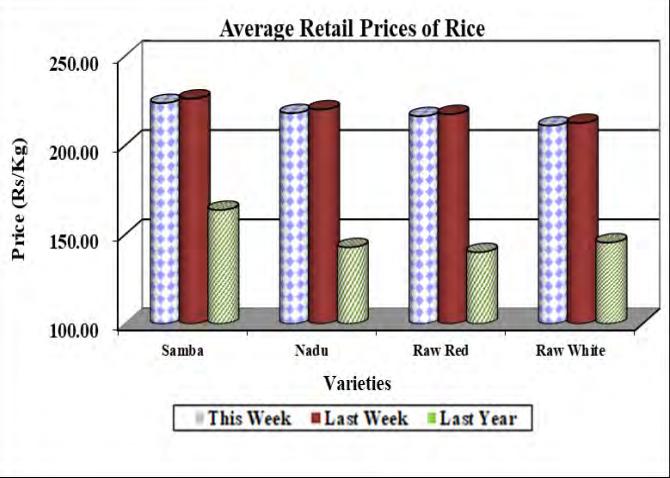


**RETAIL MARKET AT A GLANCE****Summary****Rice**

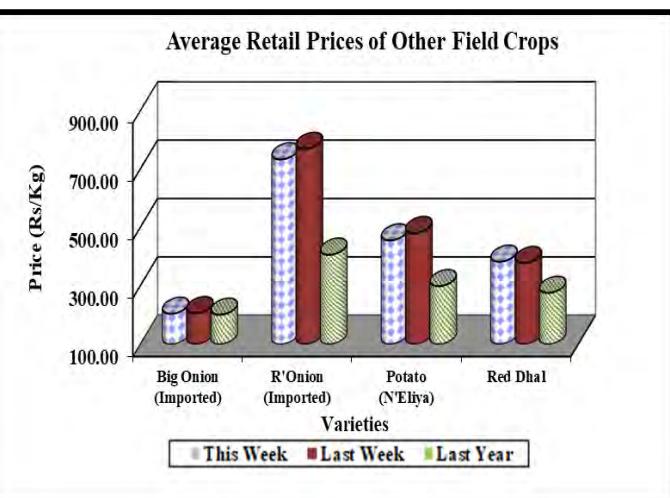
Prices of all local rice varieties have decreased changing by less than Rs.4.00/kg. Average farm gate price of all paddy varieties has not changed significantly.

(Page No.01-02)

**Other Field Crops**

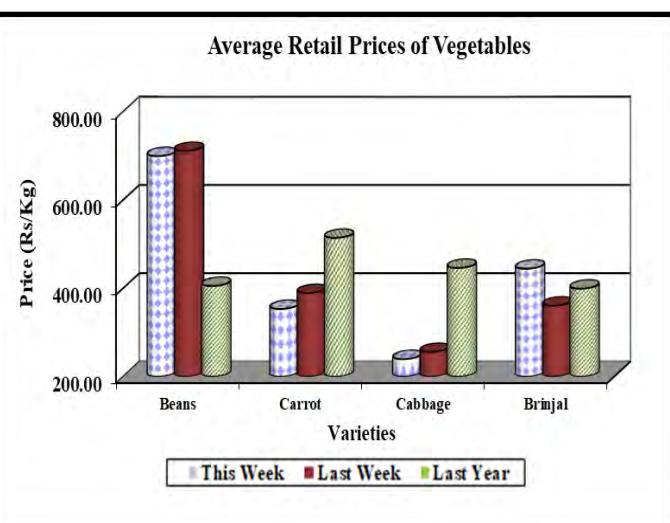
Prices of Nuwara Eliya and imported potatoes have decreased by Rs.25.00/kg and Rs.27.00/kg respectively.

(Page No.02-04)

**Vegetables**

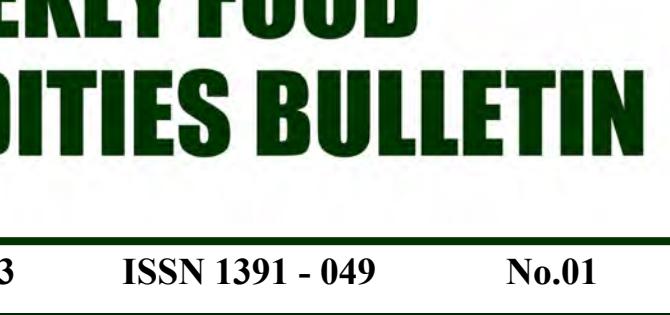
Retail prices of most of the up-country and low-country vegetables have decreased.

(Page No.04-06)

**Coconut**

Prices of large and small coconut have increased further and the price ranged between Rs.100.00-120.00 and Rs.85.00-95.00/nut respectively.

(Page No.06)

**Egg**

Prices of brown and white eggs have increased by 137% and 140% respectively. Compared to the previous year and the price ranged between Rs.60.00-65.00 and Rs.60.00-64.00 respectively.

(Page No.09)

## **Rice**

### **Wholesale**

Price of grade I nadu has increased slightly and the price ranged from Rs.200-210.00/kg. Prices of all other local rice varieties have not changed significantly and price ranges of grade II samba and nadu were Rs.200.00-210/kg and Rs.195.00-200.00/kg respectively. Average prices of grade I samba, keeri samba, raw red and raw white were Rs.215.00/kg, Rs.224.00/kg, Rs.198.00/kg and Rs.195.00/kg respectively.

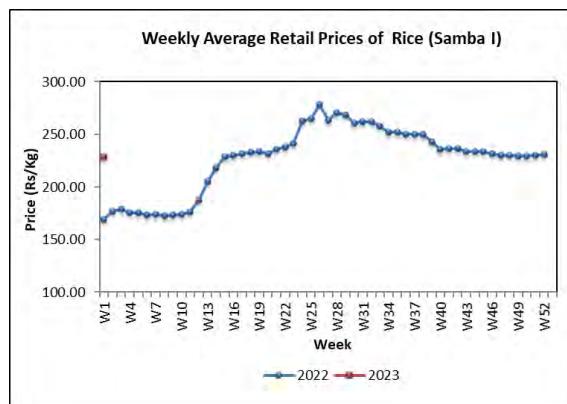
Prices of imported nadu has decreased slightly and the price ranged from Rs.170.00-180.00/kg. Average prices of ponni samba and imported raw white were Rs.209.00/kg and Rs.169.00/kg respectively.

Compared to the same period of last year, prices of all local rice varieties have increased in the range of 2%-47% and prices of all types of imported rice varieties have increased in the range of 43%-64%.

### **Retail**

Prices of all local rice varieties have decreased slightly by Rs.1.00-4.00/kg. The highest price decrease was reported

from keeri samba by Rs.4.00/kg and price ranged from Rs.240.00-265.00/kg. The price ranges for samba and nadu rice varieties were Rs.210.00-230.00/kg and Rs.210.00-225.00/kg respectively. Further, prices for both raw red and white have ranged between Rs.200.00-220.00/kg.



Prices of imported nadu and imported raw white have decreased by Rs.6.00/kg and Rs.1.00/kg respectively and both prices ranged between Rs.180.00-210.00/kg. Price of imported samba has increased by Rs.2.00/kg and price ranged between Rs.210.00-230.00/kg.

Compared to the same period of last year, prices of all local rice varieties have increased by 6%- 56% while price of all the imported rice varieties have increased by 46%-53%.

### **Paddy**

The average farm gate paddy prices of most of the major paddy varieties have not changed considerably except few producing areas. Accordingly, the average

price of short grain paddy has decreased by Rs.9.00/kg and Rs.2.00/kg in Kurunegala and Nikaweratiya areas and prices ranged between Rs.100.00-108.00/kg in major producing areas. The average farm gate price of keeri samba paddy has not changed significantly and prices ranged Rs.100.00-106.00/kg. Subsequently, the average price of long grain white paddy also decreased by Rs.6.00/kg in Kurunegala and by Rs.1.00/kg in Dehiattakandiya while Rs.98.00-107.00/kg price range was reported in major producing areas. Further, prices of long grain red paddy also decreased by Rs.2.00-6.00/kg in Hambantota and Embilipitiya areas and reported Rs.112.00-118.00/kg price range in major producing areas in the Southern province.

Compared to the same period of last year, the average farm gate paddy prices of short grain, long grain (white and red) paddy varieties have increased by 9%-25% while price of keeri samba paddy has decreased by 12%-18%.

### **Dried Chilies**

#### **Wholesale**

Price of imported dried chilies has decreased by 1% and the price ranged Rs.1250.00-1470.00/kg.

Compared to the same period of last year, price of imported dried chilies has increased by 91%.

#### **Retail**

Price of imported dried chilies has decreased by Rs.13.00/kg and the price ranged Rs.1550.00-1900.00/kg.

Compared to the same period of last year, price of imported dried chilies has increased by 115%.

#### **Onion**

#### **Wholesale**

Price of imported red onion has increased by 3% due to limited supply of stocks and price ranged from Rs.560.00-625.00/kg.

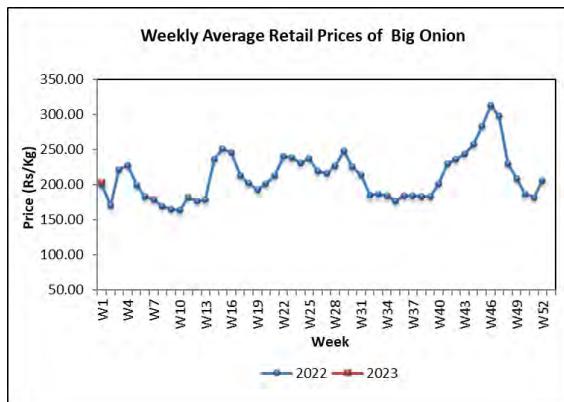
Price of imported big onion has also increased by 2% due to increased supply of high quality stocks and the price ranged from Rs.150.00-170.00/kg.

Compared to the same period of last year, prices of imported red onion and big onion have increased by 77% and 19% respectively.

#### **Retail**

Price of imported red onion has decreased by Rs.36.00/kg and the price ranged Rs.600.00-800.00/kg.

Price of imported big onion has decreased by Rs.2.00/kg and price ranged Rs.180.00-240.00/kg.



Compared to the same period of last year, prices of imported red onion and big onion have decreased by 80% and 2% respectively.

### **Potato**

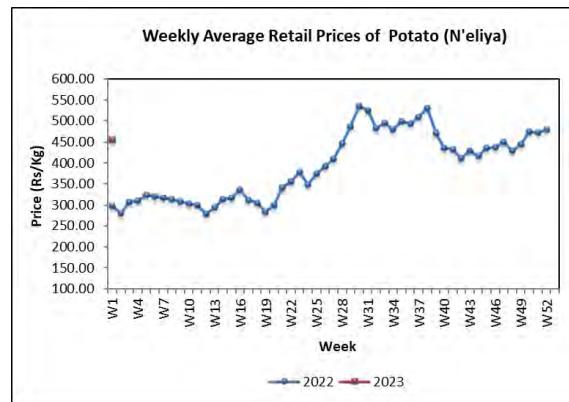
#### **Wholesale**

Prices of both Nuwara Eliya and imported potatoes have decreased by 5% due to increased supply of both stocks and their price ranges were Rs.400.00-440.00/kg and Rs.115.00-225.00/kg respectively. (Price ranges were Rs.115.00-140.00/kg for Pakistan stocks and Rs.200.00-225.00/kg for Indian stocks.)

Compared to the same period of last year, price of Nuwara Eliya potato has increased by 62% while the price of imported potato has decreased by 7%.

#### **Retail**

Prices of Nuwara Eliya and imported potatoes have decreased by Rs.25.00/kg and Rs.27.00/kg respectively and price ranges were Rs.420.00-520.00/kg and Rs.150.00-240.00/kg respectively.



Compared to the same period of last year, price of Nuwara Eliya potato has increased by 52%.

### **Pulses**

#### **Wholesale**

Prices of green gram, red cowpea and white cowpea have increased by 2% - 4% due to limited supply of local stocks and their price ranges were Rs.1080.00-1300.00/kg, Rs.1300.00-1400.00/kg and Rs.1250.00-1350.00/kg respectively. Price of red dhal has increased slightly due to decreased supply and the average price was Rs.358.00/kg.

Compared to the same period of last year, prices of all types of pulses have increased in the range of 43%-179% and the highest price increase was reported for red cowpea.

#### **Retail**

Price of green gram has decreased by Rs.18.00/kg and price ranged Rs.1200.00-1400.00/kg. Price of white cowpea, red

cowpea and red dhal have increased by Rs.29.00/kg, Rs.22.00/kg and Rs.4.00/kg respectively and prices ranged between Rs.1200.00-1600.00/kg, Rs.1300.00-1500.00/kg and Rs.360.00-400.00/kg respectively.

Compared to the same period of last year, prices of all pulses have increased by 37%-149%.

**Vegetable  
Wholesale**

Prices of most of the vegetable varieties have increased due to decreased market supply in the off season.

Considering up country vegetables, prices of most of the vegetable varieties have increased. Price of cabbage has increased by 15% due to high quality stocks received from Nuwara Eliya area. Price of beans has increased by 10% due to decreased supply from Balangoda and Welimada areas. In addition, price of beetroot has increased by 8% due to sufficient stocks not received from any up country or low country producing area. Further, price of raddish has increased by 8% due to high quality stocks received from Nuwara Eliya area. However, prices of leeks and carrot have decreased by 13% and 3% respectively due to increased

market supply form Nuwara Eliya and Thalawakele areas.

Meanwhile, price of tomato has decreased by 9% due to increased supply from Kandy and Balangoda areas.

Considering low country vegetables, the highest price increase was reported for cucumber by 22% due to decreased market supply from Embilipitiya and Puttalam areas. The price increase was reported for pumpkin by 15% due to decreased market supply from Monaragala area. Further prices of snake gourd and brinjal have increased by 9% and 8% respectively due to decreased supply from Embilipitiya and Sooriyawewa areas. However, prices of ladies fingers luffa and ash plantain have decreased by 3% due to increased market supply from Embilipitiya, Sooriyawewa and Thambuththegama areas.

Meanwhile, price of green chilies has increased by 39% due to decreased supply from Puttalam area. However, price of lime has decreased by 28% due to increased supply form Monaragala area.

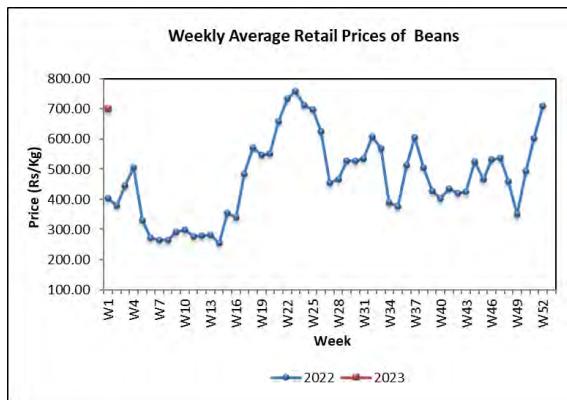
Compared to the same period of last year, wholesale prices of most of the vegetable varieties have increased with highest price

increase of 178% was reported for ash plantain.

### Retail

Due to decreased market demand, prices of most of the up-country varieties in the retail market have decreased and in line with increased wholesale prices, prices of most of the low country varieties have also decreased.

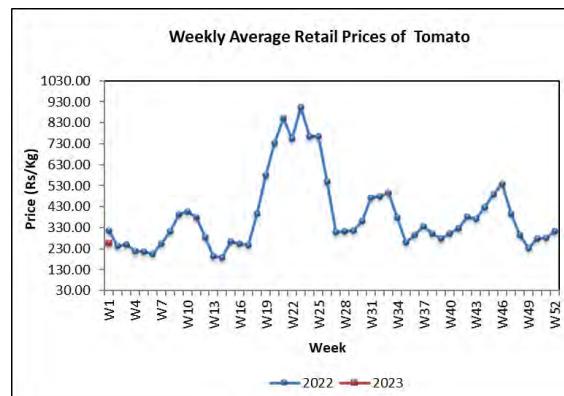
Considering up country varieties, the highest price decrease was reported for knolkhol as Rs.74.00/kg, followed by for carrot as Rs.36.00/kg. Further, prices of beans, raddish and cabbage have decreased by Rs.11.00-16.00/kg. However, price of beetroot has increased by Rs.54.00/kg due to increased wholesale price.



Price of tomato has decreased by Rs.57.00/kg and price of capsicum has increased by Rs.21.00/kg.

Considering low country varieties, the highest price increase was reported for brinjal as Rs.84.00/kg, followed by for

bitter guard as Rs.17.00/kg. Further, prices of both pumpkin and cucumber have increased by Rs.11.00-15.00/kg.



However, price of luffa has decreased by Rs.20.00/kg followed by Rs.11.00/kg for ladies fingers.

Price of green chilies has increased by Rs.9.00/kg and price of lime has decreased by Rs.85.00/kg.

Compared to the same period of last year, prices of most of the varieties have increased and the highest was reported for ash plantain as 114%.

### Coconut

#### Wholesales

Prices of both large and small nuts have increased by 1% and 4% respectively. Their prices ranged between Rs.92.00-95.00/nut for a large nut and Rs.85.00-88.00/nut for a small nut.

Compared to the same period of last year, wholesale prices of both large and small nuts have increased by 32% and 30% respectively.

## Retail

Prices of large and small nuts have increased by Rs.2.00/nut and Rs.1.00/nut respectively. Price ranges were Rs.100.00-120.00/nut for a large nut and Rs.85.00-95.00/nut for a small nut.

Compared to the same period of last year, prices of a large and a small nut have increased by 29% and 22% respectively.

## Fruits

### Wholesale

Prices of most of fruit varieties have been increased due to limited supply and high demand. The highest price increase of 48% was reported for wood apple due to limited supply with end of the harvesting season. The price of all mango varieties have been recorded a price increase of 3%-25% with limited supply. Prices of all banana varieties have been increased in the range of 4% -23% with limited supply and high demand with festival season. In addition to that price of avocado (9%), Imported grapes (8%) and king coconut (4%) have been increased due to availability of limited stocks.

However, price of all sizes of pineapple has been decreased in the range of 8%-9% with low demand and availability of ripe stocks. Prices of slime apple and papaw have been

decreased by 9% and 6% respectively with low demand. Further, a slight price decrease was reported to orange (2%) and passion fruit (1%) with availability of limited stocks.

Compared to the same period of last year, wholesale prices of most of the fruit varieties have increased with the highest price increase of 142% was reported for banana ambul.

### Retail

Retail prices of most of fruits have increased in line with the increased wholesale prices. The highest price increase of Rs.50.00/kg was reported for imported grapes due to unavailability of sufficient stocks in the market. Prices of banana, ambul, kolikuttu and seeni have increased in the range of Rs.28.00-56.00/kg due to high demand. Further, prices of mango karthakolomban and vilad have increased by Rs.4.00/fruit and Rs.20.00/fruit due to limited supply. Prices of wood apple and king coconut have increased by Rs.18.00/fruit and Rs.3.00/fruit respectively.

Meanwhile, a price decrease of Rs.69.00/kg was reported for papaw due to low demand. All the sizes of pineapple have decreased in the range of Rs.1.00-28.00/fruit due to low demand. Prices of avocado, orange and slime apple have

decreased in the range of Rs.3.00-7.00/fruit.

Compared to the same period of last year, retail prices of all the fruits have increased and the highest price increase of 127% was reported for banana kolikuttu.

### **Fresh Fish**

#### **Wholesale**

Wholesale prices of all fresh fish types have decreased due to increased wholesale supply compared to demand. The highest price decrease of 27% was noted for salaya due to high supply from Trincomalee and Mannar areas and the price ranged Rs.350.00-450.00/kg. The price decrease of 19% was noted for paraw due to high supply from Northern areas and the price ranged Rs.980.00-1400.00/kg. The price decrease of 15% was noted for kelawalla due to high supply from Beruwala and Galle areas and the price ranged Rs.950.00-1600.00/kg.

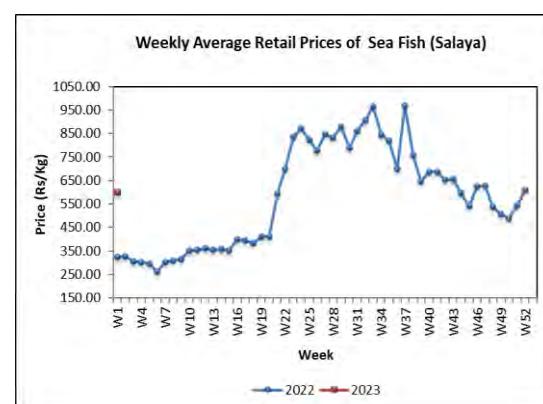
Likewise, price decrease of 13% was noted for thora, thalapath and balaya due to high supply from Negombo, Beruwala and Trincomalee areas and their prices ranged between Rs.1600.00-3100.00/kg, Rs.1400.00-2100.00/kg and Rs.600.00-1000.00/kg respectively. In addition,

prices of shrimps and hurulla have decreased by 4%.

Compared to the same period of last year, wholesale prices of all fresh fish types have increased in the range of 33%-78% and the highest price increase was noted for salaya.

### **Retail**

Retail prices of all types of fresh fish have decreased in line with decreased wholesale prices due to increased supply with low demand. The highest price decrease was reported for paraw by Rs.146.00/kg. In addition, prices of thora and balaya have also decreased by Rs.119.00/kg and Rs.114.00/kg respectively. The rest has decreased in the range of Rs.8.000-87.00/kg.



Compared to the same period of last year, prices of all types of fresh fish have increased in the range of 41%-26% and the highest price increase was reported for salaya.

### **Dried Fish**

#### **Wholesale**

Due to decrease of local dried fish supply, prices of most of the local and imported dried fish types have increased. The highest price increase of 12% was noted for local sprats due to low supply from Trincomalee and Mannar areas and the price ranged Rs.1250.00-1450.00/kg. The price increase of 7% was noted for local balaya due to low supply from Negombo and Beruwala areas and the price ranged Rs.820.00-900.00/kg. Likewise, a price increase of 6% was noted for local salaya due to low supply from Mannar and Chilaw areas and the price ranged Rs.680.00-850.00/kg. Further, prices of local mora, imported sprats and imported kattawa have increased by 1%-3%.

However, prices of imported anguluwa and local maduwa have decreased by 2%.

Compared to the same period of last year, wholesale prices of all the dried fish types have increased in the range of 25%-79% and the highest price increase was reported for local salaya.

#### **Retail**

In line with increased wholesale prices, retail prices of all types of dried fish have increased due to limited stocks. The highest price increase was reported for salaya by Rs.128.00/kg followed by Rs.91.00/kg for

anguluwa and local sprat. The rest has increased in the range of Rs.4.00-67.00/kg.

Compared to the same period of last year, prices of all types of dried fish have increased in the range of 37%-110% and the highest price increase was reported for salaya.

### **Eggs**

#### **Wholesale**

Brown eggs were not available this week, while the price of a white egg has increased by 1% and price ranged between Rs.58.00-62.00.

Compared to the same period of last year, price of a white egg has increased by 146%.

#### **Retail**

In line with increased wholesale prices retail prices of both brown and white eggs have increased by Rs.2.00/egg and Rs.1.00/egg respectively due to insufficient stocks in the market. Price range of a brown egg was between Rs.60.00-65.00 and Rs.60.00-64.00 for a white egg.

Compared to the same period of last year, prices of brown and white eggs have increased by 137% and 140% respectively.

## **Meat**

### **Retail**

Prices of most types of meat have decreased due to low demand with the beginning of new year. The highest price decrease was reported for beef by Rs.75.00/kg. In addition, prices of skin-less broiler chicken and mutton have decreased by Rs.40.00/kg and Rs.11.00/kg respectively.

However, prices of pork and skin-less curry chicken have increased by Rs.38.00/kg and Rs.30.00/kg respectively with limited supply.

Compared to the same period of last year, prices of all types of meat have increased in the range of 43%-115% and the highest price increase was reported for pork.

## **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 01: 30 December 2022 - 05 January 2023**

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

**Week 01: 30 December 2022 - 05 January 2023**

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

Week 01:30 December 2022 - 05 January 2023

LOCATION	Dried Chillies	Red Onion			Big Onion	Potato			Pulses						
	Imported	Imported	Local			Imported	Welimada	Nuwara Eliya	Green Gram	Cowpea	Red Dhal				
Colombo	62500 - 73500	28000 - 31250	-	-	7500 - 8500	5750 - 11250	-	20000 - 22000	54000 - 65000	62500 - 67500	17750 - 18000				
Kurunegala	68250 - 70000	-	-	-	8500 - 9500	6750 - 7500	-	-	57500 - 59000	-	17850 - 18000				
Nikaweratiya	70750 - 73750	-	-	-	9000 - 9250	6750 - 7000	-	-	51250 - 53500	52500 - 52500	17900 - 18000				
Dehiattakandiya	70000 - 82500	28000 - 32500	-	-	8000 - 9500	7250 - 8750	-	20500 - 20500	-	-	17750 - 18000				
Dambulla (DEC)	65000 - 67500	27000 - 27500	-	-	7500 - 8500	5500 - 5750	-	-	57500 - 58000	47500 - 48000	18250 - 18500				
Anuradhapura	80000 - 82500	32500 - 35000	-	-	8250 - 9000	7000 - 9000	-	-	57500 - 60000	-	18500 - 19000				
Thambuththegama	71000 - 74000	27500 - 30000	-	-	8000 - 9250	6250 - 6500	-	-	60000 - 60000	-	18100 - 18500				
Polonnaruwa	85000 - 85500	33500 - 33750	-	-	9000 - 9250	8000 - 8250	-	20750 - 21000	-	-	18250 - 18500				
Kaluthara	75000 - 77500	29500 - 31000	-	-	8000 - 8500	6500 - 7000	-	22000 - 22500	54000 - 55000	67500 - 69000	18000 - 18250				
Puttalam	71000 - 75000	-	27500 - 32500	-	7500 - 8500	8000 - 8500	-	19000 - 20000	50000 - 55000	50000 - 52500	17900 - 18500				
Kandy	72500 - 75000	31250 - 32500	-	-	8500 - 9500	6500 - 6750	-	19000 - 19000	55000 - 56250	60000 - 62500	18250 - 18500				
Matara	82500 - 85000	31000 - 32500	-	-	8250 - 9000	8000 - 8250	-	21000 - 22000	56000 - 57500	56000 - 57500	18250 - 18750				
Hambantota	80000 - 82500	31000 - 32000	-	-	8000 - 8500	7750 - 8000	-	20000 - 21000	-	-	18000 - 18750				
Kegalle	79500 - 81000	31500 - 32000	-	-	8000 - 8500	6500 - 6700	-	21000 - 22000	61500 - 62500	57000 - 57500	18500 - 21500				
Galle	75000 - 79000	31000 - 37500	-	-	9000 - 9500	8500 - 9500	-	-	57500 - 60000	-	18000 - 18500				
Tissamaharama	77500 - 80000	30000 - 32000	-	-	8000 - 8500	8500 - 10000	-	-	52500 - 55000	-	18500 - 19000				
Meegoda (DEC)	70000 - 72500	30000 - 31000	-	-	8250 - 8750	5750 - 6250	-	19000 - 19500	57500 - 57500	62500 - 62500	17750 - 18000				
Jaffna	80000 - 85000	31000 - 34000	-	-	7500 - 9500	8500 - 9500	-	-	50000 - 57500	-	17750 - 18000				
Vavuniya	77500 - 80000	-	-	-	7500 - 8750	6750 - 7250	-	-	55000 - 56000	-	18000 - 18000				
Mannar	77500 - 79000	-	35000 - 36000	-	9000 - 9250	7250 - 7500	-	-	57500 - 59000	-	18500 - 19000				
Killinochchi	78000 - 79000	33500 - 35000	-	-	8500 - 9500	8250 - 8750	-	-	59000 - 60000	-	18250 - 18750				
Mullattivu	77500 - 80000	33000 - 33500	-	-	8000 - 9000	8000 - 8500	-	-	57500 - 60000	-	18000 - 18500				
Batticaloa	77500 - 80000	34000 - 34250	45000 - 45000	-	9000 - 9250	8250 - 8500	-	24500 - 25000	57500 - 58000	-	17750 - 18000				
Trincomalee	80000 - 81000	-	-	-	-	7750 - 9400	-	-	58000 - 59000	-	18000 - 18500				
Galenbindunuwewa	75000 - 79000	31500 - 33500	-	-	8750 - 9250	7750 - 9000	-	-	55000 - 57500	-	18000 - 19000				
Matale	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

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

**Week 01: 30 December 2022 - 05 January 2023**

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

Week 01: 30 December 2022 - 05 January 2023

Locations	Butter Beans	Green Beans	Carrot	Leeks	Beetroot	Knolkhol
Colombo	-	550.00 - 650.00	220.00 - 250.00	230.00 - 320.00	320.00 - 440.00	220.00 - 250.00
Meegoda (DEC)	-	630.00 - 680.00	220.00 - 250.00	320.00 - 350.00	450.00 - 500.00	250.00 - 260.00
Dambulla (DEC)	-	540.00 - 580.00	170.00 - 220.00	270.00 - 320.00	420.00 - 450.00	270.00 - 300.00
Keppetipola (DEC)	-	580.00 - 620.00	170.00 - 200.00	250.00 - 260.00	300.00 - 310.00	220.00 - 240.00
Norochchhole (DEC)	-	-	-	-	350.00 - 420.00	-
Nuwara Eliya	-	560.00 - 600.00	190.00 - 210.00	260.00 - 270.00	320.00 - 340.00	220.00 - 240.00
Kandy	-	640.00 - 650.00	220.00 - 250.00	280.00 - 300.00	370.00 - 380.00	220.00 - 230.00
Hambantota	-	600.00 - 650.00	250.00 - 350.00	280.00 - 350.00	300.00 - 440.00	240.00 - 300.00
Thambuththegama (DEC)	-	470.00 - 520.00	210.00 - 240.00	310.00 - 330.00	420.00 - 440.00	220.00 - 250.00
Jaffna		400.00 - 450.00	380.00 - 430.00	450.00 - 500.00	380.00 - 420.00	-
Bandarawela		550.00 - 600.00	170.00 - 180.00	260.00 - 280.00	280.00 - 300.00	220.00 - 240.00
Veyangoda	-	620.00 - 680.00	220.00 - 240.00	280.00 - 320.00	380.00 - 440.00	250.00 - 300.00

Locations	Raddish	Cabbage	Tomato	Ladies Fingers	Brinjal	Capsicum
Colombo	100.00 - 120.00	100.00 - 140.00	130.00 - 220.00	120.00 - 150.00	180.00 - 220.00	600.00 - 700.00
Meegoda (DEC)	100.00 - 110.00	110.00 - 170.00	100.00 - 130.00	200.00 - 220.00	320.00 - 370.00	750.00 - 780.00
Moneragala	120.00 - 150.00	130.00 - 150.00	140.00 - 180.00	140.00 - 150.00	250.00 - 280.00	750.00 - 800.00
Dambulla (DEC)	60.00 - 70.00	70.00 - 80.00	60.00 - 70.00	120.00 - 130.00	350.00 - 380.00	650.00 - 700.00
Keppetipola (DEC)	45.00 - 60.00	70.00 - 90.00	80.00 - 100.00	130.00 - 140.00	300.00 - 320.00	600.00 - 650.00
Norochchhole (DEC)	40.00 - 80.00	50.00 - 80.00	80.00 - 120.00	100.00 - 150.00	170.00 - 270.00	550.00 - 720.00
Nuwara Eliya	50.00 - 60.00	110.00 - 130.00	100.00 - 120.00	140.00 - 150.00	250.00 - 260.00	660.00 - 680.00
Kandy	60.00 - 80.00	60.00 - 110.00	120.00 - 130.00	140.00 - 150.00	330.00 - 370.00	600.00 - 670.00
Hambantota	100.00 - 180.00	100.00 - 180.00	150.00 - 180.00	150.00 - 180.00	200.00 - 280.00	600.00 - 700.00
Thambuththegama (DEC)	70.00 - 100.00	70.00 - 100.00	50.00 - 80.00	110.00 - 130.00	280.00 - 350.00	630.00 - 700.00
Tissamaharama	120.00 - 140.00	170.00 - 200.00	250.00 - 280.00	100.00 - 120.00	220.00 - 240.00	700.00 - 750.00
Jaffna	200.00 - 240.00	140.00 - 180.00	130.00 - 150.00	250.00 - 350.00	400.00 - 520.00	620.00 - 700.00
Bandarawela	40.00 - 60.00	50.00 - 70.00	70.00 - 80.00	-	300.00 - 330.00	600.00 - 650.00
Veyangoda	60.00 - 100.00	80.00 - 110.00	100.00 - 130.00	140.00 - 170.00	340.00 - 380.00	680.00 - 750.00

Locations	Pumpkin	Cucumber	Bitter Gourd	Snake Gourd	Drumstick	Luffa
Colombo	120.00 - 140.00	60.00 - 80.00	280.00 - 340.00	200.00 - 250.00	-	200.00 - 230.00
Meegoda (DEC)	140.00 - 150.00	90.00 - 120.00	320.00 - 360.00	250.00 - 250.00	-	250.00 - 250.00
Moneragala	180.00 - 220.00	100.00 - 150.00	400.00 - 450.00	300.00 - 350.00	-	300.00 - 360.00
Dambulla (DEC)	120.00 - 130.00	110.00 - 130.00	250.00 - 300.00	200.00 - 220.00	-	200.00 - 220.00
Keppetipola (DEC)	130.00 - 150.00	100.00 - 110.00	260.00 - 280.00	220.00 - 230.00	-	220.00 - 240.00
Norochchhole (DEC)	90.00 - 120.00	50.00 - 80.00	300.00 - 350.00	170.00 - 220.00	-	180.00 - 220.00
Nuwara Eliya	140.00 - 150.00	100.00 - 120.00	270.00 - 280.00	230.00 - 240.00	-	230.00 - 240.00
Kandy	140.00 - 160.00	90.00 - 100.00	230.00 - 250.00	200.00 - 220.00	-	220.00 - 250.00
Hambantota	100.00 - 130.00	70.00 - 100.00	300.00 - 400.00	200.00 - 300.00	-	200.00 - 280.00
Thambuththegama (DEC)	80.00 - 120.00	50.00 - 80.00	230.00 - 280.00	160.00 - 200.00	-	180.00 - 220.00
Tissamaharama	140.00 - 170.00	40.00 - 60.00	350.00 - 380.00	130.00 - 150.00	-	150.00 - 180.00
Jaffna	80.00 - 110.00	70.00 - 80.00	430.00 - 480.00	200.00 - 220.00	-	-
Bandarawela	100.00 - 120.00	70.00 - 80.00	-	-	-	-
Veyangoda	130.00 - 150.00	100.00 - 130.00	300.00 - 350.00	230.00 - 280.00	-	240.00 - 290.00

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

Week 01: 30 December 2022 - 05 January 2023

Locations	Butter Beans	Green Beans	Carrot	Leeks	Beetroot	Knolkhol
Colombo	-	550.00 - 650.00	220.00 - 250.00	230.00 - 320.00	320.00 - 440.00	220.00 - 250.00
Meegoda (DEC)	-	630.00 - 680.00	220.00 - 250.00	320.00 - 350.00	450.00 - 500.00	250.00 - 260.00
Dambulla (DEC)	-	540.00 - 580.00	170.00 - 220.00	270.00 - 320.00	420.00 - 450.00	270.00 - 300.00
Keppetipola (DEC)	-	580.00 - 620.00	170.00 - 200.00	250.00 - 260.00	300.00 - 310.00	220.00 - 240.00
Norochchhole (DEC)	-	-	-	-	350.00 - 420.00	-
Nuwara Eliya	-	560.00 - 600.00	190.00 - 210.00	260.00 - 270.00	320.00 - 340.00	220.00 - 240.00
Kandy	-	640.00 - 650.00	220.00 - 250.00	280.00 - 300.00	370.00 - 380.00	220.00 - 230.00
Hambantota	-	600.00 - 650.00	250.00 - 350.00	280.00 - 350.00	300.00 - 440.00	240.00 - 300.00
Thambuththegama (DEC)	-	470.00 - 520.00	210.00 - 240.00	310.00 - 330.00	420.00 - 440.00	220.00 - 250.00
Jaffna		400.00 - 450.00	380.00 - 430.00	450.00 - 500.00	380.00 - 420.00	-
Bandarawela		550.00 - 600.00	170.00 - 180.00	260.00 - 280.00	280.00 - 300.00	220.00 - 240.00
Veyangoda	-	620.00 - 680.00	220.00 - 240.00	280.00 - 320.00	380.00 - 440.00	250.00 - 300.00

Locations	Raddish	Cabbage	Tomato	Ladies Fingers	Brinjal	Capsicum
Colombo	100.00 - 120.00	100.00 - 140.00	130.00 - 220.00	120.00 - 150.00	180.00 - 220.00	600.00 - 700.00
Meegoda (DEC)	100.00 - 110.00	110.00 - 170.00	100.00 - 130.00	200.00 - 220.00	320.00 - 370.00	750.00 - 780.00
Moneragala	120.00 - 150.00	130.00 - 150.00	140.00 - 180.00	140.00 - 150.00	250.00 - 280.00	750.00 - 800.00
Dambulla (DEC)	60.00 - 70.00	70.00 - 80.00	60.00 - 70.00	120.00 - 130.00	350.00 - 380.00	650.00 - 700.00
Keppetipola (DEC)	45.00 - 60.00	70.00 - 90.00	80.00 - 100.00	130.00 - 140.00	300.00 - 320.00	600.00 - 650.00
Norochchhole (DEC)	40.00 - 80.00	50.00 - 80.00	80.00 - 120.00	100.00 - 150.00	170.00 - 270.00	550.00 - 720.00
Nuwara Eliya	50.00 - 60.00	110.00 - 130.00	100.00 - 120.00	140.00 - 150.00	250.00 - 260.00	660.00 - 680.00
Kandy	60.00 - 80.00	60.00 - 110.00	120.00 - 130.00	140.00 - 150.00	330.00 - 370.00	600.00 - 670.00
Hambantota	100.00 - 180.00	100.00 - 180.00	150.00 - 180.00	150.00 - 180.00	200.00 - 280.00	600.00 - 700.00
Thambuththegama (DEC)	70.00 - 100.00	70.00 - 100.00	50.00 - 80.00	110.00 - 130.00	280.00 - 350.00	630.00 - 700.00
Tissamaharama	120.00 - 140.00	170.00 - 200.00	250.00 - 280.00	100.00 - 120.00	220.00 - 240.00	700.00 - 750.00
Jaffna	200.00 - 240.00	140.00 - 180.00	130.00 - 150.00	250.00 - 350.00	400.00 - 520.00	620.00 - 700.00
Bandarawela	40.00 - 60.00	50.00 - 70.00	70.00 - 80.00	-	300.00 - 330.00	600.00 - 650.00
Veyangoda	60.00 - 100.00	80.00 - 110.00	100.00 - 130.00	140.00 - 170.00	340.00 - 380.00	680.00 - 750.00

Locations	Pumpkin	Cucumber	Bitter Gourd	Snake Gourd	Drumstick	Luffa
Colombo	120.00 - 140.00	60.00 - 80.00	280.00 - 340.00	200.00 - 250.00	-	200.00 - 230.00
Meegoda (DEC)	140.00 - 150.00	90.00 - 120.00	320.00 - 360.00	250.00 - 250.00	-	250.00 - 250.00
Moneragala	180.00 - 220.00	100.00 - 150.00	400.00 - 450.00	300.00 - 350.00	-	300.00 - 360.00
Dambulla (DEC)	120.00 - 130.00	110.00 - 130.00	250.00 - 300.00	200.00 - 220.00	-	200.00 - 220.00
Keppetipola (DEC)	130.00 - 150.00	100.00 - 110.00	260.00 - 280.00	220.00 - 230.00	-	220.00 - 240.00
Norochchhole (DEC)	90.00 - 120.00	50.00 - 80.00	300.00 - 350.00	170.00 - 220.00	-	180.00 - 220.00
Nuwara Eliya	140.00 - 150.00	100.00 - 120.00	270.00 - 280.00	230.00 - 240.00	-	230.00 - 240.00
Kandy	140.00 - 160.00	90.00 - 100.00	230.00 - 250.00	200.00 - 220.00	-	220.00 - 250.00
Hambantota	100.00 - 130.00	70.00 - 100.00	300.00 - 400.00	200.00 - 300.00	-	200.00 - 280.00
Thambuththegama (DEC)	80.00 - 120.00	50.00 - 80.00	230.00 - 280.00	160.00 - 200.00	-	180.00 - 220.00
Tissamaharama	140.00 - 170.00	40.00 - 60.00	350.00 - 380.00	130.00 - 150.00	-	150.00 - 180.00
Jaffna	80.00 - 110.00	70.00 - 80.00	430.00 - 480.00	200.00 - 220.00	-	-
Bandarawela	100.00 - 120.00	70.00 - 80.00	-	-	-	-
Veyangoda	130.00 - 150.00	100.00 - 130.00	300.00 - 350.00	230.00 - 280.00	-	240.00 - 290.00

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

**Week 01: 30 December 2022 - 05 January 2023**

**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					
18	Colombo	240.00 - 400.00	320.00 - 700.00	150.00 - 400.00	160.00 - 280.00	160.00 - 250.00	70.00 - 100.00	70.00 - 100.00	100.00 - 160.00	100.00 - 120.00	85.00 - 95.00							
	Gampaha	260.00 - 320.00	400.00 - 600.00	240.00 - 400.00	240.00 - 240.00	180.00 - 200.00	70.00 - 70.00	70.00 - 70.00	30.00 - 30.00	110.00 - 125.00	80.00 - 90.00							
	Kurunegala	260.00 - 280.00	500.00 - 600.00	200.00 - 300.00	220.00 - 240.00	200.00 - 240.00	40.00 - 50.00	40.00 - 50.00	30.00 - 30.00	100.00 - 110.00	70.00 - 70.00							
	Nikaweratiya	200.00 - 240.00	400.00 - 500.00	200.00 - 300.00	200.00 - 240.00	160.00 - 200.00	40.00 - 50.00	40.00 - 50.00	60.00 - 60.00	90.00 - 100.00	70.00 - 75.00							
	Dambulla	280.00 - 300.00	500.00 - 550.00	150.00 - 200.00	220.00 - 220.00	200.00 - 220.00	50.00 - 55.00	50.00 - 55.00	45.00 - 50.00	90.00 - 100.00	75.00 - 80.00							
	Anuradhapura	200.00 - 280.00	400.00 - 500.00	200.00 - 400.00	200.00 - 240.00	200.00 - 250.00	50.00 - 60.00	50.00 - 60.00	50.00 - 60.00	90.00 - 100.00	75.00 - 85.00							
	Thambuththegama	200.00 - 240.00	350.00 - 450.00	200.00 - 250.00	160.00 - 200.00	160.00 - 200.00	40.00 - 40.00	40.00 - 40.00	-	80.00 - 90.00	70.00 - 75.00							
	Polonnaruwa	230.00 - 240.00	450.00 - 460.00	200.00 - 250.00	180.00 - 200.00	160.00 - 180.00	50.00 - 50.00	50.00 - 50.00	50.00 - 50.00	-	60.00 - 70.00							
	Kaluthara	240.00 - 260.00	350.00 - 450.00	250.00 - 350.00	220.00 - 240.00	240.00 - 260.00	70.00 - 80.00	70.00 - 80.00	80.00 - 100.00	100.00 - 110.00	80.00 - 95.00							
	Badulla	240.00 - 250.00	500.00 - 600.00	260.00 - 320.00	220.00 - 240.00	180.00 - 220.00	70.00 - 70.00	70.00 - 70.00	70.00 - 80.00	95.00 - 100.00	65.00 - 75.00							
	Keppetipola	260.00 - 280.00	350.00 - 400.00	180.00 - 200.00	230.00 - 240.00	160.00 - 180.00	30.00 - 35.00	30.00 - 35.00	25.00 - 30.00	97.00 - 100.00	80.00 - 85.00							
	Moneragala	120.00 - 160.00	450.00 - 500.00	180.00 - 200.00	200.00 - 220.00	-	60.00 - 70.00	60.00 - 70.00	60.00 - 70.00	80.00 - 90.00	60.00 - 70.00							
	Kegalle	220.00 - 240.00	480.00 - 500.00	280.00 - 300.00	220.00 - 240.00	180.00 - 200.00	60.00 - 70.00	60.00 - 70.00	60.00 - 70.00	110.00 - 120.00	90.00 - 100.00							
	Ampara	-	-	-	-	-	-	-	-	-	-							
	Dehiatkandiya	200.00 - 240.00	600.00 - 700.00	300.00 - 400.00	160.00 - 200.00	120.00 - 160.00	50.00 - 60.00	50.00 - 60.00	50.00 - 60.00	75.00 - 85.00	60.00 - 70.00							
	Nuwaraeliya	300.00 - 320.00	450.00 - 500.00	190.00 - 220.00	250.00 - 260.00	180.00 - 190.00	35.00 - 40.00	35.00 - 40.00	30.00 - 35.00	97.00 - 100.00	80.00 - 86.00							
	Kandy	260.00 - 280.00	480.00 - 500.00	200.00 - 240.00	180.00 - 200.00	240.00 - 260.00	60.00 - 70.00	60.00 - 70.00	50.00 - 60.00	100.00 - 110.00	75.00 - 80.00							
	Puttalam	220.00 - 260.00	400.00 - 600.00	200.00 - 300.00	200.00 - 250.00	200.00 - 240.00	70.00 - 70.00	60.00 - 70.00	40.00 - 40.00	100.00 - 110.00	85.00 - 95.00							
	Rathnapura	260.00 - 300.00	700.00 - 750.00	400.00 - 450.00	160.00 - 180.00	160.00 - 190.00	80.00 - 90.00	80.00 - 85.00	90.00 - 100.00	110.00 - 130.00	90.00 - 100.00							
	Hambanthota	160.00 - 240.00	400.00 - 560.00	200.00 - 320.00	180.00 - 240.00	120.00 - 160.00	60.00 - 60.00	50.00 - 60.00	70.00 - 80.00	90.00 - 110.00	60.00 - 70.00							
	Matara	240.00 - 250.00	450.00 - 700.00	300.00 - 400.00	180.00 - 200.00	150.00 - 200.00	55.00 - 60.00	55.00 - 60.00	80.00 - 90.00	100.00 - 120.00	65.00 - 75.00							
	Galle	240.00 - 360.00	400.00 - 420.00	300.00 - 400.00	240.00 - 260.00	160.00 - 180.00	60.00 - 70.00	60.00 - 70.00	70.00 - 80.00	110.00 - 120.00	85.00 - 90.00							
	Tissamaharama	180.00 - 200.00	350.00 - 400.00	170.00 - 200.00	180.00 - 200.00	130.00 - 150.00	45.00 - 50.00	45.00 - 50.00	50.00 - 60.00	85.00 - 90.00	60.00 - 65.00							
	Meegoda (DEC)	320.00 - 360.00	500.00 - 600.00	300.00 - 400.00	240.00 - 280.00	180.00 - 180.00	80.00 - 80.00	80.00 - 80.00	90.00 - 100.00	110.00 - 130.00	85.00 - 100.00							
	Embilipitiya	160.00 - 220.00	500.00 - 600.00	200.00 - 250.00	180.00 - 220.00	120.00 - 160.00	60.00 - 80.00	50.00 - 70.00	80.00 - 100.00	90.00 - 120.00	60.00 - 80.00							
	Jaffna	160.00 - 180.00	300.00 - 400.00	150.00 - 180.00	150.00 - 200.00	160.00 - 180.00	60.00 - 65.00	35.00 - 40.00	45.00 - 50.00	80.00 - 100.00	65.00 - 75.00							
	Vavuniya	200.00 - 300.00	450.00 - 480.00	100.00 - 120.00	240.00 - 240.00	240.00 - 240.00	60.00 - 60.00	60.00 - 60.00	60.00 - 60.00	-	50.00 - 60.00							
	Mannar	200.00 - 220.00	500.00 - 550.00	240.00 - 250.00	200.00 - 240.00	200.00 - 240.00	50.00 - 60.00	50.00 - 60.00	50.00 - 55.00	70.00 - 80.00	60.00 - 65.00							
	Killinochchi	180.00 - 200.00	380.00 - 420.00	180.00 - 200.00	200.00 - 230.00	220.00 - 240.00	50.00 - 60.00	-	40.00 - 50.00	80.00 - 90.00	50.00 - 60.00							
	Mullaittivu	180.00 - 200.00	350.00 - 380.00	180.00 - 200.00	200.00 - 240.00	220.00 - 240.00	50.00 - 50.00	-	40.00 - 50.00	70.00 - 75.00	50.00 - 55.00							
	Batticaloa	320.00 - 320.00	400.00 - 440.00	240.00 - 250.00	220.00 - 240.00	220.00 - 220.00	70.00 - 70.00	-	50.00 - 50.00	75.00 - 75.00	50.00 - 50.00							
	Trincomalee	250.00 - 280.00	440.00 - 500.00	180.00 - 220.00	180.00 - 210.00	-	50.00 - 55.00	45.00 - 50.00	45.00 - 55.00	75.00 - 85.00	50.00 - 60.00							
	Hanguranketha	230.00 - 260.00	400.00 - 500.00	200.00 - 300.00	150.00 - 180.00	120.00 - 150.00	-	35.00 - 40.00	35.00 - 40.00	35.00 - 40.00	100.00 - 110.00	88.00 - 100.00						
	Veyangoda	240.00 - 280.00	500.00 - 600.00	300.00 - 400.00	200.00 - 240.00	200.00 - 200.00	60.00 - 80.00	60.00 - 70.00	30.00 - 33.00	120.00 - 130.00	80.00 - 100.00							
	Galenbindunuwewa	160.00 - 200.00	400.00 - 500.00	-	160.00 - 200.00	-	50.00 - 60.00	50.00 - 60.00	60.00 - 60.00	85.00 - 90.00	70.00 - 80.00							
	Bandarawela	240.00 - 260.00	400.00 - 500.00	300.00 - 320.00	220.00 - 240.00	180.00 - 200.00	50.00 - 60.00	50.00 - 60.00	60.00 - 70.00	85.00 - 90.00	65.00 - 70.00							
	Matale	-	-	-	-	-	-	-	-	-	-							

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

**Week 01: 30 December 2022 - 05 January 2023**

**Table 08 (Contd.)**

LOCATIONS	Mango		Other Fruits											
	Vilad	Kohu	Papaw (Rs/Kg)	Passion		Wood Apple	Orange		Avocado	Slime Apple		Grapes (Rs/Kg)	King Coconut	
Colombo	70.00 - 100.00	-	180.00 - 360.00	30.00 - 54.00		50.00 - 100.00	60.00 - 160.00	120.00 - 250.00		60.00 - 120.00	1800.00 - 2500.00		120.00 - 160.00	
Gampaha	-	-	250.00 - 300.00	60.00 - 70.00		60.00 - 120.00	120.00 - 130.00	-		100.00 - 100.00	2300.00 - 2300.00		120.00 - 150.00	
Kurunegala	60.00 - 70.00	30.00 - 30.00	200.00 - 250.00	50.00 - 50.00		60.00 - 70.00	100.00 - 100.00	-		80.00 - 100.00	2500.00 - 2500.00		80.00 - 100.00	
Nikaweratiya	50.00 - 70.00	-	200.00 - 220.00	-		20.00 - 30.00	-	-		30.00 - 100.00	2500.00 - 2500.00		100.00 - 100.00	
Dambulla	60.00 - 80.00	20.00 - 25.00	200.00 - 220.00	35.00 - 40.00		50.00 - 60.00	80.00 - 100.00	180.00 - 200.00		60.00 - 80.00	2500.00 - 2800.00		100.00 - 120.00	
Anuradhapura	50.00 - 60.00	-	180.00 - 260.00	-		40.00 - 60.00	100.00 - 150.00	-		60.00 - 100.00	2000.00 - 3000.00		100.00 - 120.00	
Thambuththegama	-	-	160.00 - 220.00	-		-	90.00 - 120.00	-		-	2000.00 - 2300.00		60.00 - 80.00	
Polonnaruwa	-	-	250.00 - 270.00	-		45.00 - 60.00	80.00 - 80.00	-		80.00 - 100.00	2500.00 - 2600.00		100.00 - 120.00	
Kaluthara	-	-	280.00 - 300.00	50.00 - 52.00		45.00 - 55.00	70.00 - 90.00	150.00 - 200.00		100.00 - 120.00	2000.00 - 2200.00		120.00 - 130.00	
Badulla	70.00 - 80.00	-	220.00 - 250.00	40.00 - 50.00		35.00 - 50.00	80.00 - 100.00	-		40.00 - 50.00	2500.00 - 2600.00		100.00 - 130.00	
Keppetipola	65.00 - 75.00	-	220.00 - 240.00	38.00 - 44.00		48.00 - 55.00	110.00 - 120.00	140.00 - 160.00		75.00 - 80.00	2200.00 - 2400.00		100.00 - 120.00	
Moneragala	60.00 - 80.00	-	180.00 - 200.00	25.00 - 28.00		22.00 - 25.00	60.00 - 80.00	-		40.00 - 50.00	-		70.00 - 80.00	
Kegalle	-	-	200.00 - 220.00	25.00 - 30.00		40.00 - 60.00	80.00 - 180.00	-		50.00 - 60.00	2000.00 - 2100.00		80.00 - 100.00	
Ampara	-	-	-	-		-	-	-		-	-		-	
Dehiwakkandiya	-	-	160.00 - 220.00	30.00 - 40.00		30.00 - 50.00	60.00 - 100.00	-		-	2600.00 - 3000.00		100.00 - 130.00	
Nuwaraeliya	70.00 - 80.00	-	230.00 - 250.00	42.00 - 48.00		40.00 - 45.00	100.00 - 120.00	150.00 - 160.00		80.00 - 85.00	2200.00 - 2400.00		100.00 - 120.00	
Kandy	70.00 - 80.00	-	260.00 - 280.00	40.00 - 45.00		60.00 - 70.00	80.00 - 90.00	130.00 - 150.00		60.00 - 80.00	2100.00 - 2500.00		100.00 - 110.00	
Puttalam	-	-	250.00 - 280.00	36.00 - 45.00		-	60.00 - 70.00	-		-	-		90.00 - 100.00	
Hambantota	-	-	150.00 - 160.00	-		25.00 - 30.00	-	-		30.00 - 50.00	-		80.00 - 100.00	
Rathnapura	-	-	190.00 - 210.00	-		50.00 - 60.00	80.00 - 100.00	-		50.00 - 70.00	2000.00 - 2200.00		100.00 - 120.00	
Matara	-	-	180.00 - 190.00	33.00 - 40.00		33.00 - 40.00	80.00 - 110.00	-		35.00 - 45.00	2000.00 - 2000.00		90.00 - 100.00	
Galle	90.00 - 120.00	-	200.00 - 280.00	50.00 - 58.00		50.00 - 56.00	100.00 - 180.00	100.00 - 160.00		70.00 - 100.00	2300.00 - 2400.00		100.00 - 120.00	
Tissamaharama	40.00 - 40.00	15.00 - 20.00	160.00 - 180.00	20.00 - 25.00		25.00 - 30.00	70.00 - 80.00	-		20.00 - 25.00	2800.00 - 3100.00		80.00 - 120.00	
Meegoda (DEC)	-	-	220.00 - 230.00	30.00 - 32.00		-	-	-		40.00 - 45.00	2300.00 - 2500.00		100.00 - 100.00	
Embilipitiya	25.00 - 40.00	10.00 - 20.00	150.00 - 200.00	25.00 - 30.00		50.00 - 70.00	90.00 - 110.00	100.00 - 120.00		25.00 - 40.00	2200.00 - 2400.00		90.00 - 120.00	
Jaffna	90.00 - 120.00	-	80.00 - 120.00	-		20.00 - 35.00	-	-		-	2000.00 - 2500.00		120.00 - 150.00	
Vavuniya	-	-	180.00 - 200.00	28.00 - 30.00		40.00 - 40.00	50.00 - 50.00	150.00 - 150.00		-	2000.00 - 2000.00		100.00 - 100.00	
Mannar	50.00 - 60.00	-	160.00 - 180.00	35.00 - 40.00		20.00 - 22.00	60.00 - 80.00	-		-	2200.00 - 2400.00		120.00 - 150.00	
Killinochchi	-	-	150.00 - 180.00	-		40.00 - 50.00	-	-		-	1800.00 - 2000.00		120.00 - 130.00	
Mullaithivu	50.00 - 60.00	-	140.00 - 180.00	-		40.00 - 50.00	-	-		-	-		100.00 - 120.00	
Batticaloa	50.00 - 50.00	-	200.00 - 200.00	-		30.00 - 35.00	-	-		-	2200.00 - 2200.00		120.00 - 130.00	
Trincomalee	80.00 - 85.00	-	170.00 - 190.00	-		24.00 - 28.00	-	-		-	2450.00 - 2550.00		120.00 - 130.00	
Veyangoda	-	-	280.00 - 300.00	45.00 - 50.00		50.00 - 60.00	80.00 - 100.00	-		50.00 - 70.00	2000.00 - 3000.00		100.00 - 120.00	
Galenbindunuwewa	-	-	160.00 - 200.00	-		-	-	-		-	2000.00 - 2600.00		-	
Bandarawela	60.00 - 70.00	-	200.00 - 240.00	50.00 - 60.00		40.00 - 50.00	80.00 - 100.00	-		40.00 - 50.00	2400.00 - 2500.00		100.00 - 120.00	
Matale	-	-	-	-		-	-	-		-	-		-	

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

Week 01: 30 December 2022 - 05 January 2023

Locations	Sea Fish							
	Salaya	Hurulla	Balaya	Kelawalla	Thora	Paraw		
Colombo	350.00 – 450.00	650.00 – 800.00	600.00 – 1000.00	950.00 – 1600.00	1600.00 – 3100.00	980.00 – 1400.00		
Kandy	400.00 – 420.00	720.00 – 740.00	850.00 – 950.00	1300.00 – 1400.00	2000.00 – 2100.00	1200.00 – 1250.00		
Kaluthara	400.00 – 450.00	750.00 – 800.00	600.00 – 650.00	1300.00 – 1400.00	–	1200.00 – 1300.00		
Puttalam	350.00 – 450.00	640.00 – 720.00	700.00 – 920.00	1700.00 – 2000.00	1500.00 – 1900.00	900.00 – 1100.00		
Matara	260.00 – 300.00	–	950.00 – 1000.00	1500.00 – 1600.00	–	–		
Hambantota	250.00 – 350.00	600.00 – 700.00	800.00 – 950.00	1400.00 – 1500.00	–	–		
Galle	280.00 – 300.00	–	700.00 – 750.00	1100.00 – 1200.00	1000.00 – 1300.00	900.00 – 1100.00		
Batticaloa	350.00 – 400.00	700.00 – 700.00	1000.00 – 1100.00	1400.00 – 1500.00	2000.00 – 2000.00	1500.00 – 1600.00		
Trincomalee	250.00 – 320.00	–	800.00 – 850.00	1150.00 – 1250.00	1750.00 – 1900.00	1250.00 – 1350.00		
Mannar	280.00 – 300.00	550.00 – 600.00	–	–	–	1100.00 – 1200.00		

Locations	Sea Fish				Eggs		
	Mora	Shrimps	Thalapath	Teppeli	Brown	White	
Colombo	–	1400.00 – 1750.00	1400.00 – 2100.00	–	–	58.00 – 62.00	
Kandy	1050.00 – 1100.00	1600.00 – 1650.00	2000.00 – 2100.00	–	62.00 – 63.00	60.00 – 61.00	
Kaluthara	–	1500.00 – 1600.00	1600.00 – 1800.00	–	–	–	
Puttalam	1400.00 – 1850.00	1000.00 – 1350.00	2000.00 – 2300.00	–	60.00 – 66.00	59.00 – 59.50	
Matara	–	1800.00 – 1900.00	1550.00 – 1600.00	–	–	–	
Hambantota	–	–	–	–	–	63.00 – 64.00	
Galle	800.00 – 900.00	–	–	–	–	60.00 – 60.50	
Batticaloa	–	1500.00 – 1500.00	2000.00 – 2100.00	–	65.00 – 66.00	65.00 – 66.00	
Trincomalee	1300.00 – 1350.00	880.00 – 980.00	2000.00 – 2100.00	–	56.00 – 57.00	54.00 – 54.00	
Mannar	–	1000.00 – 1100.00	–	–	–	–	

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

Week 01: 30 December 2022 - 05 January 2023

Locations	Local Dried Fish							
	Sprats	Kattawa	Thora	Mora	Balaya	Anguluwa		
Colombo	62500 – 72500	–	–	84000 – 92500	41000 – 45000	–		
Kandy	60000 – 62500	–	–	87500 – 92500	42500 – 45000	–		
Batticaloa	63500 – 65000	115000 – 120000	–	97500 – 100000	62500 – 63500	52500 – 55000		
Trincomalee	52500 – 54000	75000 – 76500	79000 – 80000	71000 – 71500	45000 – 46500	36000 – 38000		
Mannar	57500 – 60000	90000 – 92500	–	–	42000 – 42500	25000 – 26000		

Locations	Local Dried Fish			Imported Dried Fish				
	Maduwa	Koduwa	Salaya	Sprats	Kattawa	Thora		
Colombo	57500 – 62500	–	34000 – 42500	42500 – 47500	82500 – 87500	–		
Kandy	60000 – 62500	–	39000 – 40000	49000 – 52500	88000 – 90000	–		
Batticaloa	74000 – 75000	–	45000 – 50000	60000 – 65000	–	–		
Trincomalee	72000 – 72000	–	37500 – 38000	50000 – 51000	82000 – 82000	90000 – 90000		
Mannar	49000 – 50000	42500 – 45000	25000 – 27500	57500 – 60000	–	–		

Locations	Imported Dried Fish							
	Mora	Balaya	Anguluwa	Maduwa	Koduwa	Salaya		
Colombo	–	–	80000 – 90000	–	–	–		
Kandy	–	–	95000 – 97500	–	–	–		
Batticaloa	–	–	–	–	–	–		
Trincomalee	70000 – 70000	–	90000 – 90000	50000 – 50000	–	–		
Mannar	–	–	–	–	–	–		

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

**Week 01: 30 December 2022 - 05 January 2023**

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

**Week 01: 30 December 2022 - 05 January 2023**

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

Week 01: 30 December 2022 - 05 January 2023

LOCATIONS	Meat	Meat (Chicken)		Meat	
	Beef	Broiler	Curry	Mutton	Pork
Colombo	2000.00 – 2000.00	1180.00 – 1300.00	1500.00 – 1700.00	2700.00 – 3200.00	1450.00 – 2000.00
Gampaha	–	1280.00 – 1300.00	1500.00 – 1500.00	2800.00 – 2800.00	1500.00 – 1500.00
Kurunegala	1900.00 – 2000.00	1260.00 – 1380.00	–	2700.00 – 2800.00	1600.00 – 1700.00
Nikaweratiya	1800.00 – 1800.00	1150.00 – 1190.00	–	–	–
Dambulla	–	1250.00 – 1300.00	–	–	1600.00 – 1800.00
Anuradhapura	1900.00 – 2000.00	1200.00 – 1350.00	–	2950.00 – 3000.00	1450.00 – 1500.00
Thambuththegama	1800.00 – 2000.00	1000.00 – 1150.00	–	–	1500.00 – 1600.00
Polonnaruwa	2000.00 – 2000.00	1100.00 – 1250.00	–	–	1600.00 – 1800.00
Kaluthara	–	1200.00 – 1300.00	1500.00 – 1600.00	–	–
Badulla	1800.00 – 2000.00	1300.00 – 1400.00	1500.00 – 1600.00	2600.00 – 2800.00	–
Keppetipola	2000.00 – 2100.00	1250.00 – 1300.00	1320.00 – 1350.00	2900.00 – 3000.00	–
Moneragala	1800.00 – 1800.00	1250.00 – 1350.00	–	–	1600.00 – 1700.00
Kegalle	1850.00 – 1900.00	1250.00 – 1300.00	–	2750.00 – 2800.00	1750.00 – 1800.00
Ampara	–	–	–	–	–
Dehiwakkandiya	–	1050.00 – 1300.00	–	–	1450.00 – 1700.00
Nuwaraeliya	2000.00 – 2200.00	1280.00 – 1350.00	1340.00 – 1400.00	2800.00 – 2900.00	1800.00 – 1900.00
Kandy	1800.00 – 1900.00	1180.00 – 1190.00	1400.00 – 1450.00	2600.00 – 2700.00	1500.00 – 1600.00
Puttalam	2000.00 – 2000.00	1250.00 – 1350.00	–	3000.00 – 3000.00	–
Hambantota	–	1250.00 – 1280.00	–	–	–
Rathnapura	1950.00 – 2000.00	1180.00 – 1200.00	1600.00 – 1650.00	2900.00 – 3000.00	1560.00 – 1600.00
Matara	–	1250.00 – 1290.00	–	–	–
Galle	2000.00 – 2000.00	1200.00 – 1250.00	1550.00 – 1600.00	2900.00 – 3000.00	–
Tissamaharama	–	1100.00 – 1200.00	1400.00 – 1400.00	2800.00 – 2800.00	1600.00 – 1700.00
Meegoda	–	1100.00 – 1100.00	–	–	–
Embiliptiya	2100.00 – 2200.00	950.00 – 1120.00	–	2800.00 – 2900.00	1500.00 – 1700.00
Jaffna	1450.00 – 1500.00	1400.00 – 1500.00	1400.00 – 1500.00	2350.00 – 2600.00	–
Vavuniya	1650.00 – 1800.00	1350.00 – 1450.00	–	2800.00 – 2800.00	–
Mannar	1500.00 – 1600.00	1400.00 – 1500.00	–	–	–
Killinochchi	1800.00 – 1800.00	1400.00 – 1400.00	1400.00 – 1400.00	2800.00 – 2800.00	–
Mullaitivu	1600.00 – 1600.00	1500.00 – 1500.00	–	–	–
Batticaloa	1600.00 – 1800.00	1400.00 – 1500.00	1500.00 – 1600.00	–	–
Trincomalee	1800.00 – 1850.00	1200.00 – 1300.00	–	–	–
Veyangoda	1900.00 – 1900.00	1200.00 – 1200.00	1400.00 – 1400.00	2600.00 – 2600.00	1500.00 – 1500.00
Galenbindunuwewa	1700.00 – 1700.00	1260.00 – 1260.00	–	–	–
Bandarawela	2000.00 – 2200.00	1200.00 – 1300.00	1500.00 – 1550.00	2800.00 – 3000.00	–
Matale	–	–	–	–	–

**Table 14: Colombo: Wholesale Prices (Rs/Kg or Rs/Pieces)**  
**Week 01: 30 December 2022 - 05 January 2023**

COMMODITY	Range	Average Price			Change Compared to		COMMODITY	Range	Average Price			Change Compared to		
		This Week	Last Week	Last Year	Last Week (%)	Last Year (%)			This Week	Last Week	Last Year	Last Week (%)	Last Year (%)	
<b>Rice</b>														
<b>Local</b>														
Samba 1	210.00 - 220.00	214.55	213.82	159.00	0.34	34.93	<b>Coconut</b>		92.00 - 95.00	94.10	92.90	71.40	1.29	31.79
Samba 2	200.00 - 210.00	206.80	207.00	155.00	-0.10	33.42	Large	85.00 - 88.00	85.55	82.09	65.70	4.21	30.21	
Keeri Samba	220.00 - 230.00	223.50	224.50	219.44	-0.45	1.85	Small							
Nadu 1	200.00 - 210.00	204.73	202.80	152.14	0.95	34.56								
Nadu 2	195.00 - 200.00	197.50	197.80	147.80	-0.15	33.63	<b>Fruits (Rs/Fruit)</b>							
Raw (Red)	195.00 - 200.00	198.30	198.80	134.78	-0.25	47.13	Ambul (Rs/Kg)	160.00 - 240.00	201.54	164.17	83.33	22.76	141.85	
Raw (White)	190.00 - 200.00	194.50	195.30	142.80	-0.41	36.20	Kolikuttu (Rs/Kg)	350.00 - 420.00	395.83	369.09	167.50	7.25	136.32	
<b>Imported</b>							Seenii (Rs/Kg)	100.00 - 150.00	130.00	125.00	67.50	4.00	92.59	
Samba	205.00 - 215.00	209.20	210.00	127.33	-0.38	64.29	Anamalu	18.00 - 23.00	20.50	19.00	12.08	7.89	69.66	
Nadu	170.00 - 180.00	176.80	178.50	117.40	-0.95	50.60	Ambun	24.00 - 28.00	25.67	23.83	14.67	7.69	75.00	
Raw (Red)	-	-	-	-	-	-	Papaw (Rs/Kg)	100.00 - 230.00	154.29	164.00	149.17	-5.92	3.43	
Raw (White)	165.00 - 175.00	169.30	169.60	118.00	-0.18	43.47	Passion Fruit	25.00 - 30.00	28.40	28.73	13.67	-1.14	107.80	
<b>Dried Chillies</b>							Pineapple Large	540.00 - 600.00	582.50	630.00	304.00	-7.54	91.61	
Imported	1250.00 - 1470.00	1392.00	1411.50	728.57	-1.38	91.06	Pineapple Medium	450.00 - 520.00	490.00	530.00	234.00	-7.55	109.40	
							Pineapple Small	350.00 - 420.00	390.00	430.00	170.00	-9.30	129.41	
<b>Onion</b>							<b>Mango</b>							
Sinnan	-	-	-	246.67	-	-	Betti	10.00 - 20.00	14.44	11.75	-	22.93	-	
Vedalan	-	-	-	-	-	-	Karthakolomban	60.00 - 80.00	70.00	67.78	46.82	3.28	49.51	
Imported	560.00 - 625.00	591.50	577.00	333.50	2.51	77.36	Vilad	50.00 - 70.00	56.25	45.00	-	25.00	-	
<b>Big Onion</b>							Kohu	-	-	-	-	-	-	
Imported	150.00 - 170.00	162.50	159.50	136.00	1.88	19.49	<b>Other</b>							
Local	-	-	-	-	-	-	Wood Apple	35.00 - 42.00	38.90	26.36	20.00	47.55	94.50	
<b>Potato</b>							Orange	40.00 - 60.00	49.09	50.00	53.75	-1.82	-8.67	
Wellimada	-	-	-	-	-	-	Avocado	100.00 - 220.00	164.00	150.00	198.18	9.33	-17.25	
N'Eliya	400.00 - 440.00	420.00	440.00	259.17	-4.55	62.06	Slime Apple	26.00 - 36.00	30.89	33.80	36.58	-8.61	-15.57	
Imported	115.00 - 225.00	165.30	173.50	177.80	-4.73	-7.03	Grapes (Imp., Rs/Kg)	1500.00 - 1750.00	1613.75	1500.00	976.00	7.58	65.34	
<b>Pulses</b>							King Coconut	80.00 - 120.00	106.25	102.50	65.00	3.66	63.46	
Green Gram	1080.00 - 1300.00	1165.00	1117.50	510.56	4.25	128.18	<b>Sea Fish</b>							
Cowpea (White)	1250.00 - 1350.00	1300.63	1276.67	640.00	1.88	103.22	Salaya	350.00 - 450.00	398.00	548.00	223.33	-27.37	78.21	
Cowpea (Red)	1300.00 - 1400.00	1330.00	1300.00	476.67	2.31	179.02	Hurulla	650.00 - 800.00	726.00	754.00	427.14	-3.71	69.97	
Red Dhal	355.00 - 360.00	357.80	353.50	251.00	1.22	42.55	Balaya	600.00 - 1000.00	818.00	939.00	458.89	-12.89	78.26	
<b>Vegetable</b>							Kelawalla	950.00 - 1600.00	1270.00	1500.00	866.67	-15.33	46.54	
Beans (Butter)	-	-	-	-	-	-	Thora	1600.00 - 3100.00	2420.00	2790.00	1583.33	-13.26	52.84	
Beans(Green)	550.00 - 650.00	600.00	546.00	339.00	9.89	76.99	Paraw	980.00 - 1400.00	1163.00	1435.00	730.00	-18.95	59.32	
Carrot	220.00 - 250.00	232.00	240.00	436.00	-3.33	-46.79	Mora	-	-	1028.57	770.00	-	-	
Leeks	230.00 - 320.00	274.00	315.00	240.00	-13.02	14.17	Shrimps	1400.00 - 1750.00	1585.00	1656.25	1087.50	-4.30	45.75	
Beetroot	320.00 - 440.00	377.50	348.33	386.00	8.37	-2.20	Thala Path	1400.00 - 2100.00	1730.00	1988.89	1300.00	-13.02	33.08	
Knolkhol	220.00 - 250.00	232.00	235.00	212.00	-1.28	9.43								
Raddish	100.00 - 120.00	106.00	98.00	115.00	8.16	-7.83	<b>Eggs</b>							
Cabbage	100.00 - 140.00	123.00	107.00	343.00	14.95	-64.14	Brown	-	-	25.88	-	-	-	
Tomato	130.00 - 220.00	175.00	192.00	167.00	-8.85	4.79	White	58.00 - 62.00	60.50	60.00	24.63	0.83	145.69	
Ladies Fingers	120.00 - 150.00	135.00	139.00	167.00	-2.88	-19.16	<b>Dried Fish</b>							
Brinjal	180.00 - 220.00	208.00	192.00	302.00	8.33	-31.13	Sprats	1250.00 - 1450.00	1343.00	1203.00	1001.11	11.64	34.15	
Capsicum	600.00 - 700.00	665.00	660.00	643.00	0.76	3.42	Sprats (Imported)	850.00 - 950.00	898.33	885.00	645.45	1.51	39.18	
Pumpkin	120.00 - 140.00	130.00	113.00	72.50	15.04	79.31	Kattawa	-	-	1295.71	-	-	-	
Cucumber	60.00 - 80.00	72.00	59.00	106.00	22.03	-32.08	Kattawa (Imported)	1650.00 - 1750.00	1693.00	1669.00	-	1.44	-	
Bitter Gourd	280.00 - 340.00	304.00	302.00	258.00	0.66	17.83	Thora	-	-	-	-	-	-	
Snake Gourd	200.00 - 250.00	227.00	209.00	241.00	8.61	-5.81	Thora (Imported)	-	-	-	-	-	-	
Drumstick	-	-	-	-	-	-	Mora	1680.00 - 1850.00	1765.00	1720.00	1376.00	2.62	28.27	
Luffa	200.00 - 230.00	216.00	223.00	171.82	-3.14	25.71	Mora (Imported)	-	-	-	-	-	-	
Long Beans	250.00 - 300.00	280.00	275.00	219.00	1.82	27.85	Balaya	820.00 - 900.00	873.00	814.00	700.00	7.25	24.71	
Ash Plantain	200.00 - 230.00	217.00	224.00	78.00	-3.13	178.21	Balaya (Imported)	-	-	-	-	-	-	
Green Chillies	280.00 - 330.00	305.00	220.00	877.00	38.64	-65.22	Anguluwa	-	-	-	-	-	-	
Lime	100.00 - 130.00	116.00	162.00	167.00	-28.40	-30.54	Anguluwa (Imported)	1600.00 - 1800.00	1686.67	1722.50	-	-2.08	-	
<b>Root Crops</b>							Maduwa	1150.00 - 1250.00	1195.00	1214.00	886.25	-1.57	34.84	
Sweet Potato	120.00 - 140.00	136.00	131.00	156.00	3.82	-12.82	Maduwa (Imported)	-	-	-	-	-	-	
Manioc	140.00 - 160.00	146.00	150.00	35.00	-2.67	317.14	Koduwa	-	-	-	-	-	-	
<b>Leafy Vegetable</b>							Koduwa (Imported)	-	-	-	-	-	-	
Mukunuwenna	55.00 - 60.00	58.00	57.50	45.50	0.87	27.47	Salaya	680.00 - 850.00	768.00	725.00	428.75	5.93	79.13	
Kankun	55.00 - 60.00	58.00	57.50	45.50	0.87	27.47	Salaya (Imported)	-	-	-	-	-	-	
Gotukola (Rs/Kg)	240.00 - 250.00	244.00	242.00	163.00	0.83	49.69	-	-	-	-	-	-	-	

This Week: Week 01: 30 December 2022 - 05 January 2023

Last Week: Week 52: 23 - 29 December 2022

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

Week 01: 30 December 2022 - 05 January 2023

COMMODITY	Range	Average Price			Change Compared to		COMMODITY	Range	Average Price			Change Compared to		
		This Week	Last Week	Last Year	Last Week	Last Year (%)			This Week	Last Week	Last Year	Last Week	Last Year (%)	
<b>Rice</b>														
<b>Local</b>														
Samba 1	220.00 - 230.00	228.55	230.61	168.88	-2.06	35.34	<b>Coconut</b>	Large	100.00 - 120.00	111.14	109.42	86.43	1.71	28.58
Samba 2	210.00 - 220.00	218.64	221.56	158.57	-2.93	37.88	Small	85.00 - 95.00	89.95	89.44	73.45	0.51	22.47	
Keeri Samba	240.00 - 265.00	256.21	260.00	240.73	-3.79	6.43								
Nadu 1	220.00 - 225.00	221.11	224.24	147.86	-3.13	49.54	<b>Fruits (Rs/Fruit)</b>							
Nadu 2	210.00 - 220.00	214.80	215.81	137.92	-1.01	55.75	<b>Plantain</b>	Ambul (Rs/Kg)	200.00 - 300.00	268.82	235.28	132.37	33.55	103.09
Raw (Red)	200.00 - 220.00	216.25	217.42	140.13	-1.17	54.32	Kolikutu (Rs/Kg)	480.00 - 590.00	519.43	463.89	228.95	55.54	126.88	
Raw (White)	200.00 - 220.00	210.97	212.42	145.53	-1.46	44.97	Seeni (Rs/Kg)	150.00 - 260.00	223.14	195.00	136.58	28.14	63.38	
<b>Imported</b>							Anamalu	24.00 - 35.00	28.04	28.45	20.76	-0.41	35.05	
Samba	210.00 - 230.00	220.33	218.48	143.59	1.85	53.45	Ambun	30.00 - 44.00	34.43	35.52	25.23	-1.09	36.49	
Nadu	180.00 - 210.00	197.22	202.90	135.38	-5.68	45.68	Papaw(Rs/Kg)	180.00 - 360.00	299.33	368.62	238.71	-69.29	25.40	
Raw (Red)	-	-	-	131.81	-	-	Passion Fruit	30.00 - 54.00	46.04	50.62	26.17	-4.58	75.93	
Raw (White)	180.00 - 200.00	189.03	189.70	126.54	-0.66	49.39	Pineapple Large	580.00 - 700.00	638.57	639.60	347.50	-1.03	83.76	
<b>Dried Chillies</b>							Pineapple Medium	540.00 - 620.00	558.52	576.13	274.50	-17.61	103.47	
Imported	1550.00 - 1900.00	1796.43	1809.68	837.50	-13.25	114.50	Pineapple Small	380.00 - 520.00	466.54	494.62	221.52	-28.08	110.61	
<b>Onion</b>							<b>Mango</b>	Betti	-	-	-	-	-	
Sinnan	-	-	-	-	-	-	Karthakolomban	100.00 - 200.00	143.79	139.58	66.00	4.21	117.87	
Vedalan	-	-	-	-	-	-	Vilad	70.00 - 100.00	83.33	63.33	-	-	-	
Imported	600.00 - 800.00	732.26	768.39	406.00	-36.13	80.36	Kohu	-	-	-	-	-	-	
<b>Big Onion</b>							<b>Other</b>	Wood Apple	50.00 - 100.00	72.66	54.56	57.59	18.10	26.17
Imported	180.00 - 240.00	203.55	205.59	200.44	-2.04	1.55	Orange	60.00 - 160.00	110.50	116.67	92.11	-6.17	19.97	
Local	-	-	-	-	-	-	Avocado	120.00 - 250.00	167.50	174.44	-	-6.94	-	
<b>Potato</b>							Slime Apple	60.00 - 120.00	87.41	90.00	74.84	-2.59	16.79	
Welimada	-	-	-	-	-	-	Grapes (Imp., Rs/Kg)	1800.00 - 2500.00	2121.05	2070.59	1263.46	50.46	67.88	
N'Eliya	420.00 - 520.00	455.00	480.00	298.38	-25.00	52.49	King Coconut	120.00 - 160.00	140.53	137.50	76.00	3.03	84.90	
Imported	150.00 - 240.00	199.00	226.90	199.51	-27.90	-0.26	<b>Sea Fish</b>							
<b>Pulses</b>							Salaya	520.00 - 720.00	600.83	608.75	323.20	-7.92	85.90	
Green Gram	1200.00 - 1400.00	1291.96	1310.42	602.00	-18.45	114.61	Hurulla	800.00 - 1000.00	881.74	969.13	565.45	-87.39	55.93	
Cowpea (White)	1200.00 - 1600.00	1372.50	1343.75	666.00	28.75	106.08	Balaya	900.00 - 2000.00	1496.00	1610.00	1023.00	-114.00	46.24	
Cowpea (Red)	1300.00 - 1500.00	1371.74	1350.00	551.31	21.74	148.81	Kelawalla	1300.00 - 3000.00	2372.22	2435.71	1480.00	-63.49	60.29	
Red Dhal	360.00 - 400.00	381.82	377.42	275.37	4.40	38.66	Thora	2500.00 - 4000.00	3275.00	3394.29	1944.17	-119.29	68.45	
<b>Vegetable</b>							Paraw	1400.00 - 2800.00	2218.57	2364.44	1506.32	-145.87	47.28	
Beans (Butter)	-	-	-	-	-	-	Mora	-	-	-	-	-	-	
Beans(Green)	600.00 - 800.00	699.60	711.15	405.36	-11.55	72.59	Shrimps	1560.00 - 2200.00	1805.22	1851.82	1276.00	-46.60	41.47	
Carrot	250.00 - 480.00	353.20	389.23	514.23	-36.03	-31.31	Thalapath	2000.00 - 3200.00	2795.83	2851.67	1941.67	-55.83	43.99	
Leeks	350.00 - 600.00	435.83	437.78	369.29	-1.94	18.02	<b>Eggs</b>							
Beetroot	400.00 - 600.00	558.26	504.29	522.59	53.98	6.83	Brown	60.00 - 65.00	63.20	60.88	26.71	2.33	136.63	
Knolkhol	260.00 - 400.00	353.89	427.50	361.48	-73.61	-2.10	White	60.00 - 64.00	61.75	60.50	25.71	1.25	140.19	
Raddish	140.00 - 280.00	204.40	215.19	206.92	-10.79	-1.22	<b>Dried Fish</b>							
Cabbage	150.00 - 320.00	239.63	255.71	446.30	-16.08	-46.31	Sprats	1500.00 - 2200.00	1730.77	1640.00	1266.67	90.77	36.64	
Tomato	150.00 - 320.00	257.20	313.70	314.29	-56.50	-18.16	Sprats (Imported)	1000.00 - 1600.00	1330.43	1286.21	776.92	44.23	71.24	
Ladies Fingers	180.00 - 320.00	241.54	252.41	266.43	-10.88	-9.34	Kattawa	2200.00 - 2800.00	2480.95	2476.92	1600.00	4.03	55.06	
Brinjal	300.00 - 600.00	444.40	360.77	399.23	83.63	11.31	Thora	-	-	-	-	-	-	
Capsicum	800.00 - 1200.00	926.09	904.69	847.41	21.40	9.28	Mora	2200.00 - 2800.00	2450.00	2404.17	1613.64	45.83	51.83	
Pumpkin	150.00 - 280.00	230.80	215.77	132.86	15.03	73.72	Bayala	1200.00 - 1800.00	1466.67	1400.00	1054.17	66.67	39.13	
Cucumber	100.00 - 240.00	193.08	182.50	179.29	10.58	7.69	Anguluwa	2200.00 - 2800.00	2500.00	2409.09	1595.00	90.91	56.74	
Bitter Gourd	350.00 - 600.00	470.83	454.07	397.86	16.76	18.34	Maduwa	-	-	-	-	-	-	
Snake Gourd	280.00 - 480.00	401.67	400.00	338.33	1.67	18.72	Koduwa	-	-	-	-	-	-	
Drumstick	-	-	-	-	-	-	Salaya	1000.00 - 1600.00	1311.54	1184.00	625.00	127.54	109.85	
Luffa	280.00 - 480.00	366.96	386.67	300.80	-19.71	21.99	Beef (without Bones)	2000.00 - 2000.00	2000.00	2075.00	1333.33	-75.00	50.00	
Long Beans	300.00 - 500.00	406.96	408.93	331.11	-1.97	22.91	Chicken (Broiler)	1180.00 - 1300.00	1251.25	1291.11	806.00	-39.86	55.24	
Ash Plantain	240.00 - 400.00	310.83	317.14	145.19	-6.31	114.09	Chicken (Curry)	1500.00 - 1700.00	1570.00	1540.00	752.00	30.00	108.78	
Green Chillies	320.00 - 700.00	531.92	523.21	1242.86	8.71	-57.20	Mutton	2700.00 - 3200.00	2914.29	2925.00	2033.33	-10.71	43.33	
Lime	150.00 - 400.00	307.08	391.79	386.07	-84.70	-20.46	Pork	1450.00 - 2000.00	1787.50	1750.00	832.00	37.50	114.84	
<b>Root Crops</b>														
Sweet Potato	160.00 - 280.00	240.00	233.08	192.14	6.92	24.91								
Manioc	160.00 - 250.00	216.15	223.57	84.07	-7.42	157.10								
<b>Leafy Vegetable</b>														
Mukunuwenna	70.00 - 100.00	81.11	80.00	65.56	1.11	23.73								
Kankun	70.00 - 100.00	81.11	80.00	63.53	1.11	27.67								
Gotukola	100.00 - 160.00	124.44	117.78	68.13	6.67	82.67								

This Week: Week 01: 30 December 2022 - 05 January 2023

Last Week: Week 52: 23 - 29 December 2022

**Table 16: Farmgate/Producer Prices of Food Commodities in Selected Producing Areas (Rs/Kg)**  
**Week 01: 30 December 2022 - 05 January 2023**

COMMODITY	Range	Average Price	COMMODITY	Range	Average Price	COMMODITY	Range	Average Price
<b>Paddy</b>			<b>Vegetable (Up Country)</b>			<b>Snake Gourd</b>		
<b>Short Grain</b>			<b>Beans</b>			Dambulla	190.00 – 205.00	197.00
A'pura	100.00 – 105.00	102.00	Dambulla	530.00 – 560.00	546.00	Hambantota	160.00 – 190.00	176.00
P'naruwa	106.00 – 106.50	106.25	Wellimada	540.00 – 560.00	550.00	Embilipitiya	200.00 – 220.00	212.00
Kalawewa	100.00 – 105.00	102.60	Badulla	460.00 – 520.00	488.00	Matara	–	
Kurunegala	100.00 – 102.00	101.00	<b>Carrot</b>			A'pura	180.00 – 200.00	188.00
Dehiattakandiya	100.00 – 104.00	102.00	N'Eliya	160.00 – 170.00	166.00	<b>Luffa</b>		
Nikaweratiya	100.00 – 108.00	105.00	Wellimada	140.00 – 155.00	147.00	Dambulla	190.00 – 210.00	198.00
Ampara	–		Hanguranketha	150.00 – 180.00	169.00	Hambantota	140.00 – 180.00	160.00
<b>Long Grain (White)</b>			<b>Leeks</b>			Embilipitiya	250.00 – 270.00	258.00
A'pura	100.00 – 105.00	102.00	N'Eliya	230.00 – 240.00	236.00	Matara	–	
P'naruwa	106.00 – 107.00	106.53	Wellimada	225.00 – 235.00	229.00	A'pura	200.00 – 240.00	216.00
Kalawewa	100.00 – 105.00	101.80	<b>Beetroot</b>			<b>Green Chillies</b>		
Kurunegala	98.00 – 100.00	99.00	N'Eliya	180.00 – 200.00	190.00	Dambulla	240.00 – 280.00	264.00
Dehiattakandiya	100.00 – 102.00	101.33	Dambulla	420.00 – 430.00	423.33	Hambantota	–	
Embilipitiya	–		Kurunegala	–		Embilipitiya	380.00 – 410.00	396.00
Nikaweratiya	100.00 – 108.00	105.00	Wellimada	270.00 – 280.00	276.00	Puttalam	180.00 – 220.00	198.33
Hambantota	–		Hanguranketha	260.00 – 285.00	272.00	A'pura	180.00 – 200.00	188.00
Ampara	–		<b>Knol Khol</b>			<b>Pumpkin</b>		
<b>Long Grain (Red)</b>			N'Eliya	180.00 – 200.00	192.00	Dambulla	115.00 – 125.00	121.00
Matara	115.00 – 117.00	115.50	Wellimada	190.00 – 200.00	193.00	Hambantota	60.00 – 80.00	71.67
Hambantota	115.00 – 118.00	115.75	Hanguranketha	160.00 – 170.00	166.00	Embilipitiya	110.00 – 130.00	121.00
Embilipitiya	112.00 – 115.00	113.80	<b>Raddish</b>			Matara	60.00 – 65.00	61.67
<b>Keeri Samba</b>			N'Eliya	25.00 – 30.00	27.00	A'pura	90.00 – 100.00	94.00
A'pura	100.00 – 105.00	102.00	Wellimada	20.00 – 25.00	22.00	Moneragala	–	
P'naruwa	106.00 – 106.50	106.17	Hambantota	70.00 – 80.00	75.00	<b>Cucumber</b>		
Kalawewa	100.00 – 105.00	102.50	Hanguranketha	15.00 – 40.00	25.60	A'pura	70.00 – 80.00	74.00
Kurunegala	–		N'Eliya	75.00 – 90.00	81.00	Dambulla	95.00 – 105.00	100.00
Dehiattakandiya	100.00 – 104.00	102.67	Wellimada	45.00 – 55.00	51.00	Hambantota	30.00 – 40.00	33.00
<b>Red Onion</b>			Badulla	50.00 – 70.00	59.00	Matara	30.00 – 40.00	36.25
Puttalam	480.00 – 550.00	514.00	Hanguranketha	20.00 – 50.00	32.00	<b>Long Beans</b>		
Jaffna	–		<b>Tomato</b>			Dambulla	240.00 – 280.00	260.00
<b>Big Onion</b>			Wellimada	50.00 – 65.00	58.00	Hambantota	120.00 – 180.00	150.00
Dambulla	–		Hambantota	–		Embilipitiya	70.00 – 100.00	85.00
Kalawewa	–		Dambulla	62.00 – 67.00	64.60	Matara	170.00 – 200.00	180.00
A'pura	–		Hanguranketha	100.00 – 130.00	112.00	A'pura	250.00 – 280.00	262.00
<b>Potato</b>			<b>Ladies Fingers</b>			<b>Ash Plantain</b>		
N'Eliya	300.00 – 320.00	310.00	A'pura	90.00 – 100.00	94.00	Hambantota	60.00 – 90.00	76.00
Badulla	–		Dambulla	110.00 – 125.00	117.00	Embilipitiya	100.00 – 125.00	115.00
Wellimada	290.00 – 300.00	295.00	Hambantota	110.00 – 130.00	118.33	Matara	130.00 – 145.00	136.25
<b>Pulses</b>			Embilipitiya	115.00 – 130.00	122.00	<b>Lime</b>		
<b>Green Gram</b>			Matara	120.00 – 130.00	126.25	Hambantota	–	
Hambantota	–		<b>Brinjal</b>			Embilipitiya	110.00 – 130.00	120.00
Moneragala	850.00 – 900.00	870.00	A'pura	300.00 – 320.00	308.00	Moneragala	50.00 – 60.00	54.00
Embilipitiya	950.00 – 960.00	955.00	Dambulla	340.00 – 370.00	354.00	<b>Fruits (Rs/Kg)</b>		
Nikaweratiya	850.00 – 900.00	875.00	Hambantota	–		<b>Banana</b>		
A'pura	900.00 – 950.00	920.00	Embilipitiya	230.00 – 260.00	246.00	<b>Ambul</b>		
<b>Cowpea</b>			Matara	–		Moneragala	40.00 – 50.00	44.00
Hambantota	–		Wellimada	270.00 – 280.00	273.00	Embilipitiya	100.00 – 120.00	109.00
Nikaweratiya	900.00 – 900.00	900.00	<b>Capsicum</b>			Hambantota	100.00 – 120.00	112.50
Moneragala	850.00 – 900.00	870.00	Badulla	–		<b>Kolikuttu</b>		
Embilipitiya	1000.00 – 1020.00	1010.00	Wellimada	550.00 – 580.00	560.00	Moneragala	180.00 – 200.00	188.00
<b>Maize</b>			<b>Bitter Gourd</b>			Embilipitiya	300.00 – 330.00	316.00
A'pura	170.00 – 180.00	174.00	A'pura	320.00 – 340.00	328.00	Hambantota	–	
Kalawewa	160.00 – 180.00	173.33	Dambulla	240.00 – 280.00	262.00	<b>Papaw</b>		
<b>Gingelly</b>			Hambantota	–		Moneragala	100.00 – 120.00	108.00
A'pura	500.00 – 530.00	512.00	Embilipitiya	350.00 – 370.00	358.00	Embilipitiya	120.00 – 140.00	128.00
Kalawewa	–		Matara	280.00 – 320.00	302.50	Hambantota	100.00 – 120.00	112.50
<b>Black Gram</b>			<b>Pineapple</b>			Divulapitiya	–	
A'pura	800.00 – 850.00	820.00						
Kalawewa	780.00 – 850.00	807.50						

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

**Week 01: 30 December 2022 - 05 January 2023**

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NULEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<b>Rice</b>									
<b>Local</b>									
Samba 1	225.00	-	230.00	-	220.00	-	230.00	230.00	-
Samba 2	220.00	-	220.00	-	220.00	-	220.00	220.00	-
Keeri Samba	255.00	-	265.00	-	240.00	-	260.00	250.00	-
Nadu 1	220.00	-	225.00	-	220.00	-	220.00	220.00	-
Nadu 2	210.00	-	220.00	-	-	210.00	-	220.00	-
Raw (Red)	210.00	-	220.00	-	200.00	-	220.00	220.00	-
Raw (White)	210.00	-	220.00	-	210.00	-	220.00	210.00	-
<b>Imported</b>									
Samba	210.00	-	225.00	-	220.00	-	230.00	220.00	-
Nadu	180.00	-	190.00	-	200.00	-	210.00	190.00	-
Raw (Red)	-	-	-	-	-	-	-	-	-
Raw (White)	180.00	-	190.00	-	180.00	-	190.00	180.00	-
<b>Dried Chillies</b>									
Imported	1550.00	-	1700.00	-	1800.00	-	1800.00	1800.00	-
<b>Red Onion</b>									
Sinnan	-	-	-	-	-	-	-	-	-
Vedalan	-	-	-	-	-	-	-	-	-
Imported	680.00	-	700.00	-	800.00	-	800.00	760.00	-
<b>Big Onion</b>									
Imported	180.00	-	200.00	-	180.00	-	220.00	180.00	-
Local	-	-	-	-	-	-	-	-	-
<b>Potato</b>									
Welimada	-	-	-	-	-	-	-	-	-
N'Eliya	420.00	-	420.00	-	460.00	-	480.00	420.00	-
Imported	150.00	-	170.00	-	200.00	-	240.00	180.00	-
<b>Pulses</b>									
Green Gram	1200.00	-	1275.00	-	1200.00	-	1400.00	1300.00	-
Cowpea (White)	1200.00	-	1300.00	-	-	1400.00	-	1500.00	1500.00
Cowpea (Red)	1300.00	-	1350.00	-	1300.00	-	1300.00	1400.00	-
Red Dhal	370.00	-	380.00	-	360.00	-	400.00	380.00	-

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

**Week 01: 30 December 2022 - 05 January 2023**

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<b><u>Vegetable</u></b>									
Beans	600.00	- 600.00	800.00	- 800.00	640.00	- 720.00	600.00	- 700.00	600.00
Carrot	250.00	- 300.00	480.00	- 480.00	480.00	- 480.00	400.00	- 480.00	320.00
Leeks	350.00	- 380.00	560.00	- 560.00	480.00	- 480.00	600.00	- 600.00	560.00
Beetroot	480.00	- 600.00	600.00	- 600.00	520.00	- 600.00	600.00	- 600.00	600.00
Knolkhol	260.00	- 300.00	-	-	400.00	- 400.00	400.00	- 400.00	260.00
Raddish	140.00	- 160.00	280.00	- 280.00	200.00	- 280.00	200.00	- 240.00	160.00
Cabbage	150.00	- 180.00	320.00	- 320.00	280.00	- 320.00	240.00	- 240.00	160.00
Tomato	150.00	- 160.00	320.00	- 320.00	320.00	- 320.00	240.00	- 240.00	320.00
Ladies Fingers	180.00	- 200.00	280.00	- 280.00	240.00	- 280.00	240.00	- 240.00	200.00
Brinjal	350.00	- 500.00	560.00	- 560.00	400.00	- 480.00	600.00	- 600.00	300.00
Capsicum	800.00	- 900.00	1000.00	- 1000.00	1000.00	- 1200.00	800.00	- 1000.00	800.00
Pumpkin	150.00	- 200.00	240.00	- 240.00	240.00	- 240.00	280.00	- 320.00	240.00
Cucumber	140.00	- 180.00	240.00	- 240.00	200.00	- 240.00	240.00	- 240.00	200.00
Bitter Gourd	350.00	- 380.00	560.00	- 560.00	420.00	- 600.00	480.00	- 600.00	520.00
Snake Gourd	280.00	- 300.00	480.00	- 480.00	400.00	- 480.00	480.00	- 400.00	320.00
Drumstick	-	-	-	-	-	-	-	-	-
Luffa	320.00	- 350.00	440.00	- 440.00	400.00	- 480.00	480.00	- 400.00	320.00
Long Beans	300.00	- 350.00	500.00	- 500.00	480.00	- 480.00	500.00	- 360.00	350.00
Ash Plantain	240.00	- 260.00	400.00	- 400.00	240.00	- 360.00	400.00	- 320.00	320.00
Green Chillies	320.00	- 400.00	700.00	- 700.00	600.00	- 600.00	500.00	- 700.00	500.00
Lime	150.00	- 200.00	400.00	- 400.00	400.00	- 400.00	300.00	- 400.00	300.00
<b><u>Root Crops</u></b>									
Sweet Potato	160.00	- 180.00	280.00	- 280.00	240.00	- 280.00	240.00	- 280.00	240.00
Manioc	160.00	- 180.00	220.00	- 240.00	200.00	- 240.00	220.00	- 240.00	220.00
<b><u>Leafy Vegetable</u></b>									
Mukunuwenna	80.00	- 80.00	80.00	- 80.00	80.00	- 80.00	80.00	- 80.00	80.00
Kankun	80.00	- 80.00	80.00	- 80.00	80.00	- 80.00	80.00	- 80.00	80.00
Gotukola	100.00	- 100.00	100.00	- 100.00	160.00	- 160.00	150.00	- 150.00	100.00
<b><u>Coconut</u></b>									
Large	100.00	- 120.00	120.00	- 120.00	100.00	- 110.00	100.00	- 110.00	100.00
Small	86.00	- 88.00	90.00	- 95.00	90.00	- 95.00	85.00	- 95.00	85.00

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

**Week 01: 30 December 2022 - 05 January 2023**

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<b><u>Plantain</u></b>									
Ambul (Rs/Kg)	250.00	-	300.00	280.00	-	300.00	300.00	-	300.00
Kolikuttu (Rs/Kg)	500.00	-	520.00	550.00	-	560.00	480.00	-	500.00
Seeni (Rs/Kg)	150.00	-	160.00	240.00	-	250.00	220.00	-	250.00
Anamalu	25.00	-	26.00	25.00	-	26.00	33.00	-	35.00
Ambun	31.00	-	32.00	31.00	-	32.00	41.00	-	44.00
<b><u>Pineapple</u></b>									
Large	600.00	-	650.00	650.00	-	700.00	650.00	-	700.00
Medium	540.00	-	550.00	540.00	-	550.00	550.00	-	550.00
Small	380.00	-	500.00	480.00	-	500.00	500.00	-	500.00
<b><u>Mango</u></b>									
Betti	-	-	-	-	-	-	-	-	-
Karthakolomban	100.00	-	160.00	200.00	-	200.00	100.00	-	150.00
Vilad	-	-	-	-	-	-	-	-	-
Kohu	-	-	-	-	-	-	-	-	-
<b><u>Other Fruits</u></b>									
Wood Apple	60.00	-	70.00	80.00	-	100.00	80.00	-	100.00
Orange	60.00	-	80.00	100.00	-	120.00	120.00	-	160.00
Avocado	120.00	-	150.00	180.00	-	200.00	150.00	-	180.00
Slime Apple	100.00	-	120.00	70.00	-	100.00	100.00	-	120.00
Grapes (Rs/Kg)	1800.00	-	1800.00	2200.00	-	2200.00	2000.00	-	2000.00
Papaw (Rs/Kg)	180.00	-	200.00	300.00	-	350.00	350.00	-	350.00
Passion	30.00	-	33.00	50.00	-	54.00	50.00	-	54.00
King Coconut	120.00	-	130.00	140.00	-	150.00	140.00	-	150.00

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

**Week 01: 30 December 2022 - 05 January 2023**

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<b><u>Sea Fish</u></b>									
Salaya	560.00	620.00	520.00	560.00	600.00	700.00	700.00	680.00	680.00
Hurulla	900.00	1000.00	800.00	840.00	800.00	800.00	1000.00	880.00	880.00
Balaya	900.00	1000.00	1560.00	1600.00	-	-	-	1600.00	2000.00
Kelawalla	1300.00	1400.00	2800.00	2800.00	2000.00	2400.00	2800.00	2800.00	2000.00
Thora	2500.00	2700.00	2800.00	2800.00	3600.00	4000.00	3600.00	3600.00	3600.00
Paraw	1400.00	1500.00	2400.00	2400.00	-	2400.00	2400.00	1960.00	1960.00
Mora	-	-	-	-	-	-	-	-	-
Shrimps Small	2000.00	2200.00	1560.00	1920.00	2000.00	2000.00	1700.00	1700.00	1600.00
Talapath	2000.00	2500.00	3000.00	3000.00	2700.00	2800.00	3200.00	3200.00	2600.00
31 <b><u>Eggs (Rs/Egg)</u></b>									
Brown	65.00	65.00	-	-	62.00	64.00	-	-	65.00
White	60.00	60.00	-	60.00	60.00	62.00	63.00	63.00	63.00
<b><u>Dried Fish</u></b>									
Sprats	1500.00	1600.00	-	1800.00	2200.00	1800.00	2000.00	1600.00	2000.00
Kattawa	2200.00	2600.00	-	2400.00	2500.00	2400.00	2600.00	2500.00	2400.00
Thora	-	-	-	-	-	-	-	-	-
Mora	2200.00	2400.00	-	2500.00	2800.00	2200.00	2600.00	2200.00	2500.00
Balaya	1200.00	1600.00	-	1500.00	1800.00	1400.00	1500.00	1400.00	1500.00
Anguluwa	2200.00	2500.00	-	2800.00	2800.00	2400.00	2600.00	-	-
Salaya	1000.00	1200.00	-	1200.00	1600.00	1400.00	1600.00	1200.00	1600.00
<b><u>Meat</u></b>									
Beef (without Bones)	-	-	-	-	-	-	-	2000.00	2000.00
Chicken (Broiler)	-	1270.00	1270.00	1280.00	1280.00	1280.00	1280.00	1180.00	1180.00
Chicken (Curry)	-	-	1500.00	1600.00	1550.00	1550.00	-	1500.00	1500.00
Mutton	-	2800.00	2800.00	2900.00	2900.00	-	2800.00	2800.00	2700.00
Pork	-	1800.00	1800.00	2000.00	2000.00	-	-	1900.00	1900.00

## Annex 05 : Food Composition of Selected Food Commodities

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



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

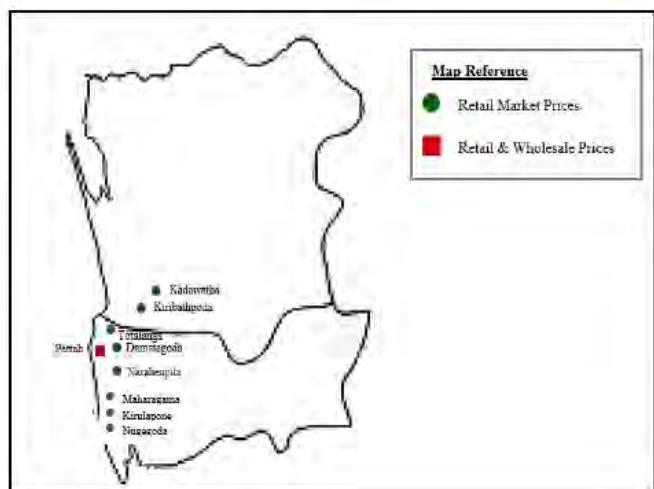
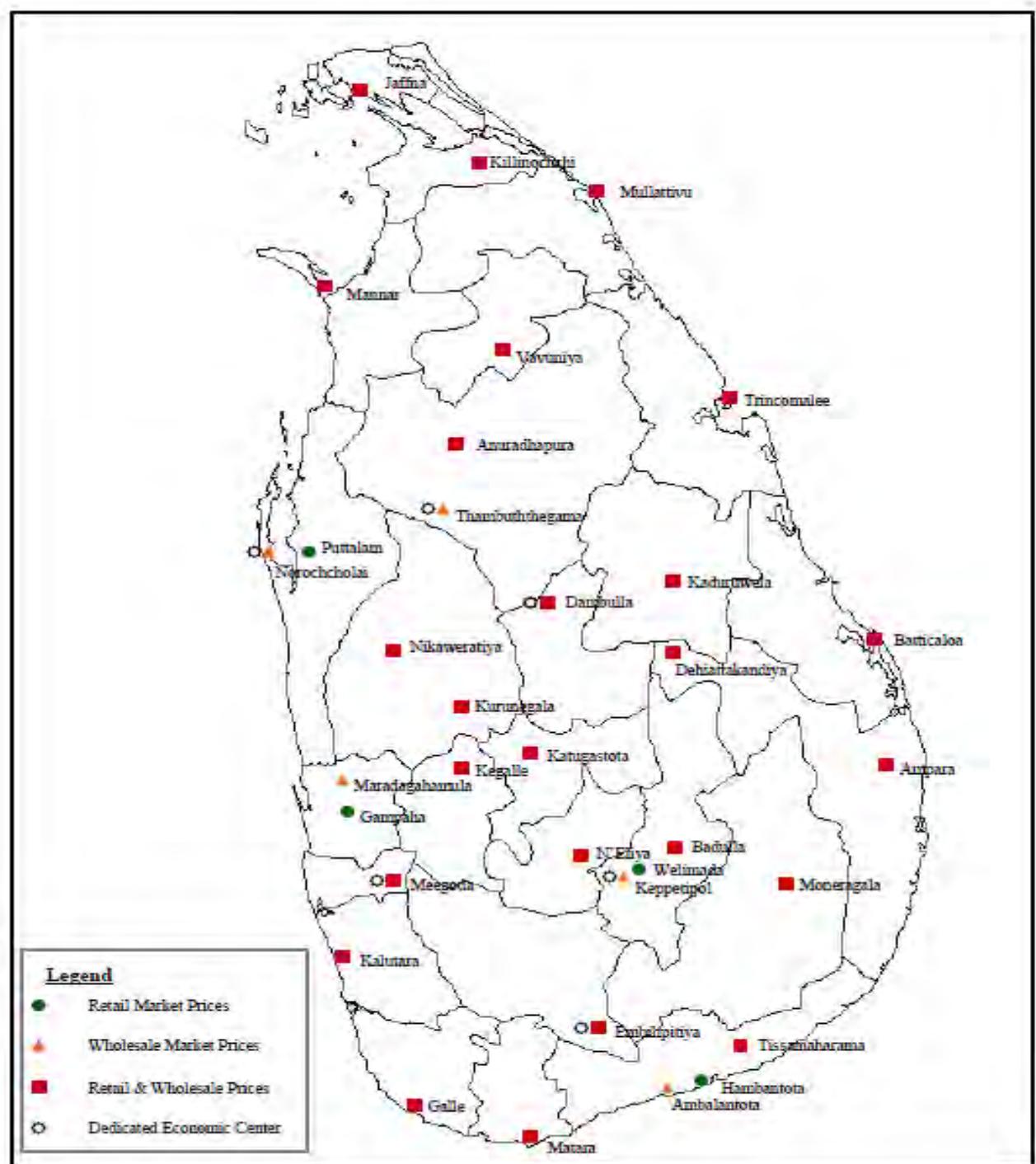
## Meat

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

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



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