

RETAIL MARKET AT A GLANCE**Summary****Rice**

Except for samba grade I and II, prices of both local and imported rice varieties have decreased slightly, during the week. Price of both local raw red and white have decreased by Rs.5.00/kg. Further, prices of local nadu grade II, local nadu grade I and local keeri samba have decreased in the range of Rs.2.00-4.00/kg. In addition, prices of imported raw white, nadu and samba have decreased by Rs.8.00/kg Rs.5.00/kg and Rs.1.00/kg respectively. Meanwhile, average farm gate prices of major paddy varieties have further decreased in most of the producing areas. The reported price drops for short grain paddy (samba), keeri samba and red nadu was in the range of Rs.1.00-6.00/kg, Rs.3.00-6.00/kg and Rs.1.00-2.00/kg respectively.

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Other Field Crops

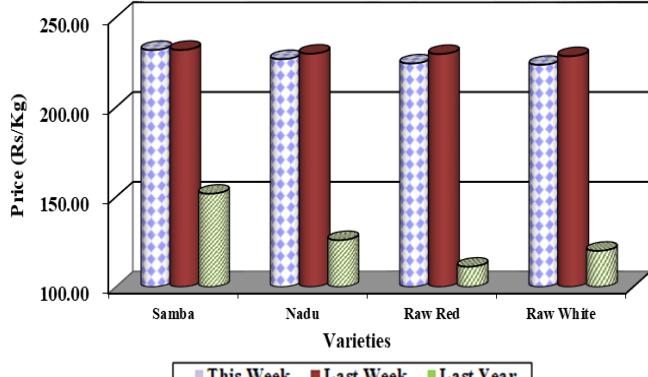
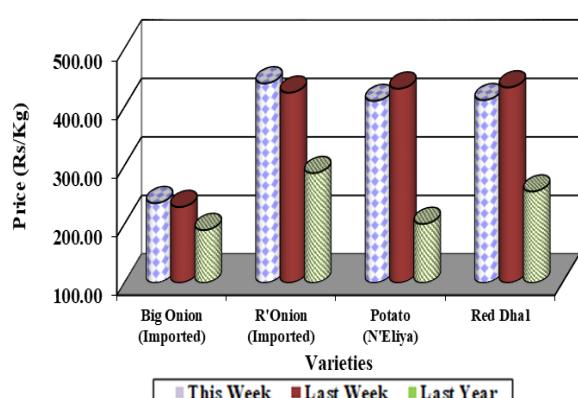
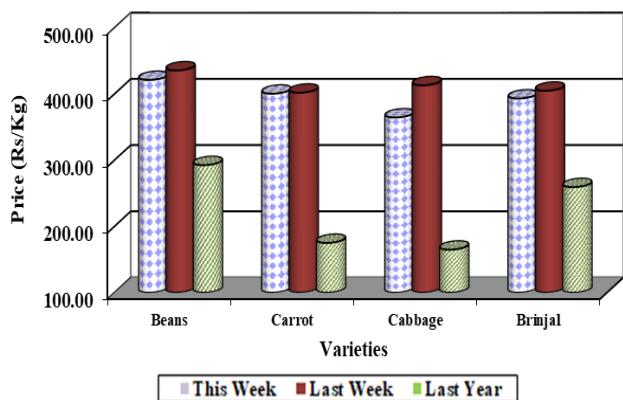
Price of imported dried chilies has decreased by Rs.41.00/kg, during the week. Prices of vedalan and imported red onions have increased by Rs.42.00/kg and Rs.16.00/kg respectively, while price of sinnan red onion has decreased slightly, by Rs.5.00/kg. Meanwhile, prices of both local and imported big onions have increased by Rs.12.00/kg and Rs.7.00/kg respectively. In addition, prices of both local and imported potato dropped I the range of Rs.1.00 - Rs.21.00.

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Vegetables

Prices of most of the vegetable varieties have decreased due to rainy weather induced low demand, coupled with low quality supplies from major producing areas. Considering up country varieties, the highest price decrease was reported for cabbage as Rs.49.00/kg. Of the low country varieties, the highest price decrease was reported for drumstick as Rs.118.00/kg.

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Average Retail Prices of Rice**Average Retail Prices of Other Field Crops****Average Retail Prices of Vegetables**

Rice**Wholesale**

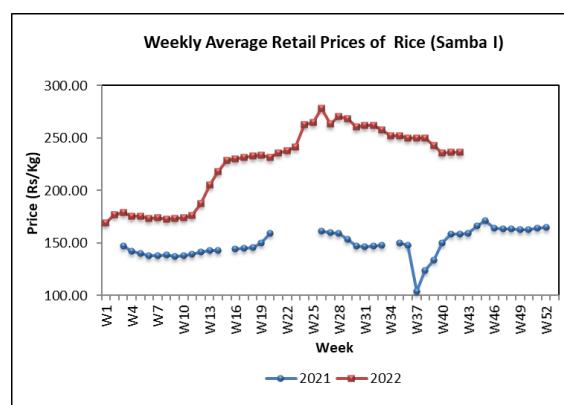
Prices of both grade I local samba and keeri samba have decreased slightly, by 1% and their price ranges were, Rs.215.00-230.00/kg and Rs.235.00-250.00/kg respectively. Prices of all other local rice varieties have not changed significantly. Price ranges of grade II samba and grade II nadu were Rs.210.00-220.00/kg and Rs.205.00-210.00/kg respectively. Further, average prices of grade I nadu, raw red and raw white were Rs.213.00/kg, Rs.212.00/kg and Rs.205.00/kg respectively.

Prices of all types of imported rice varieties have slightly decreased, compared to last week. Price of imported raw white has decreased by 5% with the reported price range of Rs.148.00-155.00/kg. Prices of both ponni samba and imported nadu have decreased slightly, by 1% and their average prices were Rs.181.00/kg and Rs.171.00/kg respectively.

Compared to the same period of last year, prices of all types of local rice varieties except grade I samba have increased in the range of 18%-110% with the highest price increase recorded for raw red.

Retail

Prices of most of the local rice varieties have slightly dropped during the week. Price of local raw red and white have decreased by Rs.5.00/kg. Further, prices of nadu grade II, nadu grade I and keeri samba have decreased in the range of Rs. 2.00-4.00/kg. Price of above three varieties ranged between Rs.210.00-230.00/kg, Rs.220.00-240.00/kg and Rs.250.00-270.00/kg respectively. However, price of samba grade I and samba grade II have not changed significantly. Their prices ranged Rs.230.00-240.00/kg and Rs.220.00-230.00/kg respectively.



Prices of imported raw white, nadu and samba have decreased by Rs.8.00/kg, Rs.5.00/kg and Rs.1.00/kg respectively, with the recorded prices ranging between Rs.170.00-190.00/kg, Rs.180.00-210.00/kg and Rs.190.00-220.00/kg respectively.

Compared to the same period of last year, prices of all domestic rice varieties have increased in the range of 27% - 102%.

Paddy

Average farm gate prices of major paddy varieties have further decreased in most of the producing areas. Accordingly, the average price of short grain paddy (samba) has decreased in the range of Rs.1.00-6.00/kg with the highest price decrease reported from Kalawewa area. However, a paddy price increase of Rs.5.00/kg and Rs.1.00/kg was reported in Kurunegala and Polonnaruwa areas respectively.

Meantime, the average price of keeri samba paddy decreased in the range of Rs.3.00-6.00/kg with the highest price decrease recorded from Kurunegala. Price of short grain and keeri samba paddy varieties ranged between Rs.100.00-114.00/kg and Rs.109.00-115.00/kg respectively. Subsequently, the average prices of long grain white (nadu) paddy decreased in the range of Rs.1.00-6.00/kg with the highest price decrease reported from Kalawewa area. However, a price increase of Rs.4.00/kg was reported for white (nadu) in Kurunegala area. Meanwhile, the average farm gate prices of long grain red paddy have decreased in the range of Rs.1.00-2.00/kg. Price of a

kilo of long grain red paddy ranged between Rs.120.00-127.00/kg in Matara, Hambantota and Embilipitiya.

Compared to the same period of last year, the average prices of short grain, long grain, white and red paddy varieties have increased in the range of 29%-110% with the highest price increase recorded for long grain red paddy in Hambantota.

Dried Chilies

Wholesale

Price of imported dried chilies has decreased by 2% with the prices ranged between Rs.1400.00-1500.00/kg.

Compared to the same period of last year, current price of imported dried chilies has increased by 184%.

Retail

Price of imported dried chilies has decreased by Rs.41.00/kg with prices ranging between Rs.1600.00-2000.00/kg.

Compared to the same period of last year, price of imported dried chilies has increased by 192%.

Onion

Wholesale

Price of vedalan red onion has decreased by 3% due to increased supplies. Price of

1kg ranged between Rs.480.00-510.00/kg. Meantime, price of imported red onion has increased by 3% with the recorded price range of Rs.450.00-500.00/kg.

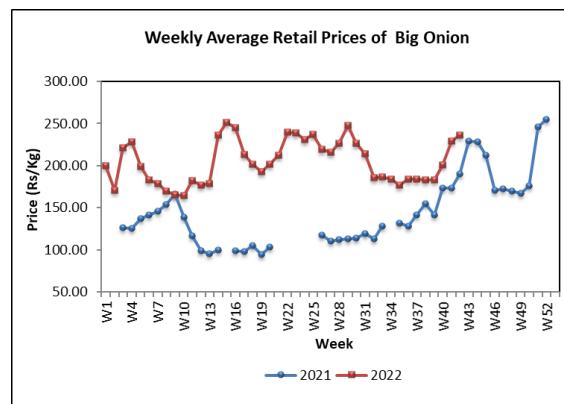
Price of local big onion has increased by 5% due to low supplies. However, price of imported big onion has decreased slightly, by 1%. The reported price ranges for local and imported big onions were Rs 180.00-220.00 and Rs.190.00-210.00/kg, respectively.

Compared to the same period of last year, prices of both domestic and imported red onion varieties had increased with the highest price increase recorded for vedalan. Of the big onions, the highest price increase compared to last year was recorded for local varieties as 35%.

Retail

Prices of vedalan and imported red onions have increased by Rs.42.00/kg and Rs.16.00/kg respectively with the recorded price ranges of Rs.480.00-650.00/kg and Rs.400.00-500.00/kg respectively. However, price of sinnan red onion has decreased by Rs.5.00/kg.

Prices of both local and imported big onions have increased by Rs.12.00/kg and Rs.7.00/kg respectively.



Compared to the same period of last year, prices of vedalan, imported red onion, sinnan, local big onion, imported big onion have increased by 97%, 53%, 46%, 36% and 24% respectively.

Potato

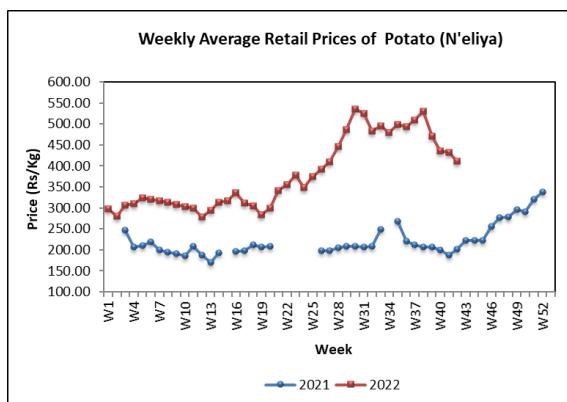
Wholesale

Wholesale prices of all types of potatoes have increased slightly due to the limited supply of both local and imported potatoes. Prices of Nuwara Eliya and Welimada potatoes have increased by 5% and 4% respectively, with the recorded price ranges of Rs.310.00-320.00/kg and Rs.270.00-290.00/kg. Further, prices of imported potato have increased by 4% during the week.

Compared to the same period of last year, prices of Welimada and Nuwara Eliya potatoes have increased by 118% and 116% respectively and price of imported potato has increased by 28%.

Retail

Prices of Nuwara Eliya and Welimada potatoes have decreased by Rs.21.00/kg and Rs.2.00/kg respectively, at the retail level. Meantime, price of imported potato has decreased by Rs.1.00/kg with the recorded price range of Rs.180.00-240.00/kg.



Compared to the same period of last year, Nuwara Eliya, Welimada and imported potatoes have increased by 105%, 97% and 40% respectively.

Pulses

Wholesale

Prices of red dhal and cowpea (red) have decreased slightly, by 3% and 1% respectively. Reported price ranges of above items were Rs.370.00-385.00/kg and Rs.870.00-950.00/kg respectively.

Compared to the same period of last year, prices of all types of pulses have increased in the range of 64%-182%

with the highest price increase reported for cowpea (red).

Retail

Prices of cowpea (red), cowpea (white) and green gram have increased by Rs.31.00/kg, Rs.26.00/kg and Rs.11.00/kg respectively. Reported price ranges of above items were Rs.950.00-1200.00/kg, Rs.900.00-1200.00/kg and Rs.1100.00-1300.00/kg respectively. Meantime, price of red dhal has decreased by Rs.22.00/kg.

Compared to the same period of last year, cowpea (red), green gram, red dhal and cowpea (white) have increased by 173%, 87%, 61% and 38% respectively.

Vegetable

Wholesale

Prices of most of the vegetable varieties have decreased due to rainy weather induced low demand coupled with low quality supplies from major producing areas.

Considering up country vegetables, the highest price decrease was reported for beans (green) by 21% followed by carrot and cabbage by 16% and 14% respectively. Prices of all other upcountry vegetable varieties have decreased in the range of 2%-6%.

Meanwhile, price of tomato has increased by 19% due to decreased market supply from Balangoda and Sooriyawewa. However, price of capsicum has decreased by 12% due to low quality market supplies from Wellawaya and Thalawakele.

Considering low country vegetables, the highest price decrease was reported for drumsticks as 59% due to high supplies from Monaragala, Dambulla and Jaffna. Further, a price decrease of 43% reported for cucumber due to high supplies from Puttalam.

Prices of brinjal, pumpkin, snake gourd and luffa have decreased by 16%-18% due to increased supply from Embilipitiya, Sooriyawewa and Thambuththegama.

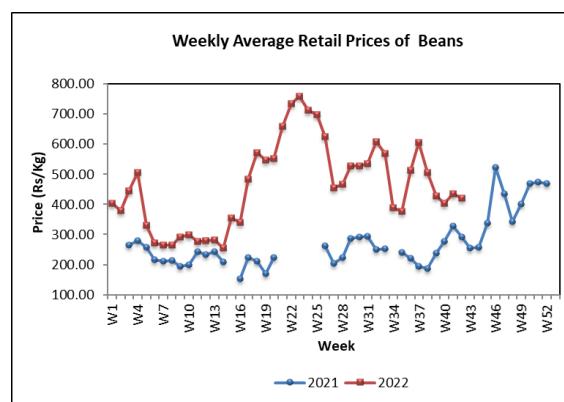
Meanwhile, price of green chilies has decreased by 18% due to high supply from Puttalam, Nochchiyagama and Balangoda. However, price of lime has increased by 5% due to low supply from Monaragala.

Compared to the same period of last year, wholesale prices of most of the vegetable varieties have increased with the highest price increase of being reported as 399% for beetroot.

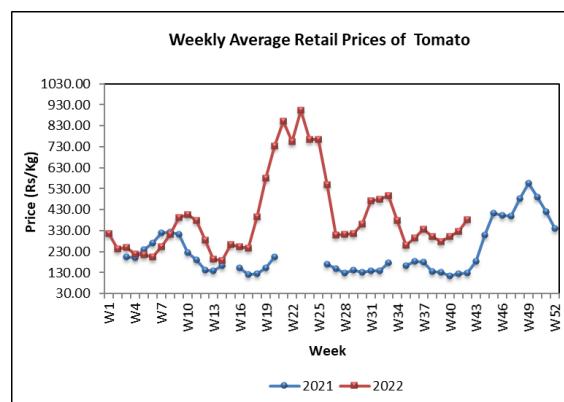
Retail

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

Considering up country varieties, the highest price decrease was reported for cabbage as Rs.49.00/kg, followed by Rs.16.00/kg for both knolkhol, raddish and Rs.14.00/kg for beans.



Price of capsicum has decreased by Rs.10.00/kg. However, price of tomato has increased by Rs.54.00/kg due to increased wholesale price.



Considering low country varieties, the highest price decrease was reported for drumstick as Rs.118.00/kg. Prices of bitter

gourd, brinjals, cucumber and snake guard have decreased by Rs.11.00-19.00/kg.

Price of green chilies has decreased by Rs.27.00/kg while price of lime has increased by Rs.106.00/kg.

Compared to the same period of last year, prices of all vegetable varieties have increased with the highest price increase reported for beet root as 203%.

Coconut

Wholesales

Prices of both large and small nuts have decreased slightly, by 1% and 2% respectively. Their prices ranged Rs.82.00-85.00/nut for large nut and Rs.70.00-75.00/nut for small nut.

Compared to the same period of last year, wholesale prices of both large and small nuts have increased by 12% and 11% respectively.

Retail

Prices of both large and small nuts have decreased slightly by Rs.2.00/nut and Rs.1.00/nut respectively. Price ranges were Rs.90.00-110.00/nut for a large nut and Rs.75.00-85.00/nut for a small nut.

Compared to the same period of last year, prices of both large and small nuts have increased by 5% and 3% respective

Fruits

Wholesale

Prices of all the fruit verities have decreased due to rainy weather induced low demand. The highest price decrease was recorded for papaw by 20%. The price of all the sizes of pineapple have decreased in the range of 7%-14% due to low demand and supply of low-quality stocks. Further, price of wood apple (14%), orange (12%), king coconut, slime apple (9%), avocado (7%) and passion fruit (6%) have dropped, during the week.

Price of all banana varieties have dropped in the range of 1%-8% due to low demand and supply of low-quality stocks. In addition, price of all mango varieties have decreased in the range of 4%-11%. Next, the price of imported grapes has dropped by 4% due to high supplies.

Compared to the same period of last year, wholesale prices of all varieties except slime apple have increased with the highest price increase of 183%, recorded for ambul banana.

Retail

Retail price of all the fruits except for avocado have decreased in line with the decreased wholesale prices. The highest price decrease of Rs.403.00/kg was

reported for imported grapes due to high supplies. Prices of all the sizes of pineapple have decreased in the range of Rs.89.00-221.00/kg due to low demand during the rainy weather. Next, a price decrease of Rs.28.00/kg was reported for papaw. Further, prices of mango varieties; karthakolomban and vilad have decreased by Rs.21.00/fruit and Rs.10.00/fruit respectively. Further, prices of slime apple and king coconut have decreased by Rs.10.00/fruit. Prices of banana varieties; seeni, ambul and kolikuttu have decreased in the range of Rs.3.00-4.00/kg. Meanwhile, price of avocado has increased by Rs.14.00/fruit due to high quality stocks supplied to the market.

Compared to the same period of last year, prices of most of the fruit varieties have increased with the highest price increase of 142% reported for pineapple (medium size).

Fresh Fish

Wholesale

Prices of most of the fresh fish types have decreased due to high supply. The highest price decrease of 22% was noted for kelawalla due to high supply from Beruwala and Matara and the prices ranged Rs.800.00-1350.00/kg. A price decrease of 18% was noted for salaya due to high supply from Trincomalee and

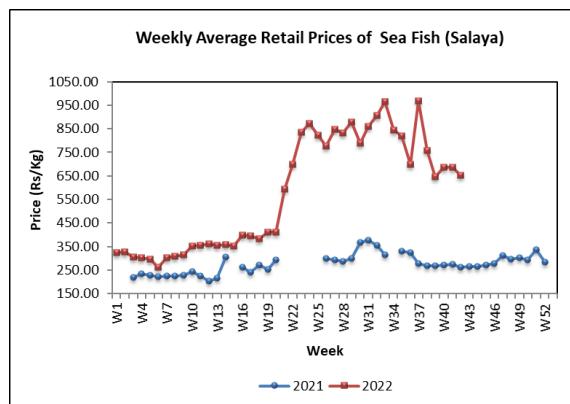
Mannar and the prices ranged Rs.350.00-500.00/kg. Next, price of hurulla dropped by 13% due to high supply from Kalpitiya and Mullaitivu Likewise, a price decrease of 10% was noted for both thora and paraw due to high supply from Northern areas and their prices ranged Rs.2000.00-2700.00/kg and Rs.850.00-1400.00/kg respectively. In addition, price of balaya has decreased by 4%.

However, a price increase of 7% was noted for shrimps due to low supply from Jaffna.

Compared to the same period of last year, wholesale prices of all fresh fish types have increased in the range of 26%-168% with the highest price increase noted for salaya.

Retail

Retail prices of all types of fresh fishes except for shrimp, have decreased in line with the decreased wholesale prices. Further, continuous high prices recorded at the retail level induced low demand and thereby prices started to drop, during the week. The highest price decrease was reported for paraw by Rs.95.00/kg. Prices of the remaining varieties decreased in the range of Rs.19.00-88.00/kg. However, price of shrimp has increased by Rs.13.00/kg due to limited supply.



Compared to the same period of last year, prices of all types of fresh fishes have increased in the range of 36%-151% with the highest price increase recorded for salaya.

Dried Fish

Wholesale

Due to low domestic supply and the decreased imports, the prices of most of the local dried fish types as well as imported types have increased. The highest price increase of 8% was noted for local sprats due to low supply from Trincomalee and Mannar with the recorded price range of Rs.1950.00-2400.00/kg. Next, a price increase of 4% was noted for imported kattawa due to low imports from Oman and Indonesia with the recorded price range of Rs.1600.00-1800.00/kg. In addition, Price of imported anguluwa has increased by 3%.

However, a price decrease of 13% was noted for local salaya due to high supply from Mannar, Chilaw and Negombo. The prices ranged between Rs.680.00-780.00/kg. In addition, price of imported sprats has decreased by 3%.

Compared to the same period of last year, wholesale of all dried fish types have increased in the range of 54%-182%, with the highest price increase reported for imported sprats.

Retail

In line with decreased wholesale prices, retail prices of most of the types of dried fishes have decreased. The highest price decrease was reported for balaya as Rs.108.00/kg. Further, prices of mora and imported sprats have decreased by Rs.21.00/kg and Rs.59.00/kg respectively.

However, prices of anguluwa and kattawa have increased by Rs.120.00/kg and Rs.87.00/kg respectively due to insufficient stocks in the market. Further, price of local sprat has also increased, slightly.

Compared to the same period of last year, prices of all types of dried fish have increased in the range of 70%-183% with the highest value reported for imported sprats.

Eggs

Wholesale

Prices of both brown and white eggs remained unchanged. Recorded price ranges were Rs.49.00-50.00 and Rs.47.50-48.00 respectively.

Compared to the same period of last year, prices of both brown and white eggs have increased by 159% and 178% respectively.

Retail

Prices of both brown eggs and white eggs remained unchanged. The price range of a brown egg and what egg was Rs.50.00-52.00 and Rs.49.00-50.00 respectively.

Compared to the same period of last year, prices of both brown and white egg have increased by 151% and 164% respectively.

Meat

Retail

Prices of most types of meat have decreased. Prices of both skin-less broiler chicken and skin-less curry chicken have decreased by RS.95.00/kg and Rs.60.00/kg respectively due to steady supply during low demand period. Further, price of pork has decreased by Rs.23.00/kg.

However, prices of mutton and beef have increased by Rs.29.00/kg and Rs.5.00/kg respectively due to insufficient supply.

Compared to the same period of last year, prices of all types of meat have increased in the range of 44%-109%.

EXPLANATORY NOTE

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

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

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

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

Week 42: 14 - 20 October 2022

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

Week 42: 14 - 20 October 2022

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

Week 42: 14 - 20 October 2022

LOCATION	Dried Chillies		Red Onion				Big Onion	Potato				Pulses					
	Imported	Local	Imported	Local	Imported	Local		Imported	Welimada	Nuwara Eliya		Green Gram	Cowpea	Red Dhal			
Colombo	70000 - 75000	22500 - 25000	24000 - 25500	9500 - 10500	7500 - 8750	13500 - 14500	15500 - 16000	52000 - 55000	42000 - 45000	18500 - 19250							
Kurunegala	-	-	-	9750 - 9750	8250 - 9000	-	-	52500 - 55000	42500 - 43750	18250 - 19000							
Nikaweratiya	71750 - 72500	-	23500 - 23500	9750 - 12000	8250 - 8750	-	-	50000 - 54000	-	18500 - 19000							
Dehiattakandiya	72500 - 77500	22500 - 22500	26000 - 27500	10500 - 11000	8750 - 10000	-	17000 - 17250	-	-	18500 - 20000							
Dambulla (DEC)	71500 - 72500	-	20000 - 22500	8750 - 9250	8250 - 8500	12000 - 12500	-	45000 - 47500	39000 - 40000	18000 - 18500							
Anuradhapura	80000 - 85000	22500 - 22500	25000 - 26500	10500 - 11250	8750 - 10500	-	15000 - 16000	55000 - 57500	45000 - 46000	19250 - 20000							
Thambuththegama	73500 - 77500	-	24000 - 25000	9500 - 10500	8000 - 8500	13000 - 14000	-	-	-	19000 - 19500							
Polonnaruwa	83500 - 83750	23250 - 23500	26500 - 26750	11500 - 11750	10000 - 10250	-	17000 - 17250	-	41000 - 41000	20250 - 20500							
Kaluthara	72500 - 75000	22500 - 23000	-	10000 - 10250	8000 - 8500	14000 - 14500	16000 - 16500	52500 - 54000	45000 - 45600	19000 - 19500							
Puttalam	74000 - 75500	-	23000 - 24000	11000 - 11500	10000 - 10250	-	17000 - 18000	60000 - 61000	41000 - 42500	19000 - 20000							
Kandy	74000 - 75000	23500 - 24000	24500 - 25000	10500 - 11000	8750 - 9500	13500 - 14000	15000 - 16000	50000 - 52500	44000 - 45000	19000 - 19500							
Matara	80000 - 82500	23500 - 24000	25000 - 25500	10250 - 11000	9250 - 10000	-	16000 - 16500	53000 - 55000	44500 - 45000	20500 - 21250							
Hambantota	80000 - 82500	23500 - 24500	25000 - 25750	10500 - 11000	8250 - 9000	-	15000 - 16000	47500 - 52500	45000 - 45500	20000 - 21000							
Kegalle	80000 - 82000	22000 - 22200	-	10250 - 10300	8250 - 8500	14750 - 15000	-	51500 - 52000	46500 - 47000	19500 - 20000							
Galle	80000 - 84000	-	25000 - 26000	10750 - 11750	9000 - 10000	-	17500 - 18000	49000 - 51000	45000 - 47500	19500 - 21000							
Tissamaharama	79500 - 82500	25500 - 26000	-	10750 - 11250	9500 - 10250	-	17500 - 18000	-	-	19750 - 20500							
Meegoda (DEC)	70000 - 75000	23000 - 24500	23500 - 24500	9500 - 10000	8250 - 9000	14500 - 15000	15500 - 16000	55000 - 57500	42500 - 46000	18250 - 18750							
Jaffna	72500 - 79000	-	20000 - 21750	10000 - 11000	8250 - 8750	-	-	45000 - 49000	-	18000 - 20000							
Vavuniya	74500 - 75000	-	-	-	9000 - 9250	-	20000 - 20000	52000 - 52500	-	19400 - 19500							
Mannar	77500 - 78500	-	19750 - 20000	9750 - 10000	8750 - 9000	-	-	52500 - 53000	-	19750 - 20000							
Killinochchi	77000 - 79000	-	-	11000 - 11500	10000 - 10500	-	-	50000 - 52000	-	19500 - 20000							
Mullattivu	79000 - 81500	-	25500 - 26500	10000 - 11000	9500 - 10000	-	-	50000 - 52500	-	20500 - 21000							
Batticaloa	82000 - 82500	-	27000 - 27500	10000 - 11500	8500 - 9000	-	15750 - 16000	54000 - 54250	-	19000 - 19500							
Trincomalee	79500 - 82500	-	24000 - 24750	10000 - 10500	8800 - 9500	-	-	49750 - 50750	46000 - 46500	18000 - 18750							
Galenbindunuwewa	75000 - 77500	22000 - 23000	-	10500 - 11000	9000 - 9250	-	-	50000 - 52500	38000 - 39000	19000 - 20000							
Matale	-	-	-	-	-	-	-	-	-	-							

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

Week 42: 14 - 20 October 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 – 2000.00	400.00 – 500.00	480.00 – 650.00	220.00 – 260.00	180.00 – 240.00	300.00 – 380.00	350.00 – 480.00	1100.00 – 1300.00	900.00 – 1200.00	385.00 – 440.00
Gampaha	1700.00 – 1980.00	–	560.00 – 600.00	–	260.00 – 280.00	–	400.00 – 440.00	1200.00 – 1280.00	1000.00 – 1040.00	440.00 – 460.00
Kurunegala	1700.00 – 1700.00	–	500.00 – 600.00	240.00 – 260.00	220.00 – 240.00	–	360.00 – 400.00	1200.00 – 1200.00	900.00 – 1000.00	440.00 – 450.00
Nikaweratiya	1600.00 – 1700.00	–	520.00 – 550.00	220.00 – 250.00	200.00 – 220.00	320.00 – 340.00	–	1100.00 – 1200.00	950.00 – 950.00	400.00 – 440.00
Dambulla	1600.00 – 1700.00	–	530.00 – 540.00	220.00 – 230.00	200.00 – 220.00	300.00 – 320.00	–	1100.00 – 1150.00	980.00 – 1000.00	390.00 – 410.00
Anuradhapura	1650.00 – 1800.00	480.00 – 500.00	520.00 – 600.00	240.00 – 250.00	200.00 – 240.00	–	360.00 – 400.00	1100.00 – 1200.00	950.00 – 1000.00	400.00 – 420.00
Thambuththegama	1600.00 – 1700.00	–	600.00 – 650.00	200.00 – 220.00	210.00 – 240.00	330.00 – 360.00	–	1100.00 – 1200.00	800.00 – 800.00	400.00 – 450.00
Polonnaruwa	1680.00 – 1750.00	480.00 – 480.00	540.00 – 550.00	240.00 – 250.00	210.00 – 220.00	–	350.00 – 360.00	–	850.00 – 860.00	420.00 – 425.00
Kaluthara	1550.00 – 1600.00	–	500.00 – 560.00	220.00 – 230.00	200.00 – 220.00	360.00 – 380.00	380.00 – 400.00	1100.00 – 1160.00	950.00 – 1020.00	420.00 – 430.00
Badulla	1700.00 – 1800.00	–	540.00 – 600.00	240.00 – 250.00	220.00 – 240.00	350.00 – 400.00	–	1150.00 – 1200.00	850.00 – 900.00	430.00 – 440.00
Keppetipola	1700.00 – 1750.00	480.00 – 500.00	560.00 – 580.00	240.00 – 250.00	220.00 – 230.00	320.00 – 330.00	–	1150.00 – 1200.00	1000.00 – 1050.00	430.00 – 440.00
Moneragala	1600.00 – 1750.00	460.00 – 480.00	540.00 – 600.00	240.00 – 260.00	200.00 – 230.00	–	380.00 – 400.00	1100.00 – 1200.00	850.00 – 900.00	390.00 – 420.00
Kegalle	1630.00 – 1700.00	–	480.00 – 520.00	230.00 – 260.00	210.00 – 240.00	–	350.00 – 360.00	1040.00 – 1100.00	950.00 – 1000.00	400.00 – 450.00
Ampara	1700.00 – 1900.00	480.00 – 480.00	520.00 – 600.00	240.00 – 260.00	240.00 – 280.00	360.00 – 380.00	400.00 – 400.00	1050.00 – 1200.00	780.00 – 900.00	420.00 – 440.00
Dehiwakkandiya	1500.00 – 1650.00	400.00 – 480.00	550.00 – 600.00	220.00 – 240.00	190.00 – 230.00	–	360.00 – 360.00	–	800.00 – 800.00	380.00 – 460.00
Nuwaraeliya	1700.00 – 1750.00	460.00 – 480.00	550.00 – 580.00	240.00 – 250.00	220.00 – 240.00	–	340.00 – 350.00	1200.00 – 1250.00	1000.00 – 1050.00	430.00 – 440.00
Kandy	1680.00 – 1720.00	640.00 – 660.00	680.00 – 700.00	250.00 – 260.00	240.00 – 260.00	380.00 – 400.00	420.00 – 440.00	1140.00 – 1200.00	960.00 – 1000.00	420.00 – 440.00
Puttalam	1520.00 – 1570.00	–	600.00 – 650.00	240.00 – 260.00	240.00 – 260.00	–	400.00 – 440.00	1250.00 – 1300.00	860.00 – 900.00	385.00 – 420.00
Rathnapura	1600.00 – 1700.00	520.00 – 550.00	–	240.00 – 245.00	200.00 – 220.00	320.00 – 360.00	–	1160.00 – 1200.00	900.00 – 960.00	400.00 – 420.00
Hambantota	1750.00 – 1800.00	520.00 – 560.00	560.00 – 600.00	230.00 – 240.00	200.00 – 240.00	–	380.00 – 400.00	1000.00 – 1150.00	950.00 – 960.00	440.00 – 460.00
Matara	1700.00 – 1800.00	520.00 – 550.00	560.00 – 600.00	220.00 – 240.00	220.00 – 240.00	–	360.00 – 380.00	1100.00 – 1150.00	950.00 – 960.00	440.00 – 460.00
Galle	1700.00 – 1700.00	–	560.00 – 600.00	230.00 – 240.00	200.00 – 240.00	–	400.00 – 420.00	1000.00 – 1050.00	–	450.00 – 460.00
Tissamaharama	1650.00 – 1700.00	540.00 – 560.00	–	230.00 – 240.00	210.00 – 220.00	–	360.00 – 370.00	–	–	400.00 – 420.00
Meegoda (DEC)	1540.00 – 1650.00	500.00 – 560.00	560.00 – 600.00	220.00 – 240.00	200.00 – 220.00	340.00 – 350.00	400.00 – 400.00	1120.00 – 1200.00	880.00 – 1000.00	400.00 – 440.00
Embilipitiya	1750.00 – 1850.00	–	520.00 – 600.00	240.00 – 260.00	190.00 – 240.00	300.00 – 340.00	–	950.00 – 1060.00	900.00 – 930.00	390.00 – 460.00
Jaffna	1500.00 – 1650.00	–	400.00 – 450.00	220.00 – 250.00	180.00 – 210.00	–	–	960.00 – 1000.00	–	400.00 – 450.00
Vavuniya	1600.00 – 1750.00	–	–	200.00 – 220.00	190.00 – 240.00	–	460.00 – 480.00	1100.00 – 1100.00	–	398.00 – 400.00
Mannar	1600.00 – 1700.00	–	500.00 – 520.00	220.00 – 240.00	210.00 – 220.00	–	–	1080.00 – 1100.00	–	410.00 – 420.00
Killinochchi	1600.00 – 1640.00	–	–	240.00 – 260.00	240.00 – 260.00	–	–	1100.00 – 1200.00	–	420.00 – 430.00
Mullaittivu	1650.00 – 1700.00	–	520.00 – 550.00	–	220.00 – 240.00	–	–	1080.00 – 1100.00	–	430.00 – 440.00
Batticaloa	1680.00 – 1700.00	–	600.00 – 600.00	220.00 – 240.00	200.00 – 220.00	–	360.00 – 380.00	1100.00 – 1150.00	–	400.00 – 420.00
Trincomalee	1500.00 – 1610.00	–	470.00 – 500.00	205.00 – 220.00	180.00 – 210.00	–	–	1030.00 – 1100.00	840.00 – 900.00	385.00 – 390.00
Hanguranketha	1600.00 – 1700.00	–	520.00 – 550.00	220.00 – 240.00	199.00 – 220.00	300.00 – 300.00	350.00 – 380.00	1190.00 – 1250.00	900.00 – 950.00	385.00 – 394.00
Veyangoda	1600.00 – 1700.00	480.00 – 500.00	520.00 – 560.00	210.00 – 230.00	190.00 – 220.00	–	360.00 – 380.00	1200.00 – 1200.00	960.00 – 1000.00	420.00 – 460.00
Galenbindunuwewa	1600.00 – 1650.00	460.00 – 480.00	–	220.00 – 240.00	190.00 – 195.00	–	–	1050.00 – 1100.00	780.00 – 800.00	400.00 – 420.00
Bandarawela	1680.00 – 1700.00	480.00 – 500.00	540.00 – 560.00	220.00 – 240.00	200.00 – 220.00	340.00 – 360.00	–	1160.00 – 1200.00	900.00 – 960.00	400.00 – 420.00
Matale	–	–	–	–	–	–	–	–	–	–

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

Week 42: 14 - 20 October 2022

Locations	Butter Beans	Green Beans	Carrot	Leeks	Beetroot	Knolkhol
Colombo	-	230.00 - 320.00	200.00 - 260.00	150.00 - 180.00	200.00 - 270.00	160.00 - 200.00
Meegoda (DEC)	-	340.00 - 350.00	300.00 - 350.00	220.00 - 240.00	220.00 - 260.00	180.00 - 220.00
Dambulla (DEC)	-	250.00 - 280.00	250.00 - 300.00	200.00 - 220.00	180.00 - 220.00	150.00 - 180.00
Keppetipola (DEC)	-	280.00 - 300.00	250.00 - 270.00	180.00 - 190.00	180.00 - 190.00	150.00 - 160.00
Norochchhole (DEC)	-	-	-	-	170.00 - 200.00	-
Nuwara Eliya	-	290.00 - 310.00	280.00 - 290.00	180.00 - 190.00	190.00 - 200.00	150.00 - 160.00
Kandy	-	250.00 - 260.00	250.00 - 280.00	180.00 - 200.00	180.00 - 190.00	160.00 - 180.00
Hambantota	-	350.00 - 380.00	350.00 - 380.00	240.00 - 260.00	250.00 - 270.00	200.00 - 250.00
Thambuththegama (DEC)	-	320.00 - 350.00	290.00 - 330.00	190.00 - 220.00	180.00 - 200.00	150.00 - 180.00
Jaffna		280.00 - 350.00	320.00 - 360.00	220.00 - 280.00	190.00 - 220.00	-
Bandarawela		250.00 - 280.00	250.00 - 270.00	160.00 - 180.00	180.00 - 200.00	160.00 - 180.00
Veyangoda	-	320.00 - 340.00	280.00 - 300.00	200.00 - 220.00	210.00 - 240.00	180.00 - 220.00

Locations	Raddish	Cabbage	Tomato	Ladies Fingers	Brinjal	Capsicum
Colombo	100.00 - 130.00	150.00 - 230.00	220.00 - 250.00	60.00 - 140.00	220.00 - 250.00	500.00 - 600.00
Meegoda (DEC)	140.00 - 160.00	180.00 - 220.00	250.00 - 300.00	130.00 - 150.00	240.00 - 280.00	600.00 - 650.00
Moneragala	120.00 - 140.00	280.00 - 320.00	300.00 - 320.00	140.00 - 150.00	200.00 - 220.00	700.00 - 750.00
Dambulla (DEC)	60.00 - 80.00	160.00 - 180.00	210.00 - 240.00	70.00 - 80.00	200.00 - 240.00	500.00 - 550.00
Keppetipola (DEC)	60.00 - 70.00	120.00 - 130.00	230.00 - 250.00	120.00 - 130.00	130.00 - 140.00	650.00 - 680.00
Norochchhole (DEC)	30.00 - 50.00	270.00 - 300.00	-	80.00 - 100.00	290.00 - 320.00	500.00 - 570.00
Nuwara Eliya	100.00 - 110.00	140.00 - 160.00	230.00 - 240.00	130.00 - 140.00	150.00 - 170.00	640.00 - 680.00
Kandy	80.00 - 90.00	130.00 - 190.00	250.00 - 270.00	110.00 - 120.00	140.00 - 180.00	500.00 - 550.00
Hambantota	100.00 - 150.00	250.00 - 300.00	220.00 - 260.00	100.00 - 140.00	200.00 - 280.00	600.00 - 650.00
Thambuththegama (DEC)	50.00 - 70.00	180.00 - 220.00	260.00 - 300.00	80.00 - 110.00	200.00 - 250.00	450.00 - 500.00
Tissamaharama	90.00 - 110.00	220.00 - 230.00	190.00 - 220.00	110.00 - 130.00	220.00 - 240.00	630.00 - 650.00
Jaffna	130.00 - 160.00	290.00 - 320.00	250.00 - 300.00	150.00 - 180.00	150.00 - 180.00	600.00 - 700.00
Bandarawela	60.00 - 80.00	110.00 - 150.00	210.00 - 240.00	-	130.00 - 150.00	550.00 - 600.00
Veyangoda	120.00 - 130.00	190.00 - 220.00	250.00 - 280.00	100.00 - 140.00	230.00 - 270.00	550.00 - 580.00

Locations	Pumpkin	Cucumber	Bitter Gourd	Snake Gourd	Drumstick	Luffa
Colombo	160.00 - 180.00	50.00 - 70.00	320.00 - 360.00	200.00 - 220.00	150.00 - 200.00	150.00 - 200.00
Meegoda (DEC)	170.00 - 195.00	60.00 - 80.00	300.00 - 370.00	230.00 - 250.00	250.00 - 300.00	160.00 - 200.00
Moneragala	150.00 - 200.00	80.00 - 120.00	400.00 - 450.00	300.00 - 350.00	250.00 - 300.00	300.00 - 350.00
Dambulla (DEC)	160.00 - 175.00	30.00 - 35.00	230.00 - 260.00	170.00 - 220.00	250.00 - 260.00	100.00 - 130.00
Keppetipola (DEC)	170.00 - 180.00	60.00 - 70.00	270.00 - 280.00	200.00 - 210.00	260.00 - 280.00	150.00 - 160.00
Norochchhole (DEC)	120.00 - 150.00	40.00 - 60.00	280.00 - 320.00	170.00 - 200.00	270.00 - 300.00	100.00 - 140.00
Nuwara Eliya	185.00 - 195.00	70.00 - 80.00	280.00 - 300.00	200.00 - 220.00	280.00 - 320.00	170.00 - 180.00
Kandy	160.00 - 190.00	50.00 - 60.00	280.00 - 300.00	220.00 - 230.00	200.00 - 250.00	170.00 - 180.00
Hambantota	160.00 - 180.00	80.00 - 110.00	380.00 - 450.00	250.00 - 300.00	300.00 - 350.00	200.00 - 250.00
Thambuththegama (DEC)	120.00 - 170.00	25.00 - 35.00	220.00 - 250.00	180.00 - 200.00	250.00 - 300.00	120.00 - 160.00
Tissamaharama	150.00 - 180.00	60.00 - 80.00	360.00 - 380.00	200.00 - 230.00	170.00 - 180.00	200.00 - 230.00
Jaffna	150.00 - 160.00	140.00 - 160.00	400.00 - 460.00	140.00 - 200.00	500.00 - 620.00	-
Bandarawela	160.00 - 180.00	60.00 - 80.00	-	-	-	-
Veyangoda	180.00 - 190.00	50.00 - 70.00	300.00 - 320.00	230.00 - 250.00	280.00 - 300.00	160.00 - 180.00

Table 06 (Contd.)

	Long Beans	Ash Plantain	Green Chillies	Lime	Sweet Potaoe	Manioc
Colombo	120.00 - 200.00	150.00 - 180.00	180.00 - 220.00	500.00 - 600.00	100.00 - 130.00	80.00 - 100.00
Meegoda (DEC)	160.00 - 180.00	160.00 - 190.00	220.00 - 250.00	510.00 - 530.00	110.00 - 130.00	170.00 - 170.00
Moneragala	160.00 - 180.00	120.00 - 130.00	300.00 - 320.00	400.00 - 450.00	-	-
Dambulla (DEC)	170.00 - 200.00	130.00 - 150.00	180.00 - 230.00	450.00 - 500.00	100.00 - 110.00	70.00 - 80.00
Keppetipola (DEC)	170.00 - 180.00	160.00 - 170.00	240.00 - 270.00	470.00 - 500.00	110.00 - 130.00	90.00 - 100.00
Norochchhole (DEC)	100.00 - 130.00	100.00 - 150.00	170.00 - 180.00	-	140.00 - 170.00	140.00 - 160.00
Nuwara Eliya	180.00 - 200.00	170.00 - 180.00	270.00 - 300.00	480.00 - 520.00	130.00 - 140.00	100.00 - 120.00
Kandy	150.00 - 170.00	160.00 - 180.00	200.00 - 250.00	550.00 - 580.00	100.00 - 130.00	70.00 - 80.00
Hambantota	150.00 - 200.00	100.00 - 130.00	300.00 - 350.00	600.00 - 750.00	150.00 - 170.00	80.00 - 130.00
Thambuththegama (DEC)	190.00 - 220.00	120.00 - 140.00	150.00 - 200.00	400.00 - 500.00	80.00 - 100.00	80.00 - 100.00
Tissamaharama	140.00 - 160.00	100.00 - 120.00	210.00 - 240.00	650.00 - 700.00	130.00 - 140.00	60.00 - 70.00
Jaffna	260.00 - 320.00	120.00 - 150.00	180.00 - 230.00	450.00 - 600.00	100.00 - 160.00	130.00 - 160.00
Bandarawela	-	-	240.00 - 260.00	-	100.00 - 120.00	80.00 - 90.00
Veyangoda	150.00 - 170.00	170.00 - 180.00	220.00 - 260.00	500.00 - 550.00	100.00 - 130.00	110.00 - 150.00

Locations	Leafy Vegetables (Rs/Bundle)			Coconut (Rs/Nut)	
	Mukunuwenna	Kankun	Gotukola	Large	Small
Colombo	50.00 - 55.00	50.00 - 55.00	220.00 - 240.00	82.00 - 85.00	70.00 - 75.00
Meegoda (DEC)	70.00 - 70.00	70.00 - 70.00	-	90.00 - 95.00	85.00 - 85.00
Norochchhole (DEC)	50.00 - 60.00	40.00 - 60.00	120.00 - 130.00	80.00 - 90.00	70.00 - 77.00
Nuwara Eliya	-	-	-	-	-
Dambulla (DEC)	30.00 - 35.00	25.00 - 30.00	20.00 - 25.00	65.00 - 70.00	58.00 - 62.00
Kandy	40.00 - 50.00	45.00 - 50.00	190.00 - 200.00	84.00 - 86.00	68.00 - 70.00
Hambantota	40.00 - 50.00	40.00 - 50.00	60.00 - 60.00	-	-
Thambuththegama (DEC)	30.00 - 30.00	30.00 - 30.00	-	65.00 - 70.00	50.00 - 60.00
Tissamaharama	40.00 - 45.00	40.00 - 45.00	45.00 - 50.00	75.00 - 80.00	55.00 - 60.00
Jaffna	80.00 - 85.00	30.00 - 35.00	100.00 - 120.00	65.00 - 80.00	50.00 - 58.00
Tissamaharama	40.00 - 45.00	40.00 - 45.00	45.00 - 50.00	75.00 - 80.00	55.00 - 60.00
Bandarawela	-	-	-	-	-
Veyangoda	40.00 - 45.00	40.00 - 45.00	45.00 - 48.00	85.00 - 90.00	50.00 - 55.00

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

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

Week 42: 14 - 20 October 2022

LOCATIONS	Up Country Varieties										
	Butter Beans	Green Beans	Carrot	Leeks	Beetroot	Knol Khol	Raddish	Cabbage	Tomato		
Colombo	-	300.00 – 480.00	320.00 – 480.00	240.00 – 400.00	250.00 – 400.00	240.00 – 400.00	140.00 – 280.00	250.00 – 440.00	300.00 – 440.00		
Gampaha	-	320.00 – 400.00	360.00 – 400.00	280.00 – 360.00	320.00 – 400.00	320.00 – 400.00	200.00 – 240.00	320.00 – 400.00	320.00 – 400.00	320.00 – 400.00	
Kurunegala	-	400.00 – 440.00	420.00 – 460.00	300.00 – 320.00	340.00 – 380.00	280.00 – 320.00	240.00 – 260.00	320.00 – 360.00	360.00 – 400.00	360.00 – 400.00	
Nikaweratiya	-	360.00 – 400.00	400.00 – 480.00	320.00 – 360.00	320.00 – 360.00	280.00 – 360.00	160.00 – 200.00	320.00 – 360.00	320.00 – 400.00	320.00 – 400.00	
Dambulla	-	400.00 – 440.00	420.00 – 460.00	380.00 – 400.00	360.00 – 400.00	260.00 – 300.00	160.00 – 180.00	300.00 – 340.00	360.00 – 380.00	360.00 – 380.00	
Anuradhapura	-	420.00 – 500.00	420.00 – 480.00	320.00 – 400.00	340.00 – 400.00	240.00 – 360.00	160.00 – 220.00	360.00 – 400.00	320.00 – 400.00	320.00 – 400.00	
Thambuththegama	-	420.00 – 460.00	360.00 – 400.00	260.00 – 300.00	260.00 – 300.00	260.00 – 300.00	100.00 – 160.00	270.00 – 340.00	320.00 – 380.00	320.00 – 380.00	
Polonnaruwa	-	420.00 – 450.00	400.00 – 420.00	310.00 – 340.00	300.00 – 320.00	–	140.00 – 160.00	320.00 – 340.00	360.00 – 380.00	360.00 – 380.00	
Kaluthara	-	360.00 – 380.00	380.00 – 400.00	320.00 – 340.00	360.00 – 380.00	320.00 – 340.00	200.00 – 240.00	360.00 – 380.00	300.00 – 320.00	300.00 – 320.00	
Badulla	-	360.00 – 400.00	320.00 – 400.00	280.00 – 320.00	320.00 – 360.00	300.00 – 320.00	120.00 – 140.00	240.00 – 320.00	320.00 – 340.00	320.00 – 340.00	
Keppetipola	-	360.00 – 380.00	320.00 – 330.00	250.00 – 260.00	240.00 – 260.00	220.00 – 230.00	120.00 – 140.00	180.00 – 200.00	280.00 – 300.00	280.00 – 300.00	
Moneragala	-	400.00 – 480.00	400.00 – 460.00	320.00 – 400.00	360.00 – 400.00	–	160.00 – 240.00	400.00 – 440.00	380.00 – 400.00	380.00 – 400.00	
Kegalle	-	380.00 – 400.00	380.00 – 400.00	340.00 – 360.00	300.00 – 320.00	300.00 – 320.00	220.00 – 240.00	300.00 – 320.00	320.00 – 420.00	420.00 – 440.00	
Ampara	-	400.00 – 400.00	420.00 – 460.00	320.00 – 360.00	360.00 – 400.00	300.00 – 320.00	200.00 – 240.00	340.00 – 400.00	360.00 – 400.00	360.00 – 400.00	
Dehiwakkandiya	-	400.00 – 520.00	400.00 – 480.00	320.00 – 400.00	320.00 – 400.00	320.00 – 340.00	200.00 – 240.00	360.00 – 400.00	400.00 – 420.00		
Nuwaraeliya	-	360.00 – 380.00	350.00 – 360.00	250.00 – 260.00	240.00 – 260.00	200.00 – 220.00	160.00 – 180.00	220.00 – 230.00	300.00 – 320.00	300.00 – 320.00	
Kandy	-	360.00 – 400.00	400.00 – 440.00	280.00 – 320.00	300.00 – 320.00	300.00 – 320.00	160.00 – 180.00	360.00 – 400.00	360.00 – 400.00	360.00 – 400.00	
Puttalam	-	400.00 – 440.00	400.00 – 480.00	300.00 – 350.00	320.00 – 360.00	–	240.00 – 260.00	400.00 – 450.00	360.00 – 440.00		
Hambantota	-	380.00 – 420.00	400.00 – 420.00	280.00 – 320.00	280.00 – 320.00	240.00 – 320.00	160.00 – 200.00	320.00 – 420.00	280.00 – 320.00		
Rathnapura	-	340.00 – 380.00	380.00 – 400.00	300.00 – 330.00	320.00 – 330.00	–	–	300.00 – 320.00	320.00 – 360.00	320.00 – 360.00	
Matara	-	380.00 – 400.00	360.00 – 400.00	280.00 – 340.00	280.00 – 360.00	260.00 – 300.00	160.00 – 200.00	320.00 – 380.00	280.00 – 320.00		
Galle	-	380.00 – 440.00	380.00 – 440.00	320.00 – 360.00	300.00 – 360.00	300.00 – 320.00	180.00 – 240.00	300.00 – 380.00	320.00 – 360.00		
Tissamaharama	-	370.00 – 400.00	360.00 – 380.00	260.00 – 280.00	250.00 – 280.00	280.00 – 300.00	150.00 – 170.00	240.00 – 260.00	280.00 – 360.00		
Meegoda (DEC)	-	400.00 – 480.00	440.00 – 480.00	320.00 – 360.00	320.00 – 360.00	300.00 – 360.00	200.00 – 240.00	320.00 – 360.00	330.00 – 400.00		
Embilipitiya	-	400.00 – 480.00	350.00 – 440.00	280.00 – 320.00	350.00 – 420.00	240.00 – 280.00	120.00 – 160.00	350.00 – 440.00	280.00 – 320.00		
Jaffna	-	360.00 – 400.00	350.00 – 380.00	260.00 – 280.00	220.00 – 250.00	–	150.00 – 180.00	340.00 – 380.00	280.00 – 330.00		
Vavuniya	-	400.00 – 480.00	400.00 – 480.00	360.00 – 400.00	320.00 – 400.00	–	220.00 – 240.00	300.00 – 400.00	280.00 – 400.00		
Mannar	-	400.00 – 440.00	400.00 – 440.00	400.00 – 420.00	420.00 – 440.00	–	200.00 – 240.00	320.00 – 360.00	400.00 – 440.00		
Killinochchi	-	450.00 – 480.00	480.00 – 520.00	400.00 – 440.00	360.00 – 400.00	–	240.00 – 260.00	450.00 – 480.00	380.00 – 420.00		
Mullaittivu	-	450.00 – 480.00	450.00 – 480.00	320.00 – 350.00	360.00 – 400.00	–	–	400.00 – 460.00	360.00 – 380.00		
Batticaloa	-	450.00 – 480.00	450.00 – 480.00	360.00 – 400.00	350.00 – 360.00	280.00 – 300.00	240.00 – 250.00	400.00 – 440.00	300.00 – 320.00		
Trincomalee	-	365.00 – 400.00	390.00 – 420.00	310.00 – 340.00	300.00 – 340.00	220.00 – 240.00	180.00 – 220.00	240.00 – 280.00	340.00 – 400.00		
Hanguranketha	-	300.00 – 330.00	300.00 – 340.00	220.00 – 250.00	250.00 – 280.00	180.00 – 200.00	100.00 – 120.00	200.00 – 240.00	250.00 – 280.00		
Veyangoda	-	380.00 – 420.00	360.00 – 400.00	300.00 – 320.00	280.00 – 320.00	320.00 – 340.00	200.00 – 220.00	400.00 – 420.00	340.00 – 360.00		
Galenbindunuwewa	-	400.00 – 480.00	460.00 – 480.00	360.00 – 400.00	350.00 – 400.00	280.00 – 320.00	140.00 – 160.00	360.00 – 400.00	360.00 – 400.00		
Bandarawela	-	360.00 – 380.00	360.00 – 380.00	240.00 – 260.00	220.00 – 240.00	260.00 – 280.00	120.00 – 140.00	220.00 – 240.00	320.00 – 340.00		
Matale	-	–	–	–	–	–	–	–	–	–	

Table 07 (Contd.)

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	200.00 - 320.00	260.00 - 600.00	600.00 - 1000.00	160.00 - 280.00	150.00 - 200.00	70.00 - 100.00	70.00 - 100.00	100.00 - 180.00	90.00 - 110.00	75.00 - 85.00			
Gampaha	240.00 - 240.00	500.00 - 600.00	800.00 - 1000.00	200.00 - 240.00	200.00 - 200.00	70.00 - 70.00	70.00 - 70.00	25.00 - 30.00	90.00 - 100.00	75.00 - 80.00			
Kurunegala	200.00 - 240.00	500.00 - 600.00	660.00 - 700.00	200.00 - 240.00	160.00 - 180.00	40.00 - 50.00	40.00 - 50.00	30.00 - 40.00	80.00 - 90.00	70.00 - 75.00			
Nikaweratiya	160.00 - 200.00	300.00 - 400.00	500.00 - 600.00	240.00 - 280.00	160.00 - 160.00	40.00 - 50.00	40.00 - 50.00	60.00 - 60.00	80.00 - 80.00	65.00 - 65.00			
Dambulla	220.00 - 260.00	400.00 - 500.00	700.00 - 800.00	200.00 - 220.00	140.00 - 160.00	45.00 - 50.00	45.00 - 50.00	40.00 - 50.00	75.00 - 85.00	65.00 - 70.00			
Anuradhapura	200.00 - 240.00	400.00 - 500.00	700.00 - 800.00	200.00 - 260.00	160.00 - 200.00	50.00 - 50.00	50.00 - 50.00	40.00 - 50.00	80.00 - 85.00	60.00 - 70.00			
Thambuththegama	180.00 - 220.00	350.00 - 450.00	600.00 - 700.00	180.00 - 220.00	160.00 - 200.00	40.00 - 40.00	40.00 - 40.00	-	75.00 - 80.00	60.00 - 70.00			
Polonnaruwa	220.00 - 240.00	400.00 - 450.00	750.00 - 800.00	180.00 - 200.00	150.00 - 160.00	50.00 - 50.00	50.00 - 50.00	50.00 - 50.00	70.00 - 80.00	60.00 - 65.00			
Kaluthara	220.00 - 240.00	400.00 - 500.00	600.00 - 700.00	240.00 - 260.00	180.00 - 200.00	60.00 - 80.00	60.00 - 70.00	60.00 - 80.00	100.00 - 110.00	85.00 - 90.00			
Badulla	200.00 - 240.00	500.00 - 600.00	760.00 - 800.00	200.00 - 240.00	140.00 - 160.00	70.00 - 70.00	70.00 - 70.00	70.00 - 80.00	85.00 - 95.00	65.00 - 75.00			
Keppetipola	220.00 - 230.00	350.00 - 400.00	560.00 - 580.00	180.00 - 200.00	160.00 - 170.00	65.00 - 70.00	65.00 - 75.00	55.00 - 60.00	86.00 - 90.00	65.00 - 70.00			
Moneragala	200.00 - 220.00	480.00 - 550.00	500.00 - 550.00	-	-	60.00 - 70.00	60.00 - 70.00	60.00 - 70.00	70.00 - 75.00	55.00 - 60.00			
Kegalle	180.00 - 200.00	430.00 - 450.00	680.00 - 700.00	220.00 - 240.00	160.00 - 200.00	60.00 - 70.00	60.00 - 70.00	60.00 - 70.00	85.00 - 90.00	70.00 - 80.00			
Ampara	180.00 - 240.00	500.00 - 600.00	600.00 - 600.00	180.00 - 240.00	100.00 - 120.00	50.00 - 60.00	40.00 - 50.00	40.00 - 50.00	75.00 - 80.00	70.00 - 72.00			
Dehiattakandiya	200.00 - 280.00	440.00 - 480.00	600.00 - 600.00	160.00 - 200.00	120.00 - 160.00	50.00 - 50.00	50.00 - 50.00	50.00 - 50.00	70.00 - 80.00	55.00 - 65.00			
Nuwaraeliya	240.00 - 250.00	400.00 - 460.00	600.00 - 620.00	200.00 - 220.00	180.00 - 190.00	70.00 - 80.00	75.00 - 80.00	60.00 - 70.00	85.00 - 90.00	65.00 - 70.00			
Kandy	260.00 - 280.00	500.00 - 600.00	900.00 - 1000.00	180.00 - 200.00	180.00 - 200.00	50.00 - 60.00	60.00 - 70.00	50.00 - 60.00	90.00 - 100.00	70.00 - 75.00			
Puttalam	180.00 - 220.00	400.00 - 500.00	700.00 - 800.00	220.00 - 250.00	140.00 - 180.00	60.00 - 70.00	60.00 - 70.00	40.00 - 40.00	85.00 - 90.00	75.00 - 82.00			
Rathnapura	220.00 - 240.00	600.00 - 700.00	750.00 - 800.00	180.00 - 200.00	110.00 - 120.00	80.00 - 90.00	80.00 - 85.00	90.00 - 100.00	85.00 - 95.00	75.00 - 80.00			
Hambanthota	150.00 - 170.00	380.00 - 450.00	800.00 - 960.00	160.00 - 220.00	120.00 - 160.00	50.00 - 60.00	50.00 - 60.00	70.00 - 80.00	80.00 - 90.00	60.00 - 70.00			
Matara	200.00 - 220.00	320.00 - 400.00	750.00 - 800.00	160.00 - 180.00	120.00 - 140.00	55.00 - 60.00	55.00 - 60.00	70.00 - 80.00	80.00 - 95.00	60.00 - 70.00			
Galle	180.00 - 200.00	380.00 - 400.00	800.00 - 900.00	240.00 - 240.00	140.00 - 180.00	60.00 - 70.00	60.00 - 70.00	65.00 - 80.00	75.00 - 85.00	65.00 - 70.00			
Tissamaharama	130.00 - 160.00	280.00 - 320.00	660.00 - 740.00	170.00 - 190.00	100.00 - 120.00	45.00 - 50.00	45.00 - 50.00	50.00 - 60.00	80.00 - 85.00	60.00 - 65.00			
Meegoda (DEC)	280.00 - 320.00	300.00 - 500.00	600.00 - 800.00	200.00 - 240.00	180.00 - 180.00	80.00 - 80.00	80.00 - 80.00	90.00 - 100.00	100.00 - 110.00	90.00 - 95.00			
Embilipitiya	140.00 - 160.00	400.00 - 480.00	900.00 - 1000.00	170.00 - 200.00	90.00 - 100.00	50.00 - 60.00	40.00 - 50.00	60.00 - 80.00	70.00 - 90.00	50.00 - 60.00			
Jaffna	140.00 - 160.00	200.00 - 250.00	500.00 - 650.00	150.00 - 180.00	180.00 - 220.00	85.00 - 90.00	35.00 - 40.00	30.00 - 35.00	70.00 - 90.00	50.00 - 65.00			
Vavuniya	180.00 - 200.00	250.00 - 400.00	550.00 - 800.00	200.00 - 240.00	200.00 - 240.00	60.00 - 60.00	60.00 - 60.00	60.00 - 60.00	60.00 - 70.00	40.00 - 50.00			
Mannar	200.00 - 220.00	500.00 - 600.00	800.00 - 900.00	180.00 - 200.00	200.00 - 240.00	50.00 - 60.00	50.00 - 60.00	50.00 - 55.00	70.00 - 80.00	50.00 - 55.00			
Killinochchi	150.00 - 170.00	380.00 - 420.00	550.00 - 600.00	200.00 - 220.00	240.00 - 260.00	50.00 - 60.00	-	40.00 - 50.00	75.00 - 85.00	50.00 - 60.00			
Mullaittivu	160.00 - 240.00	320.00 - 360.00	500.00 - 550.00	160.00 - 200.00	240.00 - 260.00	50.00 - 50.00	-	40.00 - 50.00	65.00 - 70.00	50.00 - 55.00			
Batticaloa	220.00 - 240.00	380.00 - 400.00	580.00 - 600.00	200.00 - 200.00	200.00 - 200.00	70.00 - 80.00	60.00 - 60.00	50.00 - 50.00	75.00 - 75.00	50.00 - 60.00			
Trincomalee	250.00 - 280.00	280.00 - 320.00	600.00 - 650.00	160.00 - 180.00	200.00 - 240.00	50.00 - 55.00	45.00 - 50.00	45.00 - 55.00	75.00 - 85.00	50.00 - 60.00			
Hanguranketha	200.00 - 220.00	350.00 - 400.00	570.00 - 650.00	150.00 - 170.00	110.00 - 120.00	-	-	40.00 - 45.00	75.00 - 80.00	50.00 - 60.00			
Veyangoda	200.00 - 240.00	400.00 - 450.00	600.00 - 700.00	200.00 - 240.00	180.00 - 200.00	60.00 - 70.00	50.00 - 60.00	25.00 - 30.00	85.00 - 100.00	70.00 - 80.00			
Galenbindunuwewa	-	400.00 - 500.00	-	160.00 - 200.00	-	55.00 - 60.00	55.00 - 60.00	-	70.00 - 80.00	60.00 - 65.00			
Bandarawela	220.00 - 240.00	500.00 - 600.00	700.00 - 800.00	220.00 - 240.00	140.00 - 160.00	50.00 - 60.00	50.00 - 60.00	60.00 - 70.00	80.00 - 85.00	60.00 - 70.00			
Matale	-	-	-	-	-	-	-	-	-	-			

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

Week 42: 14 - 20 October 2022

Table 08 (Contd.)

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

Week 42: 14 - 20 October 2022

Locations	Sea Fish																	
	Salaya		Hurulla		Balaya		Kelawalla		Thora		Paraw							
Colombo	350.00	-	500.00	450.00	-	600.00	580.00	-	800.00	1350.00	2000.00	-	2700.00	850.00	-	1400.00		
Kandy	500.00	-	550.00	640.00	-	650.00	900.00	-	950.00	1300.00	-	1450.00	2500.00	-	2600.00	1100.00	-	1200.00
Kaluthara	500.00	-	600.00	500.00	-	600.00	650.00	-	750.00	1200.00	-	1400.00	-	-	-	1300.00	-	1400.00
Puttalam	500.00	-	550.00	550.00	-	600.00	800.00	-	850.00	1050.00	-	1150.00	1800.00	-	1850.00	1200.00	-	1250.00
Matara	350.00	-	400.00	500.00	-	600.00	800.00	-	900.00	1600.00	-	1700.00	-	-	-	-	-	-
Hambantota	300.00	-	350.00	550.00	-	600.00	750.00	-	800.00	1500.00	-	1600.00	-	-	-	-	-	-
Galle	-	-	-	-	-	-	700.00	-	800.00	1000.00	-	1200.00	1000.00	-	1200.00	-	-	-
Batticaloa	300.00	-	400.00	600.00	-	700.00	-	-	-	1700.00	-	1800.00	1600.00	-	1600.00	-	1700.00	-
Trincomalee	320.00	-	380.00	350.00	-	400.00	850.00	-	950.00	-	-	-	-	-	-	1150.00	-	1300.00
Mannar	340.00	-	350.00	420.00	-	450.00	820.00	-	850.00	-	-	-	-	-	-	1050.00	-	1100.00

Locations	Sea Fish						Eggs										
	Mora		Shrimps		Thalapath		Teppeli		Brown		White						
Colombo	850.00	-	940.00	1350.00	-	1750.00	1750.00	-	2400.00	-	49.00	-	50.00	47.50	-	48.00	
Kandy	1100.00	-	1200.00	1600.00	-	1700.00	2200.00	-	2300.00	-	49.00	-	50.00	47.50	-	48.00	
Kaluthara	-	-	-	900.00	-	1000.00	1700.00	-	1800.00	-	-	-	-	-	-	-	-
Puttalam	1300.00	-	1400.00	1150.00	-	1250.00	1350.00	-	1400.00	-	-	-	-	49.00	-	49.00	
Matara	-	-	-	1800.00	-	1850.00	-	-	-	-	-	-	-	-	-	-	-
Hambantota	-	-	-	1700.00	-	1800.00	-	-	-	-	-	-	-	48.00	-	48.00	
Galle	800.00	-	800.00	-	-	-	-	-	-	-	49.00	-	49.00	47.00	-	47.50	
Batticaloa	-	-	-	1500.00	-	1600.00	1600.00	-	1700.00	-	49.00	-	51.00	49.00	-	51.00	
Trincomalee	1750.00	-	1850.00	1100.00	-	1150.00	1800.00	-	1900.00	-	48.00	-	50.00	46.00	-	48.00	
Mannar	-	-	-	1150.00	-	1200.00	-	-	-	-	-	-	-	-	-	-	-

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

Week 42: 14 - 20 October 2022

Locations	Local Dried Fish													
	Sprats	Kattawa	Thora	Mora	Balaya	Anguluwa								
Colombo	97500	-	120000	-	-	97500	-	107500	42500	-	45000	-		
Kandy	105000	-	110000	-	-	110000	-	112500	45000	-	50000	-		
Batticaloa	105000	-	105000	125000	-	130000	-	-	70000	-	72500	-		
Trincomalee	83000	-	84500	-	-	-	-	-	72000	-	72500	-		
Mannar	75000	-	76000	100000	-	105000	-	-	60000	-	62500	47500	-	50000

Locations	Local Dried Fish			Imported Dried Fish		
	Maduwa	Koduwa	Salaya	Sprats	Kattawa	Thora
Colombo	-	-	-	34000	-	39000
Kandy	-	-	-	-	75000	-
Batticaloa	67500	-	70000	47500	-	52500
Trincomalee	75250	-	77500	42000	-	42500
Mannar	67500	-	97500	32500	-	35000
				70000	-	71000

Locations	Imported Dried Fish					
	Mora	Balaya	Anguluwa	Maduwa	Koduwa	Salaya
Colombo	-	-	-	92000	-	96000
Kandy	-	-	-	-	-	-
Batticaloa	-	-	-	-	-	-
Trincomalee	-	-	-	96000	-	96000
Mannar	-	-	-	-	-	-

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

Week 42: 14 - 20 October 2022

LOCATIONS	Sea Fish												Eggs	
	Salaya	Hurulla	Balaya	Kelawalla	Thora	Paraw	Mora	Thalapath	Brown	White				
22	Colombo	480.00 - 900.00	600.00 - 1100.00	900.00 - 1700.00	1440.00 - 2800.00	2400.00 - 4000.00	1620.00 - 2800.00	1020.00 - 1600.00	2200.00 - 3200.00	50.00 - 52.00	48.50 - 50.00			
	Gampaha	400.00 - 600.00	800.00 - 800.00	-	-	-	-	-	-	55.00 - 55.00	50.00 - 53.00			
	Kurunegala	440.00 - 480.00	600.00 - 600.00	1100.00 - 1200.00	1700.00 - 1800.00	-	1600.00 - 1700.00	1700.00 - 1800.00	2400.00 - 2500.00	50.00 - 50.00	48.00 - 50.00			
	Nikaweratiya	700.00 - 700.00	1000.00 - 1000.00	1000.00 - 1000.00	2000.00 - 2200.00	-	-	-	-	-	48.00 - 50.00			
	Dambulla	600.00 - 640.00	900.00 - 1000.00	900.00 - 1000.00	2000.00 - 2200.00	-	1700.00 - 1800.00	1600.00 - 1800.00	2200.00 - 2300.00	51.00 - 52.00	50.00 - 51.00			
	Anuradhapura	450.00 - 500.00	850.00 - 900.00	1100.00 - 1300.00	2000.00 - 2200.00	2400.00 - 2500.00	1200.00 - 1400.00	1600.00 - 1700.00	2700.00 - 2800.00	-	50.00 - 50.00			
	Thambuthegama	450.00 - 450.00	600.00 - 600.00	900.00 - 900.00	2400.00 - 2400.00	3000.00 - 3000.00	-	-	2800.00 - 2800.00	-	48.00 - 50.00			
	Polonnaruwa	500.00 - 500.00	700.00 - 700.00	1600.00 - 1670.00	1800.00 - 1900.00	2400.00 - 2500.00	1600.00 - 1650.00	1800.00 - 1800.00	2200.00 - 2200.00	55.00 - 55.00	55.00 - 55.00			
	Kaluthara	650.00 - 750.00	700.00 - 800.00	950.00 - 1000.00	2000.00 - 2200.00	-	1550.00 - 1600.00	-	2600.00 - 2700.00	-	49.00 - 50.00			
	Badulla	500.00 - 600.00	800.00 - 900.00	1100.00 - 1200.00	1800.00 - 2000.00	-	1600.00 - 1800.00	1600.00 - 1800.00	2400.00 - 2500.00	50.00 - 52.00	50.00 - 50.00			
	Keppetipola	580.00 - 620.00	800.00 - 860.00	1100.00 - 1200.00	1900.00 - 2000.00	-	1700.00 - 1800.00	1600.00 - 1700.00	2300.00 - 2400.00	51.00 - 52.00	49.00 - 51.00			
	Moneragala	600.00 - 650.00	850.00 - 900.00	1100.00 - 1200.00	-	-	-	-	2700.00 - 2800.00	-	50.00 - 50.00			
	Kegalle	750.00 - 800.00	800.00 - 900.00	1350.00 - 1400.00	2300.00 - 2400.00	-	-	1500.00 - 1600.00	1600.00 - 2600.00	53.00 - 55.00	48.00 - 50.00			
	Ampara	600.00 - 800.00	800.00 - 1000.00	1600.00 - 1600.00	2000.00 - 2200.00	2400.00 - 2400.00	2000.00 - 2000.00	-	3000.00 - 3000.00	-	49.00 - 50.00			
	Dehiattakandiya	400.00 - 400.00	500.00 - 600.00	900.00 - 900.00	-	2400.00 - 2400.00	-	-	1600.00 - 2000.00	50.00 - 50.00	49.00 - 50.00			
	Nuwaraeliya	600.00 - 640.00	800.00 - 860.00	1100.00 - 1200.00	2100.00 - 2200.00	2600.00 - 2800.00	1700.00 - 1800.00	1600.00 - 1700.00	2400.00 - 2500.00	50.00 - 52.00	49.00 - 51.00			
	Kandy	650.00 - 700.00	800.00 - 850.00	1100.00 - 1200.00	2000.00 - 2200.00	2800.00 - 3000.00	1700.00 - 1800.00	1550.00 - 1600.00	2400.00 - 2500.00	52.00 - 53.00	50.00 - 51.00			
	Puttalam	550.00 - 600.00	600.00 - 700.00	900.00 - 950.00	1200.00 - 1350.00	2000.00 - 2250.00	1300.00 - 1350.00	1450.00 - 1500.00	1450.00 - 1550.00	-	50.00 - 50.50			
	Hambantota	400.00 - 500.00	750.00 - 900.00	1000.00 - 1200.00	2000.00 - 2200.00	-	-	-	-	-	50.00 - 50.00			
	Rathnapura	600.00 - 620.00	780.00 - 820.00	1160.00 - 1260.00	2000.00 - 2100.00	2900.00 - 3100.00	1500.00 - 1600.00	1400.00 - 1500.00	2500.00 - 2600.00	-	47.50 - 48.00			
	Matara	500.00 - 600.00	700.00 - 900.00	1100.00 - 1300.00	2200.00 - 2400.00	-	-	-	-	-	48.00 - 50.00			
	Galle	400.00 - 500.00	600.00 - 800.00	1400.00 - 1600.00	2200.00 - 2400.00	2200.00 - 2400.00	-	1400.00 - 1600.00	2000.00 - 2400.00	50.00 - 50.00	47.50 - 48.00			
	Tissamaharama	-	600.00 - 600.00	900.00 - 1300.00	-	-	-	-	2000.00 - 2000.00	-	49.00 - 50.00			
	Meegoda	700.00 - 700.00	800.00 - 800.00	-	-	-	-	1700.00 - 1700.00	3000.00 - 3000.00	-	50.00 - 50.00			
	Embilipitiya	500.00 - 600.00	700.00 - 750.00	1300.00 - 1450.00	1800.00 - 2000.00	2100.00 - 2200.00	1700.00 - 1800.00	1350.00 - 1500.00	2100.00 - 2200.00	50.00 - 52.00	48.00 - 50.00			
	Jaffna	-	1000.00 - 1200.00	1000.00 - 1500.00	-	-	1450.00 - 1500.00	-	-	50.00 - 51.00	49.00 - 51.00			
	Vavuniya	600.00 - 600.00	950.00 - 1000.00	-	2000.00 - 2200.00	2200.00 - 2350.00	1500.00 - 1700.00	2300.00 - 2400.00	2350.00 - 2400.00	52.00 - 52.00	50.00 - 50.00			
	Mannar	400.00 - 450.00	500.00 - 600.00	900.00 - 1000.00	-	-	1200.00 - 1300.00	-	-	-	49.00 - 50.00			
	Killinochchi	350.00 - 400.00	-	800.00 - 850.00	-	-	1200.00 - 1300.00	1800.00 - 2000.00	-	-	50.00 - 50.00			
	Mullaitivu	300.00 - 350.00	600.00 - 600.00	800.00 - 800.00	-	-	1000.00 - 1200.00	1400.00 - 1500.00	-	-	49.00 - 50.00			
	Batticaloa	400.00 - 500.00	800.00 - 800.00	-	2500.00 - 2600.00	2400.00 - 2500.00	2400.00 - 2400.00	-	2400.00 - 2500.00	50.00 - 52.00	50.00 - 52.00			
	Trincomalee	450.00 - 520.00	500.00 - 600.00	1000.00 - 1100.00	-	-	1400.00 - 1550.00	1900.00 - 2000.00	2000.00 - 2150.00	49.00 - 50.00	47.00 - 49.00			
	Veyangoda	720.00 - 720.00	800.00 - 800.00	-	2000.00 - 2000.00	3000.00 - 3000.00	-	1600.00 - 1600.00	2800.00 - 2800.00	-	48.00 - 50.00			
	Galenbindunuwewa	600.00 - 600.00	800.00 - 800.00	1000.00 - 1000.00	2000.00 - 2000.00	2500.00 - 2500.00	1400.00 - 1400.00	1400.00 - 1400.00	2800.00 - 2800.00	-	50.00 - 50.00			
	Bandarawela	480.00 - 500.00	700.00 - 800.00	1200.00 - 1300.00	1800.00 - 2000.00	-	1600.00 - 1800.00	1600.00 - 1700.00	2400.00 - 2500.00	50.00 - 52.00	48.00 - 50.00			
	Matale	-	-	-	-	-	-	-	-	-	-			

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

Week 42: 14 - 20 October 2022

LOCATIONS	Dried Fish											
	Sprats-Imported	Kattawa		Thora		Mora		Balaya		Anguluwa		Salaya
23	Colombo	1600.00 – 2000.00	2400.00 – 3000.00	–	2400.00 – 3200.00	1400.00 – 2300.00	2200.00 – 3100.00	1000.00 – 1600.00				
	Gampaha	1600.00 – 1800.00	2400.00 – 2400.00	2800.00 – 2800.00	2600.00 – 2800.00	1600.00 – 1600.00	2200.00 – 2200.00	1200.00 – 1400.00				
	Kurunegala	1600.00 – 1800.00	2200.00 – 2500.00	2700.00 – 2700.00	2400.00 – 2400.00	1400.00 – 1400.00	2200.00 – 2400.00	1000.00 – 1100.00				
	Nikaweratiya	1500.00 – 1800.00	2600.00 – 2600.00	–	2600.00 – 2700.00	1200.00 – 1200.00	2400.00 – 2400.00	1000.00 – 1000.00				
	Dambulla	1700.00 – 1800.00	2400.00 – 2500.00	–	2600.00 – 2700.00	1200.00 – 1400.00	1800.00 – 2000.00	–				
	Anuradhapura	1600.00 – 1920.00	2700.00 – 2800.00	–	2600.00 – 2800.00	1600.00 – 1800.00	2000.00 – 2800.00	880.00 – 1000.00				
	Thambuththegama	1600.00 – 1600.00	2400.00 – 2400.00	–	2400.00 – 2400.00	1300.00 – 1400.00	–					
	Polonnaruwa	1850.00 – 1900.00	2800.00 – 2900.00	–	2400.00 – 2700.00	1400.00 – 1600.00	–					
	Kaluthara	1500.00 – 1560.00	2400.00 – 2600.00	–	2600.00 – 2800.00	1400.00 – 1600.00	2400.00 – 2600.00	–				
	Badulla	1700.00 – 1800.00	2400.00 – 2600.00	–	2400.00 – 2600.00	1700.00 – 1800.00	–		1200.00 – 1300.00			
	Keppetipola	1800.00 – 1900.00	2600.00 – 2700.00	–	2600.00 – 2700.00	1700.00 – 1800.00	2400.00 – 2500.00	1200.00 – 1300.00				
	Moneragala	1600.00 – 2000.00	2600.00 – 2800.00	2700.00 – 2800.00	2700.00 – 2800.00	1400.00 – 1800.00	2700.00 – 2800.00	–				
	Kegalle	1500.00 – 1600.00	2500.00 – 2600.00	–	2500.00 – 2600.00	2000.00 – 2100.00	–					
	Ampara	1650.00 – 2000.00	2300.00 – 2300.00	–	–	1600.00 – 1800.00	–					
	Dehiatatakandiya	1800.00 – 1800.00	3000.00 – 3000.00	–	–	1400.00 – 1800.00	–		1000.00 – 1000.00			
	Nuwaraeliya	1800.00 – 1900.00	2400.00 – 2600.00	–	2500.00 – 2600.00	1600.00 – 1700.00	2200.00 – 2400.00	1100.00 – 1250.00				
	Kandy	1600.00 – 1800.00	2800.00 – 3000.00	–	2400.00 – 2600.00	1600.00 – 1800.00	2500.00 – 2600.00	–				
	Puttalam	1800.00 – 1900.00	2200.00 – 2400.00	–	2700.00 – 2800.00	1250.00 – 1350.00	2350.00 – 2500.00	800.00 – 1000.00				
	Hambantota	1800.00 – 2000.00	2200.00 – 2400.00	–	–	1200.00 – 1300.00	–					
	Rathnapura	1600.00 – 1720.00	2400.00 – 2600.00	3000.00 – 3000.00	2300.00 – 2600.00	1200.00 – 1260.00	2400.00 – 2460.00	–				
	Matara	1800.00 – 1900.00	2200.00 – 2500.00	–	2200.00 – 2500.00	1200.00 – 1500.00	–		850.00 – 900.00			
	Galle	1800.00 – 2000.00	2300.00 – 2400.00	–	2700.00 – 2800.00	1400.00 – 1500.00	2000.00 – 2200.00	–				
	Tissamaharama	1600.00 – 1800.00	2400.00 – 2400.00	–	–	1300.00 – 1400.00	–					
	Meegoda	1520.00 – 1800.00	2600.00 – 2700.00	–	2400.00 – 2500.00	1600.00 – 1700.00	2500.00 – 2500.00	–				
	Embilipitiya	1600.00 – 1850.00	2600.00 – 2800.00	–	2550.00 – 2700.00	1400.00 – 1800.00	2600.00 – 2750.00	1200.00 – 1400.00				
	Jaffna	1750.00 – 1900.00	–	–	–	–	–					
	Vavuniya	1400.00 – 1500.00	–	–	–	1200.00 – 1200.00	1000.00 – 1050.00	–				
	Mannar	1550.00 – 1600.00	2200.00 – 2400.00	–	–	1350.00 – 1500.00	1100.00 – 1200.00	800.00 – 850.00				
	Killinochchi	1800.00 – 2000.00	2500.00 – 2600.00	–	–	1800.00 – 2000.00	1800.00 – 1800.00	1000.00 – 1100.00				
	Mullaittivu	1800.00 – 2000.00	2800.00 – 3000.00	–	2800.00 – 3000.00	–	1500.00 – 1800.00	800.00 – 800.00				
	Batticaloa	1600.00 – 1800.00	2500.00 – 2700.00	2600.00 – 2700.00	–	1500.00 – 1500.00	–		900.00 – 1200.00			
	Trincomalee	1690.00 – 1750.00	–	–	2000.00 – 2000.00	1400.00 – 1450.00	–		780.00 – 850.00			
	Veyangoda	1550.00 – 1800.00	2400.00 – 2600.00	–	2600.00 – 2800.00	1200.00 – 1600.00	2000.00 – 2100.00	800.00 – 1000.00				
	Galenbindunuwewa	1600.00 – 1800.00	2600.00 – 3000.00	3500.00 – 4000.00	2600.00 – 3000.00	1400.00 – 1600.00	1400.00 – 2600.00	1000.00 – 1200.00				
	Bandarawela	1600.00 – 1800.00	2500.00 – 2600.00	–	2400.00 – 2600.00	1500.00 – 1700.00	2300.00 – 2400.00	1200.00 – 1300.00				
	Matale	–	–	–	–	–	–	–				

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

Week 42: 14 - 20 October 2022

LOCATIONS	Meat		Meat (Chicken)		Meat		
	Beef	Broiler	Curry	Mutton	Pork		
Colombo	2100.00 – 2200.00	1250.00 – 1460.00	1340.00 – 1550.00	2700.00 – 3200.00	1500.00 – 2200.00		
Gampaha	–	1450.00 – 1450.00	–	2600.00 – 2600.00	1500.00 – 1500.00		
Kurunegala	1900.00 – 2000.00	1400.00 – 1500.00	–	2600.00 – 2700.00	1700.00 – 1800.00		
Nikaweratiya	1800.00 – 1800.00	1380.00 – 1400.00	–	–	–		
Dambulla	–	1450.00 – 1480.00	–	–	–		
Anuradhapura	1900.00 – 2000.00	1300.00 – 1450.00	–	2900.00 – 3000.00	1650.00 – 1700.00		
Thambuththegama	1900.00 – 2200.00	1180.00 – 1300.00	1300.00 – 1300.00	–	1500.00 – 1600.00		
Polonnaruwa	1800.00 – 2000.00	1400.00 – 1480.00	–	2600.00 – 2900.00	1600.00 – 1600.00		
Kaluthara	–	1420.00 – 1460.00	1440.00 – 1480.00	–	–		
Badulla	1800.00 – 2000.00	1450.00 – 1500.00	1550.00 – 1600.00	2600.00 – 2800.00	–		
Keppetipola	1900.00 – 2000.00	1450.00 – 1480.00	1550.00 – 1600.00	2800.00 – 2900.00	–		
Moneragala	2000.00 – 2000.00	1500.00 – 1550.00	–	–	1700.00 – 1750.00		
Kegalle	1900.00 – 2000.00	1390.00 – 1450.00	–	2800.00 – 2800.00	1750.00 – 1900.00		
Ampara	2000.00 – 2000.00	1400.00 – 1500.00	–	–	1500.00 – 1500.00		
Dehiattakandiya	–	1240.00 – 1480.00	1200.00 – 1300.00	–	1700.00 – 1800.00		
Nuwaraeliya	2000.00 – 2100.00	1450.00 – 1480.00	1550.00 – 1580.00	2800.00 – 2900.00	1600.00 – 1700.00		
Kandy	1900.00 – 2000.00	1350.00 – 1400.00	1480.00 – 1500.00	2600.00 – 2700.00	–		
Puttalam	1900.00 – 2000.00	1340.00 – 1400.00	1350.00 – 1400.00	2800.00 – 2800.00	–		
Hambantota	–	1300.00 – 1350.00	–	–	–		
Rathnapura	1800.00 – 1820.00	1300.00 – 1340.00	1500.00 – 1560.00	2800.00 – 2900.00	1750.00 – 1800.00		
Matara	–	1300.00 – 1350.00	–	–	–		
Galle	2000.00 – 2200.00	1400.00 – 1450.00	1500.00 – 1550.00	2950.00 – 3000.00	–		
Tissamaharama	–	1550.00 – 1600.00	–	–	2000.00 – 2000.00		
Meegoda	–	1150.00 – 1170.00	–	–	–		
Embilipitiya	2100.00 – 2200.00	1290.00 – 1450.00	1350.00 – 1400.00	2900.00 – 3000.00	1800.00 – 2000.00		
Jaffna	1450.00 – 1500.00	1500.00 – 1600.00	1400.00 – 1500.00	2350.00 – 2600.00	–		
Vavuniya	1700.00 – 1750.00	1500.00 – 1700.00	–	2750.00 – 2800.00	–		
Mannar	1400.00 – 1600.00	1600.00 – 1600.00	–	–	–		
Killinochchi	1800.00 – 1800.00	1600.00 – 1600.00	1800.00 – 1800.00	2800.00 – 2800.00	–		
Mullaittivu	1600.00 – 1600.00	1800.00 – 1800.00	–	–	–		
Batticaloa	–	1600.00 – 1700.00	1800.00 – 1800.00	–	–		
Trincomalee	1600.00 – 1700.00	1200.00 – 1300.00	1050.00 – 1100.00	–	–		
Veyangoda	1900.00 – 1900.00	1300.00 – 1300.00	1450.00 – 1450.00	2600.00 – 2600.00	1600.00 – 1600.00		
Galenbindunuwewa	1780.00 – 1800.00	1300.00 – 1350.00	–	–	–		
Bandarawela	2000.00 – 2200.00	1400.00 – 1450.00	1500.00 – 1550.00	2800.00 – 3000.00	–		
Matale	–	–	–	–	–		

Table 14: Colombo: Wholesale Prices (Rs/Kg or Rs/Pieces)
Week 42: 14 - 20 October 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 (%)	
Rice							Coconut							
Local							Large	82.00 - 85.00	82.60	83.70	73.82	-1.31	11.90	
Samba 1	215.00 - 230.00	222.00	223.70		-0.76		Small	70.00 - 75.00	72.60	74.00	65.50	-1.89	10.84	
Samba 2	210.00 - 220.00	216.50	216.00	141.60	0.23	52.90								
Keeri Samba	235.00 - 250.00	239.30	240.80	202.50	-0.62	18.17	Fruits (Rs/Fruit)							
Nadu 1	210.00 - 215.00	213.20	213.90	119.82	-0.33	77.94	Plantain							
Nadu 2	205.00 - 210.00	207.90	208.60	117.70	-0.34	76.64	Ambul (Rs/Kg)	140.00 - 170.00	150.83	163.33	53.33	-7.65	182.81	
Raw (Red)	210.00 - 215.00	212.30	212.50	100.90	-0.09	110.41	Kolikuttu (Rs/Kg)	300.00 - 360.00	327.50	330.00	170.00	-0.76	92.65	
Raw (White)	200.00 - 210.00	204.80	204.10	114.50	0.34	78.86	Seeni (Rs/Kg)	100.00 - 120.00	110.00	112.50	63.33	-2.22	73.68	
Imported							Anamalu	14.00 - 17.00	15.92	17.25	11.50	-7.73	38.41	
Samba	180.00 - 185.00	181.20	183.40		-1.20		Ambun	18.00 - 21.00	19.15	20.50	13.83	-5.57	38.46	
Nadu	170.00 - 175.00	170.80	172.40		-0.93		Papaw(Rs/Kg)	140.00 - 200.00	163.85	205.45	60.67	-20.25	170.08	
Raw (Red)	-	-	-	-	-		Passion Fruit	30.00 - 33.00	31.11	33.10	12.50	-6.01	148.89	
Raw (White)	148.00 - 155.00	150.80	158.40		-4.80		Pineapple Large	580.00 - 670.00	630.00	680.00	327.00	-7.35	92.66	
Dried Chillies							Pineapple Medium	480.00 - 570.00	530.00	600.00	235.38	-11.67	125.16	
Imported	1400.00 - 1500.00	1444.50	1466.50	509.50	-1.50	183.51	Pineapple Small	400.00 - 460.00	436.67	510.00	168.18	-14.38	159.64	
Onion							Mango							
Sinnan	-	-	-	-	-	-	Betti	-	-	-	-	-	-	
Vedalan	480.00 - 510.00	495.00	508.75	226.11	-2.70	118.92	Karthakolomban	120.00 - 200.00	160.00	166.25	83.33	-3.76	92.00	
Imported	450.00 - 500.00	468.00	455.00	191.88	2.86	143.91	Vilad	50.00 - 70.00	57.50	64.44	29.20	-10.78	96.92	
Big Onion							Kohu	-	-	-	-	-	-	
Imported	190.00 - 210.00	200.00	203.00	155.00	-1.48	29.03	Other							
Local	180.00 - 220.00	206.11	196.50	153.00	4.89	34.71	Wood Apple	15.00 - 24.00	17.92	20.83	12.00	-13.97	49.36	
Potato							Orange	50.00 - 65.00	56.11	63.50	40.00	-11.64	40.28	
Wellimada	270.00 - 290.00	280.00	270.00	128.33	3.70	118.18	Avocado	40.00 - 70.00	58.00	62.08	45.57	-6.58	27.27	
N'Eliya	310.00 - 320.00	315.00	300.00	146.00	5.00	115.75	Slime Apple	28.00 - 52.00	44.29	48.50	55.00	-8.69	-19.48	
Imported	150.00 - 175.00	163.50	156.50	127.50	4.47	28.24	Grapes (Imp., Rs/Kg)	1100.00 - 1200.00	1150.00	1200.00	714.00	-4.17	61.06	
Pulses							King Coconut	90.00 - 120.00	102.22	110.00	55.00	-7.07	85.86	
Green Gram	1040.00 - 1100.00	1070.00	1066.00	506.00	0.38	111.46	Sea Fish							
Cowpea (White)	840.00 - 900.00	864.29	867.78	504.50	-0.40	71.32	Salaya	350.00 - 500.00	415.45	507.00	155.00	-18.06	168.04	
Cowpea (Red)	870.00 - 950.00	905.00	911.11	321.00	-0.67	181.93	Hurulla	450.00 - 600.00	519.00	598.00	413.33	-13.21	25.56	
Red Dhal	370.00 - 385.00	378.00	390.50	229.80	-3.20	64.49	Bayala	580.00 - 800.00	677.00	708.00	400.00	-4.38	69.25	
Vegetable							Kelawalla	800.00 - 1350.00	1073.00	1372.22	646.67	-21.81	65.93	
Beans (Butter)	-	-	-	-	-	-	Thora	2000.00 - 2700.00	2230.00	2465.00	1333.33	-9.53	67.25	
Beans(Green)	230.00 - 320.00	277.00	352.00	207.00	-21.31	33.82	Paraw	850.00 - 1400.00	1118.00	1239.00	660.00	-9.77	69.39	
Carrot	200.00 - 260.00	234.00	280.00	98.00	-16.43	138.78	Mora	850.00 - 940.00	897.50	684.00	-	-	31.21	
Leeks	150.00 - 180.00	166.00	174.00	156.00	-4.60	6.41	Shrimps	1350.00 - 1750.00	1545.00	1441.00	986.00	7.22	56.69	
Beetroot	200.00 - 270.00	233.33	239.00	46.79	-2.37	398.73	Thalapath	1750.00 - 2400.00	1994.44	2003.00	1233.33	-0.43	61.71	
Knolkhol	160.00 - 200.00	182.00	194.00	84.00	-6.19	116.67	Eggs							
Raddish	100.00 - 130.00	120.00	126.00	82.00	-4.76	46.34	Brown	49.00 - 50.00	49.63	49.50	19.13	0.25	159.48	
Cabbage	150.00 - 230.00	194.00	226.00	89.00	-14.16	117.98	White	47.50 - 48.00	47.88	47.75	17.25	0.26	177.54	
Tomato	220.00 - 250.00	240.00	201.00	76.00	19.40	215.79	Dried Fish							
Ladies Fingers	60.00 - 140.00	98.00	100.00	121.00	-2.00	-19.01	Sprats	1950.00 - 2400.00	2165.00	2004.00	1206.67	8.03	79.42	
Brinjal	220.00 - 250.00	234.00	282.00	186.00	-17.02	25.81	Sprats (Imported)	1350.00 - 1550.00	1444.44	1484.17	513.00	-2.68	181.57	
Capsicum	500.00 - 600.00	560.00	636.00	265.00	-11.95	111.32	Kattawa	-	-	-	1271.67	-	-	
Pumpkin	160.00 - 180.00	169.00	200.00	45.00	-15.50	275.56	Kattawa (Imported)	1600.00 - 1800.00	1714.00	1647.78	-	4.02	-	
Cucumber	50.00 - 70.00	59.00	104.00	66.00	-43.27	-10.61	Thora	-	-	-	-	-	-	
Bitter Gourd	320.00 - 360.00	347.00	375.00	219.00	-7.47	58.45	Thora (Imported)	-	-	-	-	-	-	
Snake Gourd	200.00 - 220.00	212.00	257.00	156.00	-17.51	35.90	Mora	1950.00 - 2150.00	2047.00	2054.00	1283.33	-0.34	59.51	
Drumstick	150.00 - 200.00	172.00	416.00	172.00	-58.65	0.00	Mora (Imported)	1840.00 - 1920.00	1880.00	1825.71	-	2.97	-	
Luffa	150.00 - 200.00	174.00	206.00	112.00	-15.53	55.36	Anguluwa	-	-	-	678.00	-	-	
Long Beans	120.00 - 200.00	165.00	167.00	124.00	-1.20	33.06	Anguluwa (Imported)	-	-	-	-	-	-	
Ash Plantain	150.00 - 180.00	160.00	162.00	42.50	-1.23	276.47	Bayala	850.00 - 900.00	870.91	874.00	566.67	-0.35	53.69	
Green Chillies	180.00 - 220.00	202.00	245.00	130.00	-17.55	55.38	Bayala (Imported)	-	-	-	-	-	-	
Lime	500.00 - 600.00	555.00	530.00	359.00	4.72	54.60	Anguluwa	1840.00 - 1920.00	1880.00	1825.71	-	2.97	-	
Root Crops							Maduwa	-	-	-	-	-	-	
Sweet Potato	100.00 - 130.00	122.00	118.00	75.00	3.39	62.67	Maduwa (Imported)	-	-	-	-	-	-	
Manioc	80.00 - 100.00	87.00	85.00	34.00	2.35	155.88	Koduwa	-	-	-	-	-	-	
Leafy Vegetable							Koduwa (Imported)	-	-	-	-	-	-	
Mukunuwenna	50.00 - 55.00	51.50	49.50	29.00	4.04	77.59	Salaya	680.00 - 780.00	724.00	828.00	283.75	-12.56	155.15	
Kankun	50.00 - 55.00	51.50	49.50	29.00	4.04	77.59	Salaya (Imported)	-	-	-	-	-	-	
Gotukola (Rs/Kg)	220.00 - 240.00	229.00	226.00	76.00	1.33	201.32	-	-	-	-	-	-	-	

This Week: Week 42: 14 - 20 October 2022
Last Week: Week 41: 07 - 13 October 2022

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

Week 42: 14 - 20 October 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 (%)		
Rice															
Local															
Samba 1	230.00 - 240.00	236.21	236.25	158.71	-0.04	48.83	Coconut		90.00 - 110.00	95.30	97.50	90.61	-2.20	5.18	
Samba 2	220.00 - 230.00	227.59	227.69	145.15	-0.11	56.80	Large		75.00 - 85.00	79.19	80.38	76.55	-1.19	3.46	
Keeri Samba	250.00 - 270.00	261.00	262.94	206.08	-1.94	26.65	Small								
Nadu 1	220.00 - 240.00	231.61	233.97	129.13	-2.35	79.36	Fruits (Rs/Fruit)								
Nadu 2	210.00 - 230.00	222.07	225.77	123.04	-3.70	80.49	Plantain		150.00 - 220.00	193.14	195.83	122.81	-2.69	57.27	
Raw (Red)	220.00 - 230.00	224.41	229.69	111.29	-5.28	101.65	Ambul (Rs/Kg)		360.00 - 460.00	405.67	408.38	253.44	-2.71	60.07	
Raw (White)	210.00 - 230.00	223.64	228.48	120.13	-4.85	86.16	Kolikuttu (Rs/Kg)		120.00 - 200.00	174.85	178.92	131.14	-4.07	33.33	
Imported							Seeni (Rs/Kg)		Anamalu	20.00 - 28.00	24.15	24.88	18.56	-0.73	30.09
Samba	190.00 - 220.00	203.75	204.72		-0.97		Ambun	25.00 - 35.00	30.23	30.88	23.44	-0.65	28.98		
Nadu	180.00 - 210.00	196.73	201.52		-4.78		Papaw(Rs/Kg)	200.00 - 300.00	257.86	285.81	137.74	-27.95	87.20		
Raw (Red)	-						Passion Fruit	32.00 - 58.00	47.27	47.92	23.83	-0.65	98.33		
Raw (White)	170.00 - 190.00	179.85	187.43		-7.58		Pineapple Large	800.00 - 1000.00	852.17	1072.73	369.55	-220.55	130.60		
Dried Chillies							Pineapple Medium	650.00 - 750.00	694.00	794.74	286.67	-100.74	142.09		
Imported	1600.00 - 2000.00	1801.39	1842.86	616.05	-41.47	192.41	Pineapple Small	480.00 - 600.00	550.38	639.33	234.44	-88.95	134.76		
Onion							Mango		Betti	-					
Sinnan	300.00 - 420.00	370.00	374.67	253.75	-4.67	45.81	Karthakolomban	150.00 - 280.00	214.75	235.26	140.00	-20.51	53.39		
Vedalan	480.00 - 650.00	577.88	536.13	293.93	41.75	96.60	Vilad	60.00 - 160.00	88.64	98.64	64.00	-10.00	38.49		
Imported	400.00 - 500.00	440.69	424.80	287.41	15.89	53.33	Kohu	-							
Big Onion							Other								
Imported	220.00 - 260.00	236.06	229.43	190.00	6.63	24.24	Wood Apple	30.00 - 70.00	48.89	50.28	50.32	-1.39	-2.85		
Local	220.00 - 280.00	243.94	231.47	180.00	12.47	35.52	Orange	60.00 - 150.00	103.64	104.23	61.94	-0.59	67.33		
Potato							Avocado	60.00 - 180.00	109.60	95.81	77.74	13.79	40.98		
Wellimada	300.00 - 380.00	332.90	334.55	169.14	-1.64	96.82	Slime Apple	70.00 - 160.00	121.11	131.54	-	-10.43			
N'Ellya	350.00 - 480.00	410.65	431.72	200.54	-21.08	104.77	Grapes (Imp., Rs/Kg)	1800.00 - 2300.00	2063.64	2466.67	1166.67	-403.03	76.88		
Imported	180.00 - 240.00	221.32	222.81	158.18	-1.49	39.92	King Coconut	100.00 - 130.00	121.18	131.05	68.91	-9.88	75.84		
Pulses							Sea Fish								
Green Gram	1100.00 - 1300.00	1204.69	1193.75	643.33	10.94	87.26	Salaya	480.00 - 900.00	652.17	686.80	260.00	-34.63	150.84		
Cowpea (White)	900.00 - 1200.00	1083.33	1057.14	786.53	26.19	37.74	Hurulla	600.00 - 1100.00	781.88	870.00	528.70	-88.13	47.89		
Cowpea (Red)	950.00 - 1200.00	1033.93	1003.04	378.33	30.89	173.29	Balaya	900.00 - 1700.00	1238.75	1277.00	910.77	-38.25	36.01		
Red Dhal	385.00 - 440.00	412.05	433.82	255.88	-21.77	61.03	Kelawalla	1440.00 - 2800.00	2230.00	2268.10	1485.56	-38.10	50.11		
Vegetable							Thora	2400.00 - 4000.00	3057.14	3078.75	1792.00	-21.61	70.60		
Beans (Butter)	-						Paraw	1620.00 - 2800.00	2119.23	2214.29	1340.00	-95.05	58.15		
Beans(Green)	300.00 - 480.00	421.11	435.56	292.50	-14.44	43.97	Mora	1020.00 - 1600.00	1313.33	-					
Carrot	320.00 - 480.00	400.36	401.92	175.00	-1.57	128.78	Shrimps	1500.00 - 2100.00	1872.00	1858.75	1189.52	13.25	57.37		
Leeks	240.00 - 400.00	316.92	319.63	240.37	-2.71	31.85	Thalaphath	2200.00 - 3200.00	2779.13	2797.92	1704.35	-18.79	63.06		
Beetroot	250.00 - 400.00	347.60	357.31	114.81	-9.71	202.75									
Knolkhol	240.00 - 400.00	336.30	352.67	156.92	-16.37	114.31	Eggs	2400.00 - 4000.00	3057.14	3078.75	1792.00	-21.61	70.60		
Raddish	140.00 - 280.00	224.81	241.15	136.52	-16.34	64.67	Sprats	1620.00 - 2800.00	2119.23	2214.29	1340.00	-95.05	58.15		
Cabbage	250.00 - 440.00	364.44	413.08	164.81	-48.63	121.12	Sprats (Imported)	1600.00 - 2000.00	1809.26	1868.75	639.13	-59.49	183.08		
Tomato	300.00 - 440.00	380.37	326.00	128.52	54.37	195.97	Kattawa	2400.00 - 3000.00	2684.00	2596.80	1580.00	87.20	69.87		
Ladies Fingers	140.00 - 320.00	234.62	239.26	193.08	-4.64	21.51	Thora	-							
Brinjal	280.00 - 480.00	393.08	404.81	259.29	-11.74	51.60	Mora	2400.00 - 3200.00	2800.00	2820.83	1545.65	-20.83	81.15		
Capsicum	640.00 - 1000.00	851.48	861.25	349.63	-9.77	143.54	Balaya	1400.00 - 2300.00	1762.50	1870.83	922.08	-108.33	91.14		
Pumpkin	240.00 - 320.00	273.33	276.15	113.45	-2.82	140.93	Anguluwa	2200.00 - 3100.00	2680.00	2560.00	1397.83	120.00	91.73		
Cucumber	100.00 - 240.00	188.46	204.23	123.57	-15.77	52.51	Maduwa	-							
Bitter Gourd	360.00 - 600.00	503.33	522.80	303.33	-19.47	65.93	Koduwa	-							
Snake Gourd	300.00 - 480.00	375.19	385.77	235.38	-10.58	59.39	Salaya	1000.00 - 1600.00	1304.35	1313.33	566.19	-8.99	130.37		
Drumstick	320.00 - 700.00	536.96	654.55	270.77	-117.59	98.31	Meat	2100.00 - 2200.00	2125.00	2120.00	1200.00	5.00	77.08		
Luffa	280.00 - 400.00	334.29	338.40	211.48	-4.11	58.07	Beef (without Bones)	1250.00 - 1460.00	1349.00	1443.64	693.00	-94.64	94.66		
Long Beans	240.00 - 400.00	313.91	318.08	205.71	-4.16	52.60	Chicken (Broiler)	2100.00 - 2400.00	2125.00	2120.00	1200.00	5.00	108.97		
Ash Plantain	200.00 - 320.00	266.67	270.69	116.79	-4.02	128.34	Chicken (Curry)	1250.00 - 1460.00	1440.00	1500.00	689.09	-60.00	43.56		
Green Chillies	260.00 - 600.00	436.54	463.46	254.81	-26.92	71.32	Mutton	1250.00 - 1550.00	1440.00	1500.00	2040.00	28.57			
Lime	600.00 - 1000.00	762.96	656.54	513.60	106.42	48.55	Pork	1250.00 - 1600.00	1837.50	1860.00	820.00	-22.50	124.09		
Root Crops															
Sweet Potato	160.00 - 280.00	225.19	223.70	128.57	1.48	75.14									
Manioc	150.00 - 200.00	193.93	192.69	73.21	1.24	164.88									
Leafy Vegetable															
Mukunuwenna	70.00 - 100.00	80.00	80.00	42.50	0.00	88.24									
Kankun	70.00 - 100.00	82.22	80.00	42.50	2.22	93.46									
Gotukola	100.00 - 180.00	119.44	117.37	51.75	2.08	130.81									

This Week: Week 42: 14 - 20 October 2022

Last Week: Week 41: 07 - 13 October 2022

Table 16: Farmgate/Producer Prices of Food Commodities in Selected Producing Areas (Rs/Kg)
Week 42: 14 - 20 October 2022

COMMODITY	Range	Average Price	COMMODITY	Range	Average Price	COMMODITY	Range	Average Price
Paddy			Vegetable (Up Country)			Snake Gourd		
Short Grain			Beans			Dambulla	167.50 – 187.50	178.50
A'pura	103.00 – 105.00	103.80	Dambulla	240.00 – 270.00	256.00	Hambantota	140.00 – 160.00	150.00
P'naruwa	113.00 – 114.00	113.42	Welimada	255.00 – 270.00	261.00	Embilipitiya	210.00 – 230.00	222.00
Kalawewa	105.00 – 110.00	107.60	Badulla	220.00 – 240.00	226.00	Matara	–	
Kurunegala	108.00 – 110.00	109.33	Carrot			A'pura	180.00 – 190.00	184.00
Dehiattakandiya	105.00 – 106.00	105.67	N'Eliya	260.00 – 265.00	262.00	Luffa		
Nikaweratiya	110.00 – 113.00	111.17	Welimada	225.00 – 235.00	231.00	Dambulla	95.00 – 125.00	110.00
Ampara	100.00 – 105.00	103.33	Hanguranketha	200.00 – 220.00	211.00	Hambantota	140.00 – 160.00	150.00
Long Grain (White)			Leeks			Embilipitiya	160.00 – 190.00	176.00
A'pura	103.00 – 108.00	104.40	N'Eliya	160.00 – 170.00	164.00	Matara	–	
P'naruwa	108.00 – 109.50	108.75	Welimada	155.00 – 165.00	161.00	A'pura	120.00 – 130.00	124.00
Kalawewa	100.00 – 105.00	103.00	Beetroot			Green Chillies		
Kurunegala	108.00 – 110.00	109.33	N'Eliya	165.00 – 175.00	170.00	Dambulla	167.50 – 190.00	180.50
Dehiattakandiya	102.00 – 104.00	102.67	Dambulla	172.50 – 200.00	189.00	Hambantota	–	
Embilipitiya	–		Kurunegala	–		Embilipitiya	200.00 – 240.00	216.67
Nikaweratiya	110.00 – 113.00	111.17	Welimada	155.00 – 170.00	164.00	Puttalam	150.00 – 180.00	161.67
Hambantota	–		Hanguranketha	150.00 – 170.00	160.40	A'pura	200.00 – 220.00	208.00
Ampara	110.00 – 115.00	111.40	Knol Khol			Pumpkin		
Long Grain (Red)			N'Eliya	130.00 – 140.00	135.00	Dambulla	152.50 – 167.50	160.50
Matara	120.00 – 125.00	121.75	Welimada	125.00 – 135.00	131.00	Hambantota	120.00 – 140.00	132.50
Hambantota	120.00 – 122.00	120.67	Hanguranketha	130.00 – 150.00	140.00	Embilipitiya	155.00 – 170.00	161.25
Embilipitiya	125.00 – 127.00	125.60	Raddish			Matara	–	
Keeri Samba			N'Eliya	75.00 – 85.00	81.00	A'pura	150.00 – 160.00	154.00
A'pura	113.00 – 115.00	113.80	Welimada	35.00 – 40.00	37.00	Moneragala	80.00 – 90.00	84.00
P'naruwa	109.00 – 110.00	109.50	Hambantota	50.00 – 80.00	64.00	Cucumber		
Kalawewa	110.00 – 112.00	111.00	Hanguranketha	50.00 – 55.00	53.00	A'pura	40.00 – 45.00	42.00
Kurunegala	112.00 – 115.00	114.00	Cabbage			Dambulla	24.00 – 30.00	26.60
Dehiattakandiya	107.00 – 109.00	108.33	N'Eliya	120.00 – 125.00	123.00	Hambantota	40.00 – 60.00	48.00
Red Onion			Welimada	100.00 – 115.00	108.00	Matara	–	
Puttalam	350.00 – 420.00	384.00	Badulla	90.00 – 120.00	106.00	Long Beans		
Jaffna	300.00 – 350.00	320.00	Hanguranketha	180.00 – 210.00	193.00	Dambulla	162.50 – 172.50	165.50
Big Onion			Tomato			Hambantota	100.00 – 130.00	115.00
Dambulla	190.00 – 200.00	194.00	Welimada	210.00 – 220.00	215.00	Embilipitiya	190.00 – 210.00	200.00
Kalawewa	–		Hambantota	120.00 – 160.00	140.00	Matara	160.00 – 180.00	170.00
A'pura	–		Dambulla	200.00 – 220.00	209.00	A'pura	160.00 – 170.00	164.00
Potato			Hanguranketha	110.00 – 130.00	117.40	Ash Plantain		
N'Eliya	250.00 – 260.00	254.00	Vegetable (Low Country)			Hambantota	60.00 – 70.00	65.00
Badulla	230.00 – 240.00	235.00	Ladies Fingers			Embilipitiya	100.00 – 120.00	108.00
Welimada	240.00 – 250.00	244.00	A'pura	70.00 – 80.00	74.00	Matara	90.00 – 100.00	95.00
Pulses			Dambulla	67.00 – 76.00	71.40	Lime		
Green Gram			Hambantota	50.00 – 70.00	60.00	Hambantota	–	
Hambantota	–		Embilipitiya	90.00 – 100.00	95.00	Embilipitiya	520.00 – 560.00	542.50
Moneragala	850.00 – 900.00	870.00	Matara	85.00 – 90.00	88.33	Moneragala	350.00 – 400.00	370.00
Embilipitiya	940.00 – 950.00	945.00	Brinjal			Fruits (Rs/Kg)		
Nikaweratiya	–		A'pura	220.00 – 230.00	224.00	Banana		
A'pura	850.00 – 900.00	870.00	Dambulla	190.00 – 230.00	214.00	Ambul		
Cowpea			Hambantota	–		Moneragala	50.00 – 60.00	54.00
Hambantota	–		Embilipitiya	190.00 – 200.00	195.00	Embilipitiya	80.00 – 110.00	96.00
Nikaweratiya	700.00 – 700.00	700.00	Matara	200.00 – 220.00	212.50	Hambantota	110.00 – 120.00	115.00
Moneragala	740.00 – 800.00	764.00	Welimada	110.00 – 115.00	113.00	Kolikuttu		
Embilipitiya	780.00 – 800.00	790.00	Capsicum			Moneragala	150.00 – 175.00	160.00
Maize			Badulla	–		Embilipitiya	230.00 – 250.00	238.00
A'pura	–		Welimada	530.00 – 560.00	544.00	Hambantota	–	
Kalawewa	–		Bitter Gourd			Papaw		
Gingelly	500.00 – 550.00	520.00	A'pura	220.00 – 240.00	228.00	Moneragala	50.00 – 60.00	54.00
A'pura	–		Dambulla	220.00 – 240.00	227.00	Embilipitiya	90.00 – 120.00	104.00
Kalawewa	–		Hambantota	–		Hambantota	120.00 – 130.00	126.67
Black Gram			Embilipitiya	290.00 – 340.00	315.00	Pineapple		
A'pura	750.00 – 800.00	770.00	Matara	260.00 – 300.00	280.00	Divulapitiya	–	
Kalawewa	850.00 – 950.00	887.50						

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

Week 42: 14 - 20 October 2022

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
Rice									
Local									
Samba 1	240.00	-	240.00	240.00	-	240.00	240.00	-	240.00
Samba 2	230.00	-	230.00	230.00	-	230.00	230.00	-	230.00
Keeri Samba	260.00	-	270.00	260.00	-	270.00	260.00	-	260.00
Nadu 1	220.00	-	240.00	220.00	-	230.00	240.00	-	230.00
Nadu 2	220.00	-	220.00	210.00	-	220.00	220.00	-	220.00
Raw (Red)	220.00	-	230.00	220.00	-	230.00	220.00	-	230.00
Raw (White)	210.00	-	230.00	220.00	-	230.00	210.00	-	230.00
Imported									
Samba	190.00	-	200.00	200.00	-	200.00	200.00	-	200.00
Nadu	180.00	-	190.00	200.00	-	200.00	200.00	-	200.00
Raw (Red)	-	-	-	-	-	-	-	-	-
Raw (White)	170.00	-	175.00	190.00	-	190.00	175.00	-	190.00
Dried Chillies									
Imported	1600.00	-	1750.00	2000.00	-	2000.00	1700.00	-	1800.00
Red Onion									
Sinnan	320.00	-	360.00	360.00	-	380.00	360.00	-	360.00
Vedalan	480.00	-	600.00	480.00	-	620.00	600.00	-	600.00
Imported	480.00	-	480.00	400.00	-	400.00	400.00	-	420.00
Big Onion									
Imported	220.00	-	230.00	240.00	-	240.00	220.00	-	240.00
Local	220.00	-	240.00	260.00	-	280.00	240.00	-	240.00
Potato									
Welimada	300.00	-	320.00	300.00	-	320.00	300.00	-	320.00
N'Eliya	350.00	-	360.00	400.00	-	480.00	400.00	-	440.00
Imported	180.00	-	220.00	200.00	-	240.00	200.00	-	220.00
Pulses									
Green Gram	1100.00	-	1200.00	1200.00	-	1200.00	1200.00	-	1200.00
Cowpea (White)	900.00	-	1100.00	1100.00	-	1200.00	1000.00	-	1000.00
Cowpea (Red)	950.00	-	1100.00	1000.00	-	1000.00	1000.00	-	1000.00
Red Dhal	385.00	-	420.00	400.00	-	440.00	400.00	-	440.00

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

Week 42: 14 - 20 October 2022

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

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

Week 42: 14 - 20 October 2022

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<i>Plantain</i>									
Ambul (Rs/Kg)	160.00	-	200.00	200.00	-	220.00	200.00	-	220.00
Kolikuttu (Rs/Kg)	360.00	-	420.00	360.00	-	420.00	450.00	-	460.00
Seenii (Rs/Kg)	120.00	-	150.00	200.00	-	200.00	180.00	-	200.00
Anamalu	24.00	-	25.00	26.00	-	28.00	25.00	-	28.00
Ambun	30.00	-	31.00	33.00	-	35.00	31.00	-	35.00
<i>Pineapple</i>									
Large	800.00	-	850.00	900.00	-	1000.00	800.00	-	850.00
Medium	650.00	-	700.00	650.00	-	700.00	700.00	-	750.00
30 Small	500.00	-	550.00	480.00	-	600.00	500.00	-	600.00
<i>Mango</i>									
Betti	-	-	-	-	-	-	-	-	-
Karthakolomban	150.00	-	200.00	250.00	-	280.00	250.00	-	260.00
Vilad	70.00	-	100.00	100.00	-	140.00	160.00	-	160.00
Kohu	-	-	-	-	-	-	-	-	-
<i>Other Fruits</i>									
Wood Apple	30.00	-	50.00	50.00	-	70.00	60.00	-	60.00
Orange	100.00	-	120.00	120.00	-	150.00	80.00	-	100.00
Avocado	60.00	-	100.00	160.00	-	180.00	140.00	-	150.00
Slime Apple	70.00	-	100.00	140.00	-	160.00	100.00	-	120.00
Grapes (Rs/Kg)	-	-	2000.00	-	2200.00	2000.00	-	2200.00	-
Papaw (Rs/Kg)	200.00	-	220.00	280.00	-	300.00	260.00	-	270.00
Passion	32.00	-	33.00	50.00	-	58.00	54.00	-	58.00
King Coconut	100.00	-	120.00	120.00	-	130.00	130.00	-	130.00

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

Week 42: 14 - 20 October 2022

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<u>Sea Fish</u>									
Salaya	480.00	560.00	720.00	720.00	720.00	900.00	680.00	680.00	520.00
Hurulla	670.00	700.00	800.00	800.00	800.00	1100.00	780.00	780.00	720.00
Bayala	900.00	1000.00	1700.00	1700.00	-	-	-	1400.00	1600.00
Kelawalla	1440.00	1620.00	2400.00	2400.00	2000.00	2200.00	2800.00	2800.00	2000.00
Thora	3000.00	3200.00	2720.00	2960.00	4000.00	3600.00	4000.00	4000.00	2400.00
Paraw	1620.00	1680.00	2400.00	2400.00	-	2800.00	2800.00	-	2000.00
Mora	1020.00	1080.00	-	-	-	-	-	1300.00	1500.00
Shrimps Small	2040.00	2100.00	1720.00	1720.00	2000.00	2100.00	1700.00	1700.00	1500.00
Talapath	2200.00	2600.00	2900.00	2920.00	2800.00	2800.00	3200.00	3000.00	2800.00
31 <u>Eggs (Rs/Egg)</u>									
Brown	50.00	50.00	51.00	51.00	51.00	50.00	51.00	50.00	52.00
White	48.50	48.50	50.00	50.00	50.00	50.00	50.00	50.00	49.00
<u>Dried Fish</u>									
Sprats	2000.00	2200.00	-	2400.00	2600.00	2200.00	2500.00	2200.00	2600.00
Kattawa	2400.00	2500.00	2800.00	2900.00	2600.00	2600.00	2800.00	2800.00	2600.00
Thora	-	-	-	-	-	-	-	-	-
Mora	2400.00	2600.00	2800.00	2900.00	2800.00	3000.00	2700.00	2800.00	2800.00
Bayala	1400.00	1400.00	2200.00	2300.00	1500.00	1600.00	2200.00	2300.00	1400.00
Anguluwa	2200.00	2200.00	2800.00	2900.00	2800.00	-	-	-	3000.00
Salaya	1000.00	1200.00	1300.00	1400.00	1400.00	1500.00	1200.00	1300.00	1400.00
<u>Meat</u>									
Beef (without Bones)	-	2100.00	2100.00	2200.00	2200.00	-	2100.00	2100.00	-
Chicken (Broiler)	1300.00	1300.00	1350.00	1350.00	1340.00	1380.00	1250.00	1250.00	1460.00
Chicken (Curry)	1460.00	1460.00	-	1340.00	1340.00	1550.00	1350.00	1450.00	1500.00
Mutton	-	2800.00	2800.00	3000.00	3000.00	-	3000.00	3000.00	2700.00
Pork	-	2000.00	2000.00	2200.00	2200.00	-	-	-	1650.00

Annex 05 : Food Composition of Selected Food Commodities

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

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

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

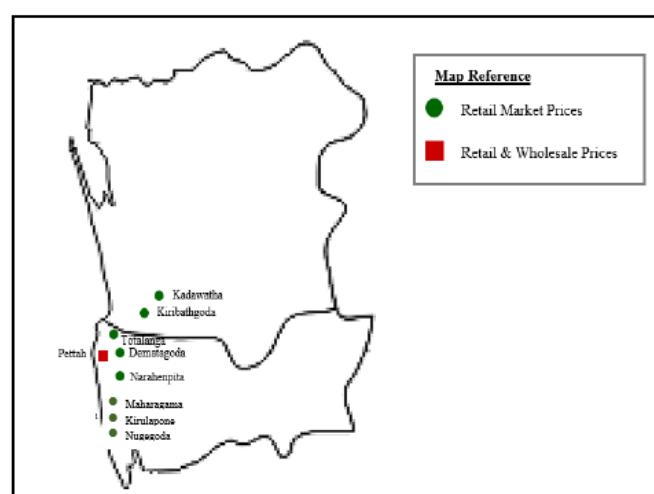
Meat

Chicken	176	23.14	9.24	6.88	0.07	0.49	10.09	-	15.06	20.18	0.75	0.64
Beef	160	23.3	7.45	2.15	0.08	0.32	1.93	-	4.8	28.54	2.41	3.31
Mutton	138	20.37	6.23	2.7	0.13	0.28	1.73	-	7.58	19.5	1.62	5.05
Pork	161	18.83	9.5	1.9	0.09	0.28	8.15	-	6.58	8.9	0.79	0.8
Fish												
Balaya	96	21.28	1.12	21.01	0.15	0.12	7.89		6.45	26.02	0.68	0.46
Seer	136	22.28	5.18	81.9	0.07	0.16	15.45		9.85	36.73	0.41	0.74
Shark	95	21.6	0.83	1.11	0.04	0.11	8.57		8.44	32.58	0.41	0.74
Paraw	87	20.02	0.7	1.49	0.02	0.16	6.77		8.17	31.68	0.67	0.41
Thalapath	91	16.04	2.88	12.03	0.1	0.13	78.22		7.64	24.89	0.71	0.67
Kelawalla	109	21.47	2.55	15.95	0.17	0.73	77.39		13.35	33.82	0.68	0.64
Haedaella	87	19.88	0.78	12.18	0.04	0.06	11.7		36.6	53	0.54	0.65
Hurulla Karalla / Katuwalla	88	17.08	2.18	10.02	0.14	1.66	61.66		103	35.45	1.24	1.05
Kumbala / Angila	97	21.8	1.06	1.25	0.02	0.1	14.38		37.06	39.05	0.24	0.42
Salaya / Sudaya Theppli / Telapiya / Korali	101	21.51	1.53	16.34	0.1	0.1	7.13		31.27	37.46	1.46	0.67
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
Coppara	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
Dried sprats	97	23.98	0.68	7.55	0.02	0.21	25.59		9.16	24.61	0.74	0.44
Dried Fish												
Dried sprats	259	51.16	5.92	12.83	0.25	0.62	438		1178	162	3.06	4.2

Dried keeramin	311	49.6	12.42	12.92	0.13	2.41	144	555	166	2.58	3.19
Dried thalapath	289	54.68	8.04	9.38	0.04	0.43	97.8	62.75	110	1.96	1.45
Dried katta	275	50.04	8.31	2.48	0.03	0.35	80.4	86.55	92.17	1.47	1.16
Dried balaya	282	63.79	3.37	14.32	0.12	1.98	213	83.48	83.45	3.6	1.44
Dried shark / keelan	267	55.03	5.25	10.31	0.04	0.32	187	42.24	92.94	1.48	0.66
Eggs											
Hen eggs (Country)	170	13.14	13	208	0.08	0.18	54.6	50.14	11.04	1.64	1.12
Hen eggs (Table)	135	13.55	9.03	200	0.19	0.19	49.46	63.3	12	2.39	1.73
Quail eggs	153	12.39	11.46	153	0.11	0.17	54.86	60.67	11.21	2.55	1.51
Fruits											
Banana Embul	109	1.11	1.09	9.68	0.05	0.64	32.98	13.61	9.39	25.67	0.51
Anamaalu	102	1.04	0.72	16.4	0.04	0.65	21.07	3.66	8.06	27.02	0.51
Koli kuttu	107	1.38	0.34	8.8	0.03	0.47	18.12	7.71	8.56	38	0.32
Pineapple	37	0.41	0.17	5.76	0.04	0.12	17.86	39.36	10.37	10.71	0.3
Papaya	26	0.42	0.16	171	0.11	0.04	54.85	48.62	16.77	8.9	0.23
Mangoes (Karthakolomban)	79	0.8	0.92	259	0.01	0.1	35.52	17.74	3.12	6.72	0.1
Mangoes (Vilad)	44	0.76	0.58	146	0.05	0.26	67.6	29.97	16.93	14.79	0.65
Apple	62	0.29	0.64	0.36	0.02	0.08	3.43	2.9	3.12	6.72	0.1
Avocado	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 Systems and Market Research Division & Information Division

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අමතන්න.

වොඩ්නික අද තිල - ආ එම
වොඩ්නික නැවත දුරකථන යුතුයේ
ඒකත් නොව නිල ඇතුළත්.
වොඩ්නික නැවත දුරකථන යුතුයේ
ඒකත් නොව නිල ඇතුළත්.

වොඩ්නික නැවත දුරකථන යුතුයේ