	56.00 – 57.00	
Galle	–	–	–	–	–	–	
Batticaloa	–	–	1800.00 – 1800.00	–	59.00 – 59.00	59.00 – 59.00	
Trincomalee	1600.00 – 1680.00	1100.00 – 1150.00	1800.00 – 1950.00	–	–	–	
Mannar	–	950.00 – 1000.00	–	–	–	–	

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

Week 32: 05 - 11 August 2022

Locations	Local Dried Fish					
	Sprats	Kattawa	Thora	Mora	Balaya	Anguluwa
Colombo	97500 – 112000	–	–	119000 – 127000	86000 – 94000	–
Kandy	105000 – 107500	–	–	130000 – 135000	80000 – 85000	–
Batticaloa	90000 – 90000	–	–	120000 – 125000	70000 – 70000	–
Trincomalee	–	–	–	–	72000 – 72500	–
Mannar	67500 – 70000	90000 – 95000	–	–	72500 – 75000	47500 – 50000

Locations	Local Dried Fish			Imported Dried Fish		
	Maduwa	Koduwa	Salaya	Sprats	Kattawa	Thora
Colombo	–	–	42500 – 55000	67500 – 84000	105000 – 110000	–
Kandy	–	–	–	72500 – 75000	–	–
Batticaloa	85000 – 86500	–	65000 – 65000	–	105000 – 105000	–
Trincomalee	–	–	–	–	–	–
Mannar	62500 – 65000	–	42500 – 45000	–	–	–

Locations	Imported Dried Fish					
	Mora	Balaya	Anguluwa	Maduwa	Koduwa	Salaya
Colombo	–	–	89000 – 98500	–	–	–
Kandy	–	–	102500 – 105000	–	–	–
Batticaloa	–	–	–	–	–	–
Trincomalee	–	–	–	–	–	–
Mannar	–	–	–	–	–	–

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

Week 32: 05 - 11 August 2022

LOCATIONS	Sea Fish								Eggs	
	Salaya	Hurulla	Balaya	Kelawalla	Thora	Paraw	Mora	Thalapath	Brown	White
Colombo	600.00 - 1100.00	1100.00 - 1400.00	1800.00 - 2000.00	2300.00 - 3200.00	-	2400.00 - 3000.00	-	2500.00 - 3200.00	58.00 - 62.00	53.00 - 60.00
Gampaha	900.00 - 900.00	1200.00 - 1200.00	-	-	-	-	-	-	56.00 - 56.00	55.00 - 56.00
Kurunegala	700.00 - 800.00	1000.00 - 1000.00	1500.00 - 1600.00	1800.00 - 1800.00	-	1800.00 - 1900.00	-	2500.00 - 2500.00	60.00 - 60.00	57.00 - 58.00
Nikaweratiya	-	-	1100.00 - 1100.00	-	-	2200.00 - 2200.00	-	-	-	53.00 - 60.00
Dambulla	750.00 - 850.00	1000.00 - 1100.00	1100.00 - 1200.00	2200.00 - 2300.00	-	2000.00 - 2200.00	2000.00 - 2200.00	2200.00 - 2400.00	57.00 - 58.00	52.00 - 54.00
Anuradhapura	840.00 - 840.00	-	1100.00 - 1200.00	1920.00 - 1920.00	-	-	-	2160.00 - 2160.00	-	55.00 - 58.00
Thambuththegama	-	-	-	-	-	-	-	-	-	57.00 - 60.00
Polonnaruwa	700.00 - 700.00	1200.00 - 1200.00	1600.00 - 1700.00	2000.00 - 2100.00	-	-	1800.00 - 1900.00	2000.00 - 2100.00	57.00 - 57.00	54.00 - 55.00
Kaluthara	950.00 - 1000.00	1300.00 - 1400.00	1300.00 - 1400.00	2100.00 - 2200.00	-	-	-	2200.00 - 2300.00	-	54.00 - 55.00
Badulla	700.00 - 800.00	1000.00 - 1000.00	1500.00 - 1600.00	1800.00 - 1900.00	-	-	1600.00 - 1700.00	2400.00 - 2500.00	58.00 - 62.00	54.00 - 60.00
Keppetipola	-	-	1450.00 - 1500.00	1750.00 - 1800.00	2200.00 - 2300.00	1800.00 - 1900.00	1750.00 - 1800.00	2000.00 - 2100.00	57.00 - 59.00	55.00 - 57.00
Moneragala	800.00 - 850.00	1100.00 - 1200.00	-	-	-	-	-	2200.00 - 2300.00	-	58.00 - 59.00
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	62.00 - 63.00	57.00 - 58.00
Ampara	1000.00 - 1000.00	1400.00 - 1400.00	2100.00 - 2100.00	-	-	-	-	2800.00 - 2800.00	-	57.00 - 60.00
Dehiattakandiya	-	-	-	-	-	-	-	-	56.00 - 56.00	55.00 - 55.00
Nuwaraeliya	-	-	1300.00 - 1350.00	2000.00 - 2100.00	-	1900.00 - 2000.00	1800.00 - 1900.00	2200.00 - 2300.00	58.00 - 60.00	57.00 - 58.00
Kandy	-	-	-	-	-	-	-	-	59.00 - 60.00	57.00 - 58.00
Puttalam	700.00 - 820.00	1000.00 - 1200.00	-	1800.00 - 2000.00	-	1600.00 - 1800.00	-	-	58.00 - 58.50	57.00 - 57.50
Hambantota	-	-	1500.00 - 1600.00	-	-	-	-	-	-	55.00 - 55.00
Rathnapura	960.00 - 1000.00	1480.00 - 1500.00	1360.00 - 1500.00	2980.00 - 3000.00	-	2400.00 - 2420.00	-	2300.00 - 2400.00	-	55.00 - 58.00
Matara	800.00 - 850.00	-	1600.00 - 1700.00	-	-	-	-	-	-	57.00 - 62.00
Galle	-	-	-	-	-	-	-	-	-	-
Tissamaharama	-	-	-	-	-	-	-	-	-	58.00 - 60.00
Meegoda	1200.00 - 1200.00	-	-	-	-	-	-	-	-	59.00 - 60.00
Embilipitiya	600.00 - 600.00	1050.00 - 1200.00	1400.00 - 1500.00	2100.00 - 2200.00	2500.00 - 2600.00	-	-	2400.00 - 2500.00	59.00 - 60.00	55.00 - 58.00
Jaffna	-	1000.00 - 1200.00	1000.00 - 1200.00	-	-	1450.00 - 1500.00	-	-	57.00 - 58.00	56.00 - 57.00
Vavuniya	1000.00 - 1150.00	1350.00 - 1400.00	1200.00 - 1200.00	1950.00 - 2000.00	2350.00 - 2400.00	2100.00 - 2200.00	2950.00 - 3000.00	-	55.00 - 55.00	50.00 - 50.00
Mannar	450.00 - 500.00	-	1100.00 - 1150.00	-	-	1500.00 - 1500.00	-	-	-	-
Killinochchi	800.00 - 860.00	-	1200.00 - 1400.00	-	-	1500.00 - 1600.00	-	-	-	60.00 - 60.00
Mullaithivu	600.00 - 600.00	1000.00 - 1000.00	1000.00 - 1100.00	-	-	1800.00 - 1800.00	-	-	-	-
Batticaloa	700.00 - 800.00	1100.00 - 1200.00	-	-	2400.00 - 2400.00	-	-	2400.00 - 2400.00	60.00 - 60.00	60.00 - 60.00
Trincomalee	600.00 - 650.00	1200.00 - 1300.00	1400.00 - 1480.00	1800.00 - 1900.00	-	1400.00 - 1450.00	1700.00 - 1750.00	2000.00 - 2100.00	-	-
Veyangoda	920.00 - 920.00	1200.00 - 1200.00	2000.00 - 2000.00	-	-	-	-	2400.00 - 2400.00	-	53.00 - 58.00
Galenbindunuwewa	-	1200.00 - 1200.00	1200.00 - 1200.00	2500.00 - 2500.00	2500.00 - 2500.00	2000.00 - 2000.00	1800.00 - 1800.00	2600.00 - 2600.00	-	55.00 - 58.00
Bandarawela	700.00 - 800.00	1000.00 - 1200.00	1400.00 - 1500.00	1800.00 - 2000.00	-	1600.00 - 1800.00	1600.00 - 1800.00	2400.00 - 2500.00	53.00 - 55.00	52.00 - 53.00
Matale	-	-	-	-	-	-	-	-	-	-

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

**Week 32: 05 - 11 August 2022**

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

Week 32: 05 - 11 August 2022

LOCATIONS	Meat		Meat (Chicken)		Meat	
	Beef	Broiler	Curry	Mutton	Pork	
Colombo	2000.00 – 2200.00	1250.00 – 1400.00	1350.00 – 1500.00	2600.00 – 3000.00	1100.00 – 1400.00	
Gampaha	–	1350.00 – 1350.00	1300.00 – 1350.00	2600.00 – 2600.00	1200.00 – 1200.00	
Kurunegala	2000.00 – 2000.00	1350.00 – 1400.00	–	2500.00 – 2500.00	1400.00 – 1500.00	
Nikaweratiya	1800.00 – 1800.00	1350.00 – 1350.00	–	2800.00 – 2800.00	–	
Dambulla	–	1250.00 – 1350.00	–	–	–	
Anuradhapura	1700.00 – 1700.00	1300.00 – 1300.00	–	–	1100.00 – 1300.00	
Thambuththegama	1500.00 – 1950.00	1180.00 – 1250.00	–	–	1200.00 – 1300.00	
Polonnaruwa	1800.00 – 2000.00	1380.00 – 1400.00	1300.00 – 1350.00	2600.00 – 2900.00	1600.00 – 1700.00	
Kaluthara	–	1250.00 – 1300.00	1200.00 – 1250.00	–	–	
Badulla	1800.00 – 2000.00	1380.00 – 1400.00	1320.00 – 1350.00	2500.00 – 2600.00	–	
Keppetipola	1700.00 – 1800.00	1420.00 – 1450.00	1350.00 – 1390.00	2500.00 – 2600.00	–	
Moneragala	2000.00 – 2000.00	1380.00 – 1400.00	1400.00 – 1450.00	–	–	
Kegalle	1800.00 – 1850.00	1300.00 – 1350.00	–	2200.00 – 2250.00	1350.00 – 1400.00	
Ampara	2000.00 – 2000.00	1350.00 – 1400.00	–	–	1100.00 – 1100.00	
Dehiattakandiya	–	1300.00 – 1350.00	–	–	1300.00 – 1500.00	
Nuwaraeliya	1800.00 – 1900.00	1390.00 – 1450.00	1350.00 – 1380.00	2500.00 – 2600.00	1300.00 – 1400.00	
Kandy	–	–	–	–	–	
Puttalam	1800.00 – 1850.00	1400.00 – 1450.00	1200.00 – 1250.00	2700.00 – 2800.00	–	
Hambantota	–	1350.00 – 1400.00	–	–	–	
Rathnapura	1900.00 – 2000.00	1260.00 – 1300.00	1450.00 – 1520.00	2450.00 – 2500.00	1100.00 – 1150.00	
Matara	–	1360.00 – 1400.00	–	–	–	
Galle	–	–	–	–	–	
Tissamaharama	–	1350.00 – 1450.00	–	–	1400.00 – 1400.00	
Meegoda	–	1150.00 – 1200.00	–	2600.00 – 2600.00	1200.00 – 1200.00	
Embilipitiya	1900.00 – 2000.00	1050.00 – 1300.00	–	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	1800.00 – 1850.00	1500.00 – 1550.00	–	–	–	
Mannar	1400.00 – 1400.00	1500.00 – 1600.00	–	–	–	
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 – 1400.00	1500.00 – 1500.00	–	–	
Trincomalee	1500.00 – 1580.00	1300.00 – 1400.00	1500.00 – 1600.00	2800.00 – 2800.00	–	
Veyangoda	1800.00 – 1800.00	1260.00 – 1260.00	–	2500.00 – 2550.00	1200.00 – 1200.00	
Galenbindunuwewa	1550.00 – 1600.00	1260.00 – 1280.00	–	–	–	
Bandarawela	1800.00 – 2000.00	1350.00 – 1400.00	1300.00 – 1350.00	2600.00 – 2800.00	–	
Matale	–	–	–	–	–	

**Table 14: Colombo: Wholesale Prices (Rs/Kg or Rs/Pieces)**  
**Week 32: 05 - 11 August 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 (%)
<b>Rice</b>													
<b>Local</b>													
Samba 1	-	-	-	126.11	-	-	<b>Coconut</b>		75.00	80.00	76.30	77.30	71.20
Samba 2	-	-	-	116.30	-	-	Large	-	65.00	70.00	66.40	69.00	63.70
Keeri Samba	245.00 - 255.00	249.44	251.50	-	-0.82	-	Small	-	-	-	-	-	-1.29
Nadu 1	-	-	-	100.40	-	-	<b>Fruits (Rs/Fruit)</b>		117.14	108.67	108.67	108.67	7.80
Nadu 2	-	-	-	90.10	-	-	Ambul (Rs/Kg)	100.00 -	140.00	120.00	120.00	120.00	130.74
Raw (Red)	-	-	-	97.30	-	-	Kolikuttu (Rs/Kg)	220.00 -	260.00	239.17	212.31	137.50	12.65
Raw (White)	-	-	-	-	-	-	Seeni (Rs/Kg)	90.00 -	120.00	110.00	106.15	60.83	3.62
<b>Imported</b>							Anamalu	14.00 -	16.00	15.25	14.62	11.50	4.34
Samba	185.00 - 190.00	189.22	186.20	-	1.62	-	Ambun	17.00 -	19.00	18.25	17.62	14.33	3.60
Nadu	185.00 - 190.00	189.00	188.70	-	0.16	-	Papaw(Rs/Kg)	120.00 -	160.00	137.69	126.92	66.92	8.48
Raw (Red)	-	-	-	-	-	-	Passion Fruit	27.00 -	32.00	28.33	28.67	11.00	-1.16
Raw (White)	180.00 - 185.00	181.67	164.70	-	10.30	-	Pineapple Large	470.00 -	510.00	493.33	480.00	159.09	2.78
<b>Dried Chillies</b>							Pineapple Medium	360.00 -	410.00	388.33	370.00	128.18	4.95
Imported	1400.00 - 1500.00	1456.00	1473.00	500.00	-1.15	191.20	Pineapple Small	280.00 -	330.00	309.17	305.00	78.64	1.37
<b>Onion</b>							<b>Mango</b>						
Sinnan	-	-	-	147.50	-	-	Betti	-	-	-	-	26.20	-
Vedalan	285.00 - 350.00	311.00	314.38	186.00	-1.07	67.20	Karthakolamban	140.00 -	170.00	155.83	161.54	115.83	-3.53
Imported	-	-	255.00	-	-	-	Vilad	50.00 -	60.00	55.00	65.00	37.64	-15.38
<b>Big Onion</b>							Kohu	-	-	-	-	-	46.14
Imported	130.00 - 140.00	136.50	159.00	83.80	-14.15	62.89	<b>Other</b>						
Local	-	-	-	-	-	-	Wood Apple	18.00 -	23.00	20.17	22.50	37.46	-10.37
<b>Potato</b>							Orange	55.00 -	65.00	59.50	65.00	35.00	-8.46
Welimada	320.00 - 330.00	325.00	327.50	-	-0.76	-	Avocado	40.00 -	80.00	60.00	66.92	34.29	-10.34
NEliya	350.00 - 360.00	352.00	355.00	174.29	-0.85	101.97	Slime Apple	25.00 -	30.00	27.50	32.00	39.45	-14.06
Imported	160.00 - 320.00	182.00	192.00	129.50	-5.21	40.54	Grapes (Imp., Rs/Kg)	-	-	-	-	764.50	-30.30
<b>Pulses</b>							King Coconut	90.00 -	100.00	95.00	100.00	60.00	-5.00
Green Gram	750.00 - 800.00	780.50	784.00	684.00	-0.45	14.11	<b>Sea Fish</b>						
Cowpea (White)	670.00 - 750.00	703.33	695.00	551.11	1.20	27.62	Salaya	450.00 -	850.00	680.00	671.00	211.67	1.34
Cowpea (Red)	630.00 - 700.00	661.11	661.25	412.00	-0.02	60.46	Hurulla	780.00 -	1200.00	985.00	822.50	486.00	19.76
Red Dhal	425.00 - 450.00	435.50	452.00	187.60	-3.65	132.14	Balaya	700.00 -	1150.00	936.25	917.50	381.67	2.04
<b>Vegetable</b>							Kelawalla	1200.00 -	1800.00	1500.00	1432.22	570.00	4.73
Beans (Butter)	-	-	-	-	-	-	Thora	1950.00 -	3600.00	2720.00	2575.00	1550.00	5.63
Beans(Green)	450.00 - 600.00	536.00	326.00	192.00	64.42	179.17	Paraw	1300.00 -	2000.00	1625.00	1396.00	791.67	16.40
Carrot	180.00 - 250.00	227.50	221.00	110.00	2.94	106.82	Mora	-	-	-	-	-	105.26
Leeks	150.00 - 170.00	158.00	150.00	184.00	5.33	-14.13	<b>Eggs</b>						
Beetroot	70.00 - 170.00	114.55	120.00	97.14	-4.55	17.91	Shrimps	1250.00 -	1750.00	1452.22	1376.67	920.00	5.49
Knolkhol	90.00 - 130.00	113.00	105.00	103.00	7.62	9.71	Thalaphath	1750.00 -	2000.00	1916.67	1900.00	1116.67	0.88
Raddish	60.00 - 100.00	82.00	68.00	68.00	20.59	20.59	<b>Dried Fish</b>						
Cabbage	200.00 - 260.00	234.00	185.00	144.00	26.49	62.50	Brown	55.00 -	61.00	58.00	46.75	20.25	24.06
Tomato	280.00 - 330.00	302.00	300.00	64.00	0.67	371.88	White	53.00 -	58.00	55.50	44.75	18.19	24.02
Ladies Fingers	170.00 - 180.00	176.00	178.00	84.00	-1.12	109.52	<b>Eggs</b>						
Brinjal	280.00 - 370.00	326.00	265.00	172.00	23.02	89.53	Sprats	1950.00 -	2240.00	2101.00	1979.00	1257.50	6.16
Capsicum	580.00 - 650.00	608.00	613.00	257.00	-0.82	136.58	Sprats (Imported)	1350.00 -	1680.00	1562.50	1534.17	650.00	1.85
Pumpkin	120.00 - 130.00	124.00	136.00	104.00	-8.82	19.23	Kattawa	-	-	-	-	1222.86	-
Cucumber	80.00 - 100.00	91.00	82.00	37.00	10.98	145.95	Kattawa (Imported)	2100.00 -	2200.00	2148.33	2098.75	-	2.36
Bitter Gourd	220.00 - 280.00	258.57	251.00	108.00	3.02	139.42	Thora	-	-	-	-	-	-
Snake Gourd	240.00 - 300.00	268.00	249.00	145.00	7.63	84.83	Thora (Imported)	-	-	-	-	-	-
Drumstick	220.00 - 350.00	275.00	263.00	121.00	4.56	127.27	Mora	2380.00 -	2540.00	2485.56	2468.33	1140.00	0.70
Luffa	180.00 - 200.00	192.00	176.00	91.00	9.09	110.99	Mora (Imported)	-	-	-	-	-	118.03
Long Beans	180.00 - 280.00	235.00	196.00	131.00	19.90	79.39	Bayala	1720.00 -	1880.00	1800.00	1763.75	683.33	2.06
Ash Plantain	100.00 - 130.00	118.00	90.00	42.00	31.11	180.95	Bayala (Imported)	-	-	-	-	-	163.41
Green Chillies	300.00 - 350.00	324.00	423.00	175.00	-23.40	85.14	Anguluwa	-	-	-	-	-	-
Lime	150.00 - 170.00	159.00	201.00	79.20	-20.90	100.76	Anguluwa (Imported)	1780.00 -	1970.00	1867.50	1908.33	-	-2.14
<b>Root Crops</b>							Maduwa	-	-	-	-	782.86	-
Sweet Potato	100.00 - 120.00	112.00	107.00	86.00	4.67	30.23	Maduwa (Imported)	-	-	-	-	-	-
Manioc	70.00 - 90.00	79.00	85.56	24.00	-7.66	229.17	Koduwa	-	-	-	-	-	-
<b>Leafy Vegetable</b>							Koduwa (Imported)	-	-	-	-	-	-
Mukunuwenna	35.00 - 40.00	36.30	39.60	28.40	-8.33	27.82	Salaya	850.00 -	1100.00	980.00	931.00	283.75	5.26
Kankun	35.00 - 40.00	36.30	39.60	28.60	-8.33	26.92	Salaya (Imported)	-	-	-	-	-	245.37
Gotukola (Rs/Kg)	150.00 - 170.00	162.00	157.00	72.00	3.18	125.00	-	-	-	-	-	-	-

**This Week:**

Week 32: 05 - 11 August 2022

**Last Week:**

Week 31: 29 July 04 August 2022

**Table 15: Colombo & Suburbs: Retail Prices (Rs/Kg or Rs/Piece)**  
**Week 32: 05 - 11 August 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						
<b>Rice</b>																			
<b>Local</b>							<b>Coconut</b>												
Samba 1	250.00 - 270.00	261.82	262.29	147.27	-0.47	77.78	Large	90.00 - 110.00	96.08	96.14	86.57	-0.06	10.98						
Samba 2	230.00 - 260.00	246.43	251.54	137.83	-5.11	78.79	Small	70.00 - 85.00	79.84	80.00	72.10	-0.16	10.75						
Keeri Samba	260.00 - 280.00	270.54	271.50		-0.96		<b>Fruits (Rs/Fruit)</b>												
Nadu 1	240.00 - 260.00	250.40	251.30	122.50	-0.90	104.41	<b>Plantain</b>												
Nadu 2	230.00 - 260.00	240.34	246.25	118.85	-5.91	102.23	Ambul (Rs/Kg)	120.00 - 180.00	152.86	151.39	118.06	1.47	29.48						
Raw (Red)	230.00 - 260.00	249.32	260.34	99.21	-11.02	151.31	Kolikuttu (Rs/Kg)	240.00 - 320.00	287.22	271.11	218.86	16.11	31.24						
Raw (White)	230.00 - 260.00	252.17	258.52	109.21	-6.35	130.91	Seeni (Rs/Kg)	120.00 - 180.00	156.77	155.28	130.57	1.50	20.07						
<b>Imported</b>																			
Samba	210.00 - 230.00	221.82	221.71		0.10		Anamalu	18.00 - 26.00	21.92	22.33	19.10	-0.41	14.78						
Nadu	200.00 - 230.00	220.83	219.12		1.72		Ambun	23.00 - 33.00	27.11	27.44	24.03	-0.33	12.85						
Raw (Red)	-	-	-	-	-		Papaw (Rs/Kg)	180.00 - 280.00	226.77	207.35	148.13	19.42	53.10						
Raw (White)	190.00 - 220.00	204.72	203.06		1.67		Passion Fruit	29.00 - 50.00	42.25	45.25	23.72	-3.00	78.09						
<b>Dried Chillies</b>																			
Imported	1600.00 - 2200.00	1888.57	2015.71	585.67	-127.14	222.46	Pineapple Large	500.00 - 600.00	531.48	517.27	233.87	14.21	127.25						
<b>Onion</b>							Pineapple Medium	400.00 - 480.00	431.67	427.10	171.33	4.57	151.95						
Sinnan	320.00 - 350.00	340.00		278.82			Pineapple Small	300.00 - 380.00	340.59	339.13	139.33	1.46	144.44						
Vedalan	400.00 - 540.00	467.35	547.50	310.60	-80.15	50.47	<b>Mango</b>												
Imported	340.00 - 400.00	377.00	380.00	306.66	-3.00	22.94	Betti	-	-	-	-	-	-						
<b>Big Onion</b>							Karthakolomban	150.00 - 160.00	155.00	200.00	150.71	-45.00	2.84						
Imported	160.00 - 200.00	185.56	214.24	113.03	-28.69	64.17	Vilad	60.00 - 120.00	86.00	88.82	67.93	-2.82	26.60						
<b>Potato</b>							Kohu	-	-	-	-	-	-						
Wellimada	-	-	-	-	-	-	<b>Other</b>												
N'Eliya	400.00 - 520.00	483.75	525.36	209.71	-41.61	130.67	Wood Apple	35.00 - 80.00	63.62	80.33	105.52	-16.71	-39.71						
Imported	190.00 - 240.00	219.73	232.35	147.50	-12.62	48.97	Orange	70.00 - 120.00	101.58	113.85	68.53	-12.27	48.23						
<b>Pulses</b>							Avocado	60.00 - 150.00	99.00	102.96	73.10	-3.96	35.42						
Green Gram	850.00 - 1000.00	980.31	980.33	765.00	-0.02	28.15	Slime Apple	40.00 - 80.00	67.04	81.67	95.56	-14.63	-29.84						
Cowpea (White)	780.00 - 950.00	892.00	857.20	650.00	34.80	37.23	Grapes (Imp., Rs/Kg)	-	-	-	1229.41	-	-						
Cowpea (Red)	700.00 - 900.00	774.29	747.10	666.67	27.19	16.14	King Coconut	100.00 - 150.00	128.50	138.50	74.62	-10.00	72.22						
<b>Vegetable</b>							<b>Sea Fish</b>												
Beans (Butter)	-	-	-	-	-	-	Salaya	600.00 - 1100.00	907.14	859.09	353.33	48.05	156.74						
Beans (Green)	500.00 - 700.00	607.86	533.70	251.11	74.15	142.07	Hurulla	1100.00 - 1400.00	1242.50	1092.50	629.33	150.00	97.43						
Carrot	260.00 - 480.00	383.00	350.91	191.48	32.09	100.02	Balaya	1800.00 - 2000.00	1925.00	1711.67	907.14	213.33	112.20						
Leeks	180.00 - 320.00	268.46	265.60	257.78	2.86	4.14	Kelawalla	2300.00 - 3200.00	2662.50	2325.00	1195.56	337.50	122.70						
Beetroot	160.00 - 320.00	234.48	252.59	176.30	-18.11	33.00	Shrimps	1400.00 - 2000.00	1770.00	1622.73	1088.57	147.27	62.60						
Knolkhol	120.00 - 320.00	243.60	236.90	190.00	6.70	28.21	Thalaphath	2500.00 - 3200.00	2834.44	2722.73	1436.47	111.72	97.32						
Raddish	120.00 - 280.00	206.07	189.62	144.44	16.46	42.66	<b>Eggs</b>												
Cabbage	280.00 - 440.00	369.29	360.00	197.41	9.29	87.07	Brown	58.00 - 62.00	59.90	52.03	20.21	7.87	196.41						
Tomato	350.00 - 600.00	480.40	473.21	138.46	7.19	246.96	White	53.00 - 60.00	56.53	50.89	18.92	5.64	198.81						
Ladies Fingers	200.00 - 360.00	300.00	329.62	152.00	-29.62	97.37	<b>Dried Fish</b>												
Brinjal	300.00 - 600.00	463.57	391.79	243.70	71.79	90.22	Sprats	2200.00 - 3000.00	2552.00	2525.93	1407.14	26.07	81.36						
Capsicum	650.00 - 1000.00	840.36	874.78	321.11	-34.43	161.70	Sprats (Imported)	1700.00 - 2000.00	1892.59	1864.52	805.79	28.08	134.87						
Pumpkin	160.00 - 320.00	248.28	273.57	166.30	-25.30	49.30	Kattawa	2800.00 - 3500.00	3150.00	3128.00	1545.45	22.00	103.82						
Cucumber	120.00 - 240.00	203.57	192.96	102.40	10.61	98.80	Thora	-	-	-	1933.33	-	-						
Bitter Gourd	320.00 - 550.00	431.15	410.00	205.19	21.15	110.13	Mora	2600.00 - 3400.00	3086.96	2958.33	1545.00	128.62	99.80						
Snake Gourd	280.00 - 480.00	397.86	392.61	213.33	5.25	86.50	Balaya	2100.00 - 2800.00	2484.00	2464.52	1066.67	19.48	132.88						
Drumstick	300.00 - 800.00	531.11	453.46	206.00	77.65	157.82	Anguluwa	2600.00 - 3200.00	2883.33	2936.36	1500.00	-53.03	92.22						
Luffa	220.00 - 400.00	338.89	334.64	196.67	4.25	72.32	Maduwa	-	-	-	-	-	-						
Long Beans	280.00 - 480.00	372.76	359.64	200.71	13.12	85.72	Koduwa	-	-	-	-	-	-						
Ash Plantain	150.00 - 280.00	225.56	218.40	129.33	7.16	74.40	Salaya	1200.00 - 1800.00	1478.95	1378.26	546.88	100.69	170.44						
Green Chillies	350.00 - 800.00	623.57	662.69	287.93	-39.12	116.57	<b>Meat</b>												
Lime	240.00 - 600.00	456.79	462.69	213.20	-5.91	114.25	Beef (without Bones)	2000.00 - 2200.00	2150.00	2125.00	1175.00	25.00	82.98						
<b>Root Crops</b>							Chicken (Broiler)	1250.00 - 1400.00	1351.11	1353.33	700.00	-2.22	93.02						
Sweet Potato	160.00 - 320.00	250.69	225.71	140.77	24.98	78.09	Chicken (Curry)	1350.00 - 1500.00	1431.43	1280.00	712.14	151.43	101.00						
Manioc	120.00 - 200.00	179.20	174.81	70.80	4.39	153.11	Mutton	2600.00 - 3000.00	2771.43	2785.71	2044.44	-14.29	35.56						
<b>Leafy Vegetable</b>							Pork	1100.00 - 1400.00	1250.00	1200.00	850.00	50.00	47.06						
Mukunuwenna	60.00 - 90.00	75.50	76.84	42.62	-1.34	77.15	-	-	-	-	-	-	-						
Kankun	60.00 - 90.00	75.50	76.84	42.62	-1.34	77.15	-	-	-	-	-	-	-						
Gotukola	60.00 - 100.00	78.82	77.89	50.95	0.93	54.70	-	-	-	-	-	-	-						

**This Week:** Week 32: 05 - 11 August 2022

**Last Week:** Week 31: 29 July 04 August 2022

**Table 16: Farmgate/Producer Prices of Food Commodities in Selected Producing Areas (Rs/Kg)**  
**Week 32: 05 - 11 August 2022**

COMMODITY	Range	Average Price	COMMODITY	Range	Average Price	COMMODITY	Range	Average Price
<b>Paddy</b>			<b>Vegetable (Up Country)</b>			<b>Snake Gourd</b>		
<b>Short Grain</b>			<b>Beans</b>			Dambulla	152.50 – 172.50	163.50
A'pura	110.00 – 114.00	111.60	Dambulla	420.00 – 460.00	440.00	Hambantota	–	
P'naruwa	122.00 – 123.50	122.75	Wellimada	470.00 – 490.00	478.00	Embilipitiya	280.00 – 300.00	292.50
Kalawewa	90.00 – 120.00	104.17	Badulla	375.00 – 420.00	395.00	Matara	–	
Kurunegala	98.00 – 118.00	108.50	<b>Carrot</b>			A'pura	120.00 – 130.00	124.00
Dehiattakandiya	115.00 – 118.00	117.00	N'Eliya	210.00 – 220.00	216.00	<b>Luffa</b>		
Nikaweratiya	100.00 – 120.00	108.33	Wellimada	225.00 – 240.00	232.00	Dambulla	130.00 – 145.00	138.00
Ampara	112.00 – 115.00	113.50	Hanguranketha	170.00 – 180.00	176.60	Hambantota	140.00 – 150.00	143.33
<b>Long Grain (White)</b>			<b>Leeks</b>			Embilipitiya	170.00 – 180.00	175.00
A'pura	110.00 – 114.00	111.60	N'Eliya	88.00 – 95.00	90.20	Matara	–	
P'naruwa	122.00 – 124.00	123.00	Wellimada	95.00 – 110.00	103.00	A'pura	140.00 – 150.00	144.00
Kalawewa	90.00 – 115.00	102.50	<b>Beetroot</b>			<b>Green Chillies</b>		
Kurunegala	98.00 – 118.00	108.50	N'Eliya	115.00 – 120.00	117.40	Dambulla	270.00 – 320.00	296.00
Dehiattakandiya	115.00 – 115.00	115.00	Dambulla	76.00 – 86.00	80.00	Hambantota	–	
Embilipitiya	–		Kurunegala	–		Embilipitiya	450.00 – 500.00	478.00
Nikaweratiya	100.00 – 120.00	108.33	Wellimada	110.00 – 120.00	114.00	Puttalam	270.00 – 320.00	291.67
Hambantota	–		Hanguranketha	120.00 – 140.00	132.00	A'pura	340.00 – 360.00	348.00
Ampara	107.00 – 120.00	113.67	<b>Knol Khol</b>			<b>Pumpkin</b>		
<b>Long Grain (Red)</b>			N'Eliya	80.00 – 90.00	85.20	Dambulla	95.00 – 120.00	105.00
Matara	125.00 – 130.00	127.33	Wellimada	110.00 – 125.00	118.00	Hambantota	70.00 – 80.00	72.50
Hambantota	126.00 – 130.00	127.67	Hanguranketha	50.00 – 65.00	58.00	Embilipitiya	150.00 – 160.00	155.00
Embilipitiya	130.00 – 132.00	130.75	<b>Raddish</b>			Matara	–	
<b>Keeri Samba</b>			N'Eliya	35.00 – 38.00	35.80	A'pura	90.00 – 100.00	94.00
A'pura	115.00 – 116.00	115.40	Wellimada	20.00 – 30.00	24.00	Moneragala	–	
P'naruwa	126.00 – 127.00	126.50	Hambantota	40.00 – 50.00	45.00	<b>Cucumber</b>		
Kalawewa	100.00 – 120.00	110.00	Hanguranketha	20.00 – 35.00	29.60	A'pura	55.00 – 60.00	57.00
Kurunegala	120.00 – 130.00	126.67	<b>Cabbage</b>			Dambulla	80.00 – 90.00	84.40
Dehiattakandiya	120.00 – 122.00	120.67	N'Eliya	220.00 – 230.00	224.00	Hambantota	60.00 – 70.00	62.50
<b>Red Onion</b>			Wellimada	210.00 – 225.00	219.00	Matara	–	
Puttalam	200.00 – 240.00	218.00	Badulla	150.00 – 180.00	160.00	<b>Long Beans</b>		
Jaffna	200.00 – 320.00	268.33	Hanguranketha	140.00 – 150.00	146.00	Dambulla	167.50 – 182.50	174.50
<b>Big Onion</b>			<b>Tomato</b>			Hambantota	–	
Dambulla	–		Wellimada	265.00 – 280.00	275.00	Embilipitiya	280.00 – 300.00	288.00
Kalawewa	–		Hambantota	250.00 – 270.00	260.00	Matara	230.00 – 240.00	236.67
A'pura	–		Dambulla	250.00 – 280.00	268.00	A'pura	200.00 – 210.00	204.00
<b>Potato</b>			Hanguranketha	200.00 – 240.00	220.00	<b>Ash Plantain</b>		
N'Eliya	305.00 – 315.00	311.00	<b>Vegetable (Low Country)</b>			Hambantota	30.00 – 35.00	32.50
Badulla	–		<b>Ladies Fingers</b>			Embilipitiya	70.00 – 80.00	74.00
Wellimada	260.00 – 270.00	266.00	A'pura	100.00 – 120.00	108.00	Matara	55.00 – 60.00	58.33
<b>Pulses</b>			Dambulla	125.00 – 140.00	132.00	<b>Lime</b>		
<b>Green Gram</b>			Hambantota	130.00 – 150.00	140.00	Hambantota	–	
Hambantota	–		Embilipitiya	190.00 – 200.00	197.00	Embilipitiya	120.00 – 130.00	125.00
Moneragala	680.00 – 700.00	688.00	Matara	180.00 – 190.00	185.00	Moneragala	60.00 – 70.00	64.00
Embilipitiya	670.00 – 680.00	675.00	<b>Brinjal</b>			<b>Fruits (Rs/Kg)</b>		
Nikaweratiya	500.00 – 650.00	575.00	A'pura	260.00 – 280.00	268.00	<b>Banana</b>		
A'pura	650.00 – 700.00	670.00	Dambulla	230.00 – 240.00	236.00	<b>Ambul</b>		
<b>Cowpea</b>			Hambantota	–		Moneragala	30.00 – 40.00	34.00
Hambantota	–		Embilipitiya	225.00 – 240.00	232.00	Embilipitiya	60.00 – 75.00	68.00
Nikaweratiya	500.00 – 550.00	525.00	Matara	230.00 – 250.00	240.00	Hambantota	60.00 – 65.00	61.67
Moneragala	550.00 – 600.00	570.00	Wellimada	225.00 – 235.00	229.00	<b>Kolikuttu</b>		
Embilipitiya	600.00 – 615.00	608.33	<b>Capsicum</b>			Moneragala	90.00 – 100.00	94.00
<b>Maize</b>			Badulla	–		Embilipitiya	150.00 – 175.00	165.00
A'pura	–		Wellimada	550.00 – 565.00	559.00	Hambantota	140.00 – 160.00	147.50
Kalawewa	–		<b>Bitter Gourd</b>			<b>Papaw</b>		
<b>Gingelly</b>			A'pura	280.00 – 300.00	288.00	Moneragala	90.00 – 100.00	94.00
A'pura	480.00 – 500.00	488.00	Dambulla	220.00 – 240.00	230.00	Embilipitiya	110.00 – 120.00	113.00
Kalawewa	–		Hambantota	–		Hambantota	110.00 – 120.00	115.00
<b>Black Gram</b>			Embilipitiya	330.00 – 400.00	362.00	<b>Pineapple</b>		
A'pura	490.00 – 500.00	494.00	Matara	320.00 – 350.00	333.33	Divulapitiya	–	
Kalawewa	350.00 – 400.00	382.50						

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

**Week 32: 05 - 11 August 2022**

CROP	PETTAH	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<b>Rice</b>									
<b>Local</b>									
Samba 1	260.00	-	260.00	260.00	-	260.00	260.00	-	260.00
Samba 2	235.00	-	250.00	250.00	-	250.00	240.00	-	240.00
Keeri Samba	260.00	-	270.00	270.00	-	270.00	280.00	-	280.00
Nadu 1	240.00	-	250.00	260.00	-	260.00	240.00	-	240.00
Nadu 2	230.00	-	230.00	240.00	-	250.00	230.00	-	240.00
Raw (Red)	230.00	-	260.00	240.00	-	260.00	240.00	-	260.00
Raw (White)	230.00	-	260.00	250.00	-	260.00	250.00	-	260.00
<b>Imported</b>									
Samba	210.00	-	210.00	230.00	-	230.00	210.00	-	230.00
Nadu	200.00	-	220.00	220.00	-	220.00	220.00	-	220.00
Raw (Red)	-	-	-	-	-	-	-	-	-
Raw (White)	190.00	-	210.00	220.00	-	220.00	200.00	-	200.00
<b>Dried Chillies</b>									
Imported	1600.00	-	1900.00	2000.00	-	2000.00	1800.00	-	2000.00
<b>Red Onion</b>									
Sinnan	320.00	-	350.00	-	-	-	-	-	-
Vedalan	400.00	-	400.00	540.00	-	540.00	500.00	-	500.00
Imported	350.00	-	380.00	380.00	-	380.00	400.00	-	400.00
<b>Big Onion</b>									
Imported	160.00	-	180.00	200.00	-	200.00	160.00	-	200.00
Local	-	-	-	-	-	-	-	-	-
<b>Potato</b>									
Welimada	-	-	-	-	-	-	-	-	-
N'Eliya	400.00	-	400.00	480.00	-	480.00	440.00	-	480.00
Imported	190.00	-	220.00	240.00	-	240.00	200.00	-	240.00
<b>Pulses</b>									
Green Gram	850.00	-	920.00	1000.00	-	1000.00	1000.00	-	1000.00
Cowpea (White)	780.00	-	860.00	900.00	-	900.00	900.00	-	900.00
Cowpea (Red)	700.00	-	800.00	800.00	-	850.00	800.00	-	850.00
Red Dhal	450.00	-	520.00	540.00	-	540.00	460.00	-	480.00

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

**Week 32: 05 - 11 August 2022**

CROP	PETTAH	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA										
<b><u>Vegetable</u></b>																			
Beans	500.00	- 600.00	640.00	- 680.00	600.00	- 700.00	600.00	- 700.00	700.00	- 700.00	500.00	- 520.00	520.00	- 550.00	550.00	- 600.00			
Carrot	260.00	- 320.00	440.00	- 480.00	400.00	- 480.00	400.00	- 480.00	350.00	- 400.00	450.00	- 480.00	260.00	- 360.00	360.00	- 400.00			
Leeks	180.00	- 240.00	320.00	- 320.00	240.00	- 320.00	320.00	- 320.00	240.00	- 280.00	240.00	- 240.00	200.00	- 240.00	240.00	- 280.00			
Beetroot	160.00	- 200.00	320.00	- 320.00	240.00	- 320.00	240.00	- 320.00	240.00	- 240.00	240.00	- 240.00	160.00	- 200.00	160.00	- 200.00			
Knolkhok	120.00	- 160.00	240.00	- 320.00	240.00	- 320.00	240.00	- 320.00	240.00	- 240.00	240.00	- 240.00	200.00	- 240.00	200.00	- 240.00			
Raddish	120.00	- 160.00	240.00	- 280.00	200.00	- 280.00	220.00	- 240.00	160.00	- 240.00	200.00	- 200.00	140.00	- 160.00	200.00	- 200.00			
Cabbage	280.00	- 320.00	400.00	- 400.00	400.00	- 400.00	400.00	- 440.00	320.00	- 400.00	440.00	- 440.00	280.00	- 300.00	360.00	- 400.00			
Tomato	400.00	- 420.00	600.00	- 600.00	480.00	- 480.00	600.00	- 600.00	400.00	- 600.00	500.00	- 600.00	350.00	- 360.00	600.00	- 600.00			
Ladies Fingers	200.00	- 250.00	320.00	- 360.00	320.00	- 360.00	280.00	- 320.00	240.00	- 350.00	320.00	- 360.00	260.00	- 300.00	320.00	- 360.00			
Brinjal	300.00	- 400.00	400.00	- 480.00	320.00	- 480.00	580.00	- 600.00	360.00	- 400.00	500.00	- 600.00	400.00	- 440.00	500.00	- 550.00			
Capsicum	650.00	- 800.00	800.00	- 900.00	960.00	- 1000.00	900.00	- 1000.00	720.00	- 800.00	700.00	- 800.00	700.00	- 800.00	1000.00	- 1000.00			
Pumpkin	160.00	- 200.00	200.00	- 280.00	240.00	- 280.00	320.00	- 320.00	200.00	- 240.00	320.00	- 320.00	200.00	- 240.00	240.00	- 280.00			
Cucumber	120.00	- 200.00	240.00	- 240.00	200.00	- 240.00	200.00	- 240.00	160.00	- 200.00	240.00	- 240.00	200.00	- 200.00	200.00	- 240.00			
Bitter Gourd	320.00	- 350.00	480.00	- 480.00	400.00	- 480.00	480.00	- 550.00	320.00	- 400.00	500.00	- 500.00	320.00	- 360.00	480.00	- 520.00			
Snake Gourd	280.00	- 350.00	440.00	- 480.00	400.00	- 480.00	480.00	- 480.00	280.00	- 320.00	400.00	- 400.00	400.00	- 440.00	320.00	- 360.00			
Drumstick	300.00	- 600.00	560.00	- 600.00	400.00	- 600.00	600.00	- 800.00	360.00	- 400.00	400.00	- 400.00	400.00	- 700.00	400.00	- 800.00			
Luffa	220.00	- 250.00	320.00	- 360.00	360.00	- 400.00	400.00	- 400.00	320.00	- 400.00	320.00	- 320.00	240.00	- 280.00	400.00	- 400.00			
Long Beans	280.00	- 360.00	400.00	- 480.00	400.00	- 480.00	280.00	- 480.00	320.00	- 400.00	400.00	- 400.00	320.00	- 360.00	320.00	- 360.00			
Ash Plantain	150.00	- 160.00	240.00	- 280.00	200.00	- 240.00	280.00	- 280.00	200.00	- 240.00	280.00	- 280.00	200.00	- 240.00	240.00	- 280.00			
Green Chillies	350.00	- 400.00	700.00	- 800.00	600.00	- 700.00	600.00	- 700.00	600.00	- 600.00	800.00	- 800.00	600.00	- 700.00	700.00	- 800.00			
Lime	240.00	- 300.00	500.00	- 600.00	500.00	- 600.00	400.00	- 500.00	350.00	- 600.00	500.00	- 600.00	400.00	- 500.00	600.00	- 600.00			
<b><u>Root Crops</u></b>																			
Sweet Potato	160.00	- 200.00	240.00	- 240.00	200.00	- 280.00	280.00	- 320.00	200.00	- 250.00	240.00	- 280.00	200.00	- 240.00	320.00	- 320.00	280.00	- 320.00	
Manioc	120.00	- 120.00	180.00	- 200.00	180.00	- 180.00	200.00	- 200.00	180.00	- 200.00	160.00	- 180.00	160.00	- 160.00	180.00	- 200.00	200.00	- 200.00	
<b><u>Leafy Vegetable</u></b>																			
Mukunuwenna	60.00	- 60.00	80.00	- 80.00	70.00	- 70.00	80.00	- 80.00	80.00	- 80.00	80.00	- 80.00	70.00	- 70.00	80.00	- 90.00	80.00	- 80.00	
Kankun	60.00	- 60.00	80.00	- 80.00	70.00	- 70.00	80.00	- 80.00	80.00	- 80.00	80.00	- 80.00	70.00	- 70.00	80.00	- 90.00	80.00	- 80.00	
Gotukola	60.00	- 60.00	80.00	- 80.00	70.00	- 80.00	80.00	- 80.00	80.00	- 80.00	80.00	- 80.00	70.00	- 70.00	90.00	- 100.00	80.00	- 80.00	
<b><u>Coconut</u></b>																			
Large	90.00	- 90.00	100.00	- 110.00	90.00	- 110.00	90.00	- 110.00	95.00	- 110.00	90.00	- 110.00	90.00	- 100.00	90.00	- 100.00	90.00	- 110.00	
Small	75.00	- 80.00	85.00	- 85.00	75.00	- 85.00	75.00	- 85.00	80.00	- 85.00	80.00	- 85.00	70.00	- 85.00	75.00	- 85.00	85.00	- 85.00	

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

**Week 32: 05 - 11 August 2022**

CROP	PETTAH	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA																			
<b><u>Plantain</u></b>																												
Ambul (Rs/Kg)	120.00	-	140.00	150.00	-	160.00	160.00	-	180.00	160.00	-	180.00	150.00	-	170.00	120.00	-	130.00	140.00	-	160.00	130.00	-	150.00	130.00	-	150.00	
Kolikuttu (Rs/Kg)	240.00	-	250.00	300.00	-	320.00	300.00	-	320.00	280.00	-	300.00	270.00	-	280.00	280.00	-	300.00	280.00	-	300.00	280.00	-	300.00	260.00	-	300.00	
Seenii (Rs/Kg)	120.00	-	130.00	160.00	-	180.00	160.00	-	180.00	150.00	-	170.00	140.00	-	150.00	120.00	-	140.00	140.00	-	160.00	150.00	-	160.00	160.00	-	170.00	
Anamalu	18.00	-	20.00	24.00	-	26.00	24.00	-	25.00	20.00	-	22.00	20.00	-	22.00	18.00	-	20.00	18.00	-	22.00	20.00	-	22.00	20.00	-	22.00	
Ambun	23.00	-	25.00	30.00	-	33.00	30.00	-	31.00	25.00	-	28.00	25.00	-	28.00	23.00	-	25.00	23.00	-	27.00	25.00	-	27.00	25.00	-	27.00	
<b><u>Pineapple</u></b>																												
Large	500.00	-	500.00	500.00	-	600.00	500.00	-	600.00	500.00	-	600.00	500.00	-	550.00	500.00	-	550.00	500.00	-	550.00	500.00	-	500.00	500.00	-	550.00	
Medium	400.00	-	450.00	400.00	-	480.00	430.00	-	480.00	400.00	-	480.00	400.00	-	450.00	400.00	-	450.00	400.00	-	450.00	400.00	-	450.00	400.00	-	420.00	
Small	300.00	-	380.00	350.00	-	350.00	-	-	-	-	-	-	380.00	-	380.00	300.00	-	350.00	300.00	-	350.00	300.00	-	350.00	300.00	-	350.00	
<b><u>Mango</u></b>																												
Betti	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Karthakolomban	150.00	-	160.00	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Vilad	60.00	-	70.00	100.00	-	120.00	100.00	-	120.00	90.00	-	100.00	80.00	-	100.00	60.00	-	60.00	60.00	-	60.00	80.00	-	100.00	80.00	-	100.00	
Kohu	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
<b><u>Other Fruits</u></b>																												
Wood Apple	35.00	-	50.00	60.00	-	80.00	60.00	-	80.00	70.00	-	80.00	70.00	-	80.00	60.00	-	70.00	50.00	-	70.00	60.00	-	70.00	50.00	-	60.00	
Orange	-	-	100.00	-	120.00	100.00	-	120.00	100.00	-	120.00	100.00	-	120.00	-	-	80.00	-	100.00	70.00	-	80.00	100.00	-	100.00			
Avocado	80.00	-	120.00	140.00	-	150.00	80.00	-	150.00	120.00	-	150.00	100.00	-	120.00	80.00	-	100.00	60.00	-	80.00	100.00	-	120.00	70.00	-	100.00	
Slime Apple	40.00	-	60.00	70.00	-	80.00	70.00	-	80.00	70.00	-	80.00	50.00	-	60.00	60.00	-	80.00	40.00	-	50.00	70.00	-	80.00	70.00	-	80.00	
Grapes (Rs/Kg)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Papaw (Rs/Kg)	180.00	-	220.00	260.00	-	280.00	260.00	-	280.00	250.00	-	270.00	230.00	-	250.00	200.00	-	220.00	180.00	-	200.00	180.00	-	200.00	200.00	-	220.00	
Passion	29.00	-	33.00	46.00	-	50.00	46.00	-	50.00	33.00	-	46.00	36.00	-	38.00	46.00	-	50.00	29.00	-	33.00	42.00	-	46.00	46.00	-	50.00	
King Coconut	100.00	-	120.00	140.00	-	150.00	120.00	-	150.00	120.00	-	130.00	120.00	-	120.00	120.00	-	120.00	120.00	-	150.00	120.00	-	130.00	120.00	-	130.00	

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

**Week 32: 05 - 11 August 2022**

CROP	PETTAH	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<b><i>Sea Fish</i></b>									
Salaya	1000.00	1000.00	800.00	960.00	900.00	1000.00	1100.00	1100.00	960.00
Hurulla	-	1360.00	1360.00	1300.00	1400.00	1300.00	1300.00	1360.00	1360.00
Balaya	1800.00	1800.00	-	2000.00	2000.00	-	-	2000.00	2000.00
Kelawalla	2400.00	2400.00	2800.00	2800.00	2300.00	2400.00	3200.00	3200.00	3000.00
Thora	-	-	-	-	-	-	-	-	-
Paraw	3000.00	3000.00	-	-	3000.00	3000.00	-	2400.00	2400.00
Mora	-	-	-	-	-	-	-	-	-
Shrimps Small	1700.00	1700.00	1800.00	2000.00	1500.00	2000.00	1800.00	1800.00	1760.00
Talapath	2800.00	2800.00	2960.00	2960.00	2600.00	2600.00	3000.00	3200.00	3000.00
31 <b><i>Eggs (Rs/Egg)</i></b>									
Brown	59.00	60.00	60.00	61.00	60.00	60.00	61.00	60.00	62.00
White	57.00	57.50	55.00	57.00	58.00	58.00	57.00	58.00	60.00
<b><i>Dried Fish</i></b>									
Sprats	2200.00	2400.00	-	2700.00	2800.00	2200.00	3000.00	2400.00	3000.00
Kattawa	2800.00	2900.00	3200.00	3200.00	3200.00	3200.00	3000.00	3400.00	3500.00
Thora	-	-	-	-	-	-	-	-	-
Mora	2600.00	3000.00	2800.00	2800.00	3200.00	3200.00	3200.00	3200.00	3400.00
Balaya	2100.00	2200.00	2800.00	2800.00	2400.00	2500.00	2200.00	2400.00	2600.00
Anguluwa	2600.00	2600.00	2800.00	2800.00	2800.00	3100.00	3200.00	-	3000.00
Salaya	1200.00	1500.00	-	1600.00	1600.00	1300.00	1800.00	1800.00	-
<b><i>Meat</i></b>									
Beef (without Bones)	-	2000.00	2000.00	2200.00	2200.00	-	2200.00	2200.00	-
Chicken (Broiler)	-	1380.00	1380.00	1400.00	1400.00	1400.00	1400.00	1350.00	1350.00
Chicken (Curry)	-	-	1500.00	1500.00	1500.00	1500.00	1500.00	1390.00	1400.00
Mutton	-	2700.00	2700.00	2800.00	2800.00	-	2600.00	2600.00	2900.00
Pork	-	1400.00	1400.00	1400.00	1400.00	-	-	-	1100.00

## Annex 05 : Food Composition of Selected Food Commodities

Commodity	Energy (kcal/100g)	Protein (g/100g)	Total fat (g/100g)	Retinol Eq ( $\mu$ g/100g)	Vit B2 (mg/100g)	Vit B6 (mg/100g)	Folate ( $\mu$ g/100g)	Vit C (mg/100g)	Calcium (mg/100g)	Magnesium (mg/100g)	Iron (mg/100g)	Zinc(mg/100g)
<b>Rice</b>												
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
<b>Dried chilies</b>												
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
<b>Potatoes</b>												
	71	1.67	0.25		0.01	0.09	14.31	20.5	9.83	23.84	0.46	0.29
<b>Pulses</b>												
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
<b>Vegetables</b>												
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
<b>Coconuts nuts</b>	<b>390</b>	<b>3.67</b>	<b>39.92</b>	<b>-</b>	<b>0.05</b>	<b>0.11</b>	<b>14.86</b>	<b>-</b>				
<b>Root Crop</b>												
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
<b>Leafy Vegetables</b>												
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

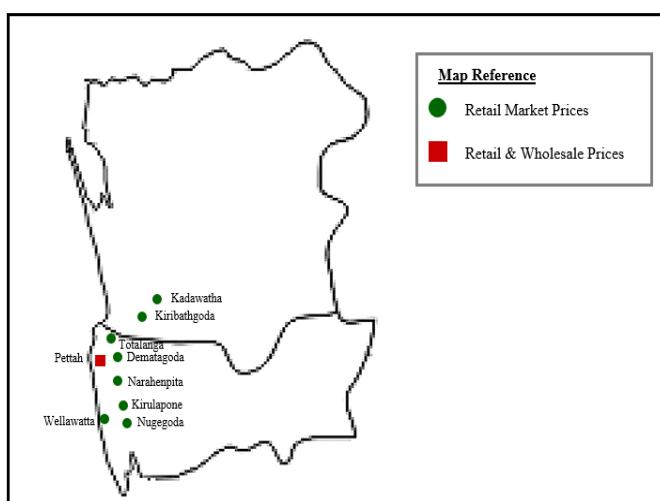
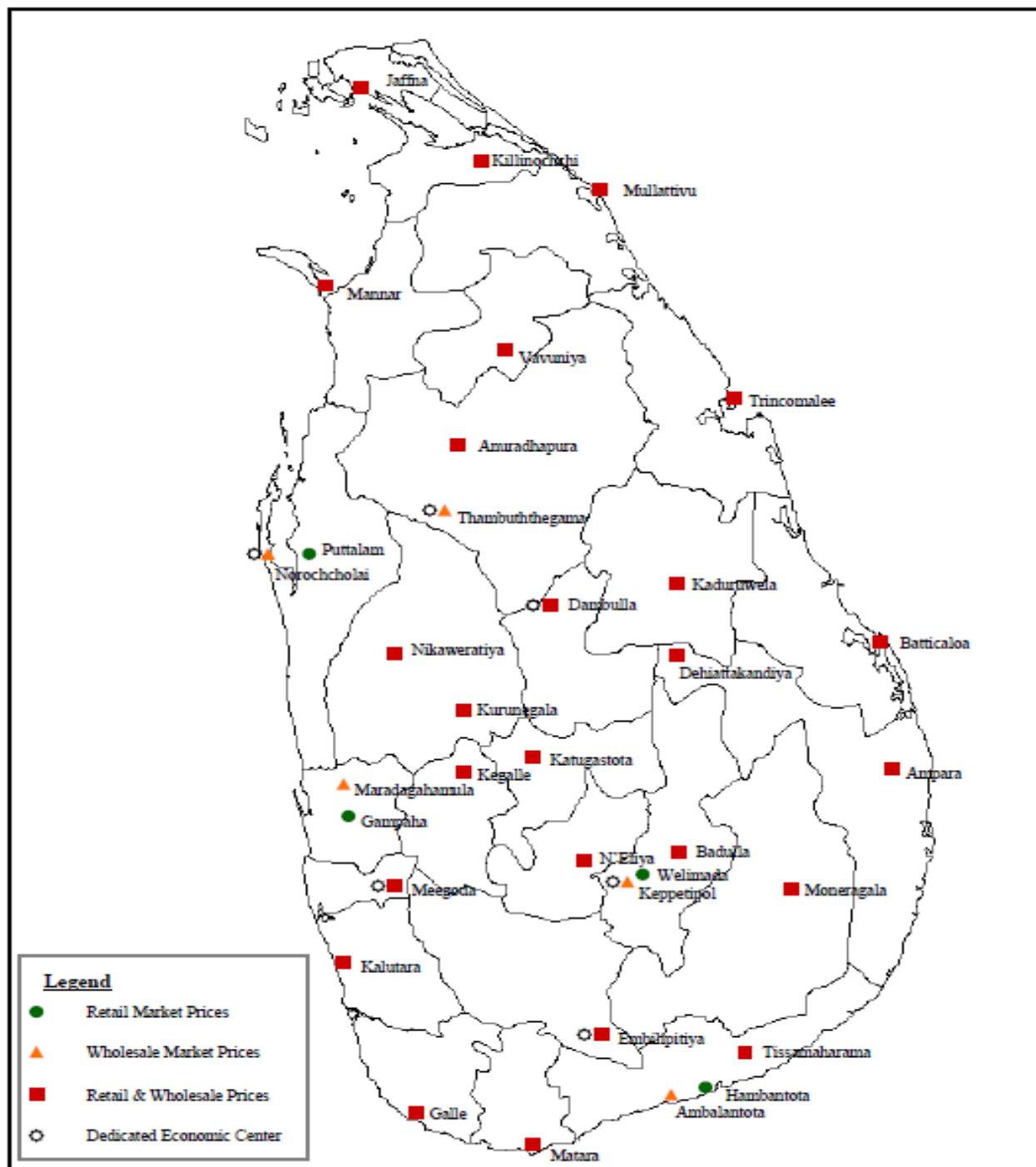
## Meat

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
<b>Fish</b>												
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
<b>Dried Fish</b>												
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
<b>Eggs</b>											
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
<b>Fruits</b>											
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](http://www.harti.gov.lk)

www.mospaharti.lk

සෞඛ්‍යික මිලවත් කොළ විල,  
රජයෙම දුරකථනයායේ

හෙක්වර කොළඹකුව ගොව කටුනු තරේයෙක්තා  
හා ප්‍රත්‍යුම්‍රීමේ ආයතනය අනුග්‍රහයෙන්

ලොක්කෝ  
**රජයෙම විල දුරකථනය**

6666  
අමතත්ත්ව.

ලොක්කෝ ආද විල - ආන එම  
පැවතිලු රුප දුරකථන උග්‍රයෙන්  
බැඳීම ගොව මිල ප්‍රත්‍යුම්‍රීම  
ප්‍රාග්ධනය ඇති නොවා ඇත්තේ.

ප්‍රාග්ධනය ඇති නොවා ඇත්තේ.