

# WEEKLY FOOD COMMODITIES BULLETIN

Vol: 45

20<sup>th</sup> – 26<sup>th</sup> January 2023

ISSN 1391 - 049

No.04

## RETAIL MARKET AT A GLANCE

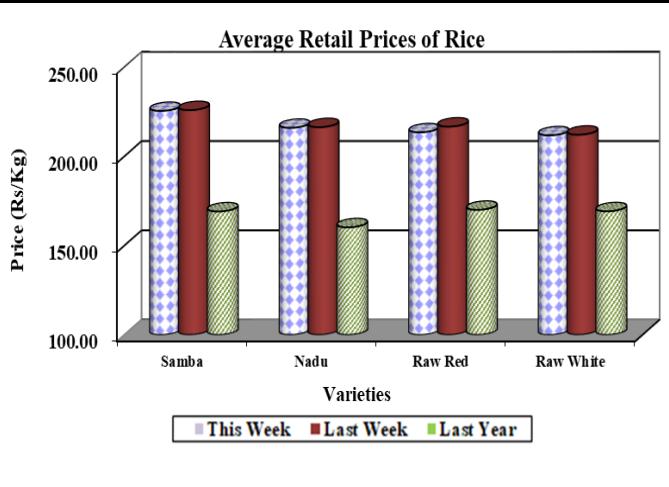
### Summary

#### Rice/Paddy



Prices of most of the local rice varieties have decreased slightly, in the range of Rs.1.00-3.00/kg. Average farm gate prices of both short grain and long grain paddy varieties have increased slightly in most of the major producing areas.

(Page No.01-02)

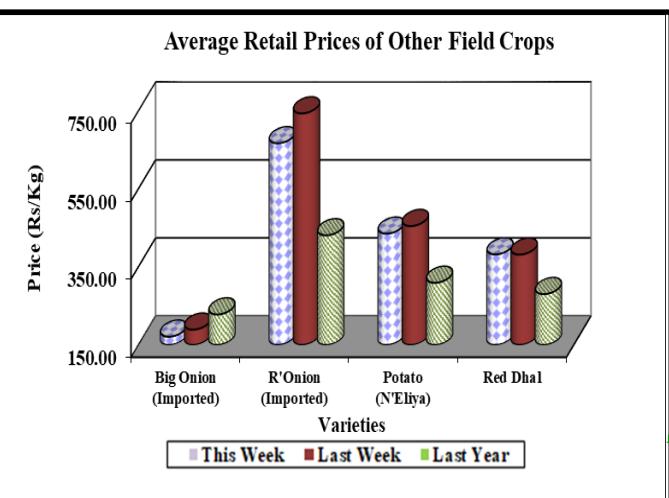


#### Other Field Crops



Prices of both imported red onion and big onion have decreased by Rs.76.00/kg and Rs.18.00/kg respectively. Prices of both Nuwara Eliya and imported potatoes have decreased by Rs.20.00/kg and Rs.29.00/kg respectively.

(Page No.02-04)

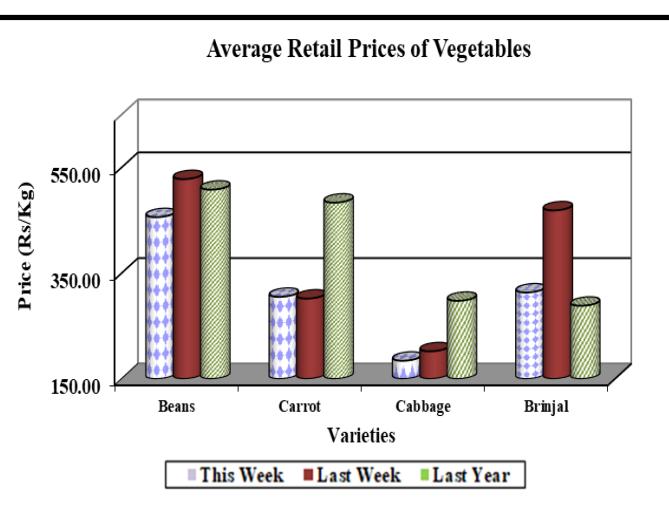


#### Vegetables



Retail prices of most of the vegetables have decreased due to high supply. Of the up-country varieties, the highest price decrease was reported for beetroot as Rs.157.00/kg, followed by capsicum as Rs.95.00/kg, beans as Rs.72.00/kg and leeks as Rs.46.00/kg, in Colombo and suburb markets.

(Page No.04-05)

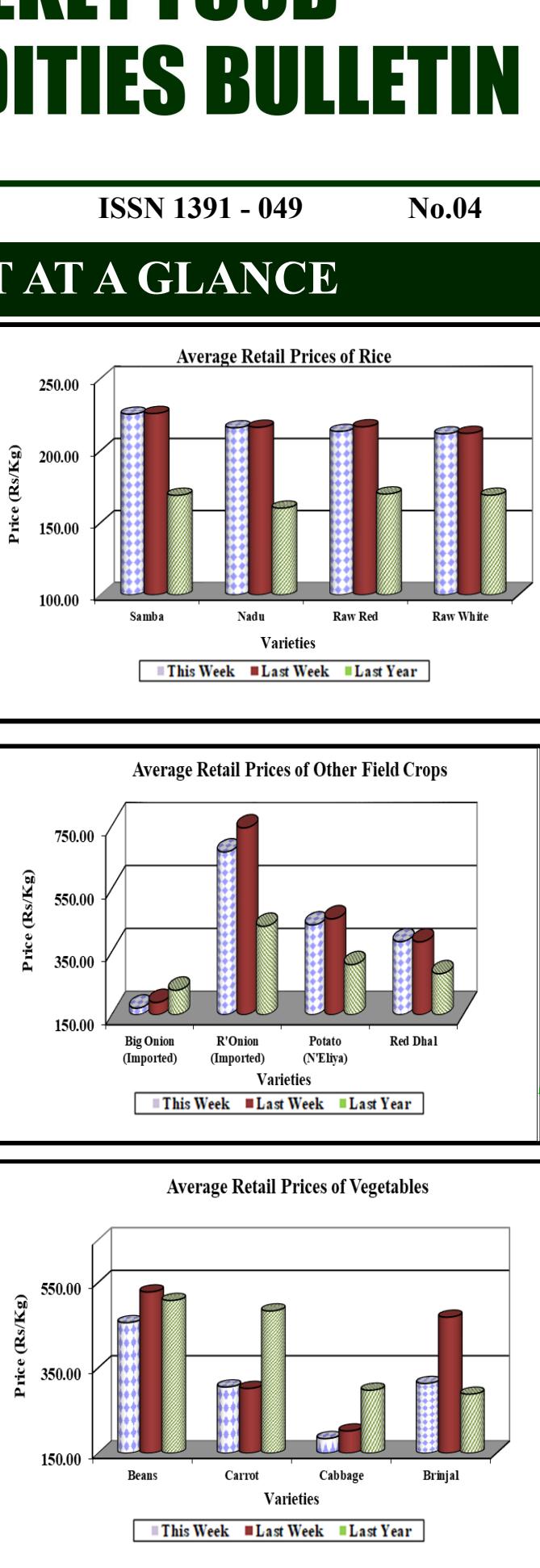


#### Coconut



Prices of both large and small nuts have increased by Rs.1.00/nut and the price ranges were; Rs.110.00 -130.00/nut for large nut and Rs.90.00-105.00/nut for small nut.

(Page No.06)



#### Eggs



In line with decreased wholesale prices, retail prices of both brown and white eggs have decreased by Rs.8.00/egg and Rs.7.00/egg respectively due to imposing of a new control price for eggs (for a white egg as Rs 44.00 and for a brown egg as Rs.46.00).

(Page No.09)

## Rice

### Wholesale

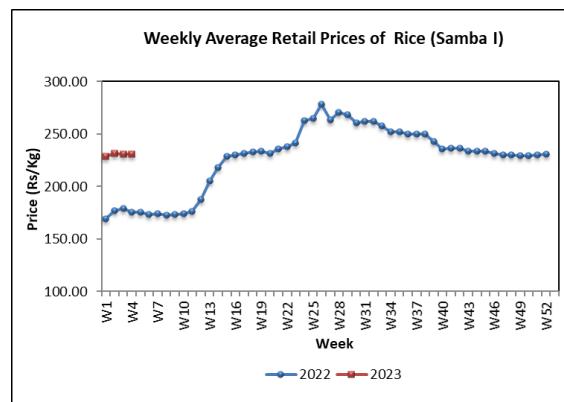
Prices of all types of local rice varieties have slightly decreased. Prices of both grade I nadu and raw red have decreased by 4% and its price ranges were Rs.190.00-200.00/kg and Rs.180.00-195.00/kg respectively. Further, prices of grade II nadu and grade I samba decreased by 3% and 1% and its price ranges were Rs.185.00-195.00/kg and Rs.210.00-215.00/kg respectively. Prices of keeri samba and raw white have decreased by 2%.

Prices of all types of imported rice varieties have also decreased in line with the decreased local rice prices. Price of ponni samba has decreased by 3% and the prices ranged Rs.195.00-205.00/kg. Prices of both imported nadu and raw white have decreased by 1%.

Compared to the same period of last year, prices of all types of local rice varieties, except keeri samba have increased in the range of 19%-27% while imported varieties have increased in the range of 46% -64%.

### Retail

Prices of most of the local rice varieties have decreased slightly, in the range of Rs.1.00-3.00/kg. The highest price decrease was reported for raw red by Rs.3.00/kg and prices ranged Rs.200.00-220.00/kg. However, prices of samba grade I, nadu grade II and raw white have not changed significantly. Price ranges for samba and nadu rice varieties were Rs.200.00-240.00/kg. The average price for keeri samba and raw white were Rs.236.00/kg and Rs.212.00/kg.



Meantime, prices of imported samba and raw white have increased by Rs.7.00/kg and Rs.2.00/kg. Price of imported nadu has decreased by Rs.1.00/kg.

Compared to the same period of last year, prices of all local rice varieties have increased by 4%-36% while prices of all the imported rice have increased by 43%-61%.

### **Paddy**

A slight increase of prices for both short grain and long grain white paddy was observed in most of the major producing areas. Accordingly, the average price of short grain paddy has increased by Rs.1.00-4.00/kg in Polonnaruwa, Nikaweratiya and Kurunegala. Prices for short grain paddy has ranged between Rs.90.00-102.00/kg and the highest average price was reported in Polonnaruwa as Rs.102.00/kg. In addition, average price of keeri samba paddy also increased by Rs.1.00/kg in Polonnaruwa and Dehiattakandiya. However, a price decrease of Rs.1.00/kg was reported in Kalawewa and Anuradhapura and the producer prices ranged between Rs.93.00-107/kg. Yet, a price increase of Rs.1.00-4.00/kg was reported for long grain white paddy and prices ranged Rs.90.00-100.00/kg. Meanwhile, average price of long grain red paddy has decreased by Rs.2.00-7.00/kg and the reported price range was Rs.95.00-102.00/kg in the Southern province.

Compared to the same period of last year, the average farmgate prices of all major paddy varieties of short grain, keeri samba, long grain white and red have increased by 11%-50%.

### **Dried Chilies**

#### **Wholesale**

Price of imported dried chilies has decreased slightly and the average price was Rs.1304.00/kg.

Compared to the same period of last year, price of imported dried chilies has increased by 70%.

#### **Retail**

Price of imported dried chilies has decreased by Rs.31.00/kg and the price ranged between Rs.1400.00-1850.00/kg.

Compared to the same period of last year, price of imported dried chilies has increased by 96%.

### **Onion**

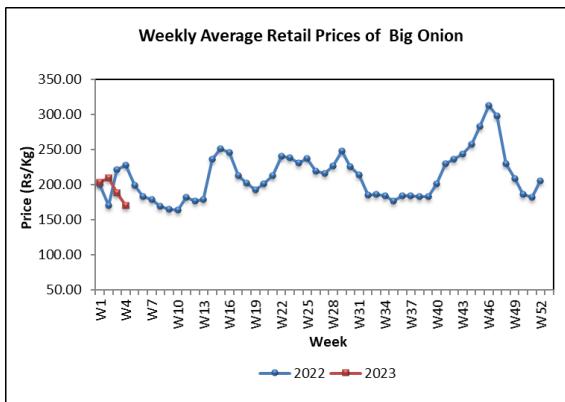
#### **Wholesale**

Price of imported red onion has decreased by 25% due to high availability of stocks imported from India and the price ranged Rs.350.00-410.00/kg. Price of imported big onion has also decreased by 15% due to increased supply and the price ranged Rs.110.00-135.00/kg.

Compared to the same period of last year, price of imported big onion has decreased by 32% while the price of imported red onion has increased by 10%.

## Retail

Price of imported red onion has decreased by Rs.76.00/kg and price ranged between Rs.450.00-760.00/kg. Price of imported big onion has decreased by Rs.18.00/kg and price ranged between Rs.140.00-180.00/kg.



Compared to the same period of last year, prices of imported red onion has increased by 55% while price of imported big onion has decreased by 25%.

## Potato

### Wholesale

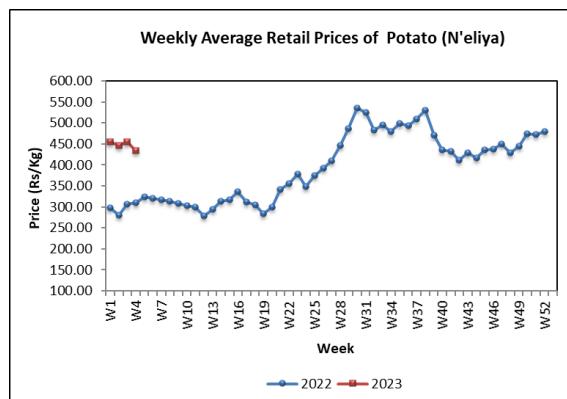
Price of imported potato has decreased by 4% due to increased supply of stocks from Pakistan and the price ranged Rs.95.00-220.00/kg. (Price ranges were Rs.95.00-115.00/kg for stocks from Pakistan and Rs.200.00-220.00 for stocks from India). Price of Nuwara Eliya potato has increased by 3% due to decreased supply and the price ranged Rs.350.00-400.00/kg.

Compared to the same period of last year, price of Nuwara Eliya potato has

increased by 58% while the price of imported potato has decreased by 26%.

## Retail

Prices of Nuwara Eliya and imported potatoes has decreased by Rs.20.00/kg and Rs.29.00/kg and prices ranged Rs.360.00-480.00/kg and Rs.130.00-200.00/kg respectively.



Compared to the same period of last year, prices of Nuwara Eliya potato has increased by 41% while prices of imported potato have decreased by 16%.

## Pulses

### Wholesale

Prices of white cowpea and red cowpea have decreased by 9% and 8% respectively due to increased supply of local stocks and the prices ranged Rs.1050.00-1300.00/kg. Prices of green gram and red dhal have decreased slightly and the average prices were Rs.1228.00/kg and Rs.353.00/kg respectively.

Compared to the same period of last year, prices of all types of pulses have increased in the range of 32%-143% and the highest price increase was reported for green gram.

### Retail

Prices of all pulses have increased. Prices of green gram, white cowpea and red cowpea have increased by Rs.20.00-27.00/kg and the price ranges were Rs.1300.00-1400.00/kg, Rs.1200.00-1600.00/kg and Rs.1200.00-1600.00/kg respectively. The price of red dhal has also ranged Rs.368.00-390.00/kg.

Compared to the same period of last year, prices of all types of pulses have increased by 36%-126% and the highest was reported for red cowpea.

### Vegetables

#### Wholesale

Prices of most of the vegetable varieties have decreased due to increased supply in the early phase of maha vegetable harvesting season.

Considering up country vegetable, the highest price decrease was reported for beetroot by 28% due to low quality low country stocks received from Jaffna.

Price of beans (green) has decreased by 23% due to low quality stocks received

from Kandy and Matale areas. Further, prices of knolkhol and raddish have decreased by 6% and price of cabbage has decreased by 12% due to increased market supply from both upcountry and low country producing areas. However, price of carrot has increased by 10% due to high quality stocks received from Nuwara Eliya area.

Meanwhile, price of tomato has decreased by 2% and price of capsicum has decreased by 3%.

Considering low country vegetables, the highest price decreased was reported from brinjal by 50% due to increased market supply from most of the main producing areas. The second highest price decrease was reported for long beans by 41% due to increased market supply from Ambalanthota, Thissamaharama Beliatta areas. Price of pumpkin has decreased by 12% due to increased market supply from Dambulla and Nochchiyagama areas. Further, prices of bitter gourd and snake gourd have decreased by 8% and 6% respectively due to increased market supply from Kandy. However, price of luffa has increased by 6% due to insufficient stocks received at the market.

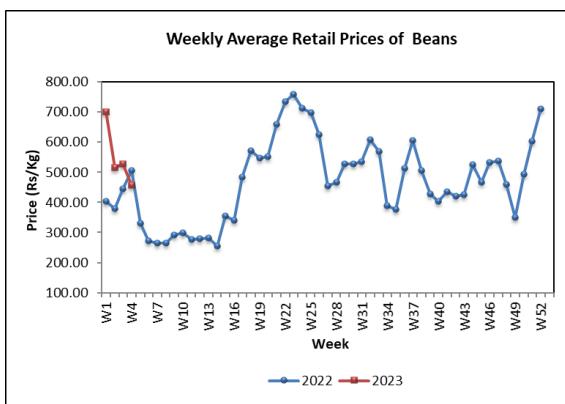
Meanwhile, price of green chilies has increased by 19% due to decreased supply

from Puttalam. Further, price of lime has also increased by 3%.

Compared to the same period of last year, wholesale prices of most of the vegetable varieties have increased with the highest price increase of 158%, reported for ash plantain.

### Retail

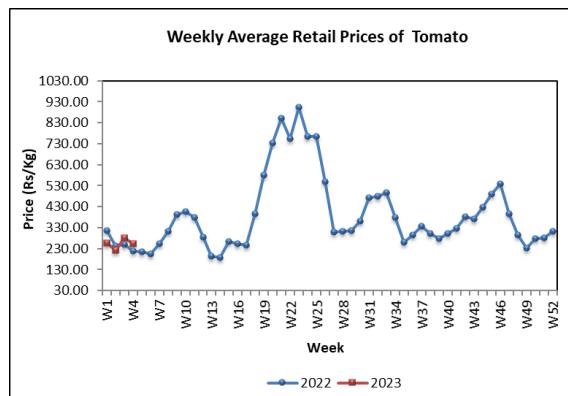
In line with the decreased wholesale prices, retail prices of most of the varieties have decreased.



Considering up-country varieties, the highest price decrease was reported for beetroot as Rs.157.00/kg, followed by capsicum as Rs.95.00/kg and beans as Rs.72.00/kg. Prices of knolkhol and leeks have also decreased by Rs.43.00/kg and Rs.46.00/kg respectively. Further, prices of raddish and cabbage also decreased in the range of Rs.11.00-18.00/kg.

Considering low-country varieties, the highest price decrease was reported for brinjal as Rs.155.00/kg. Likewise, prices

of long beans, snake gourd, bitter gourd and pumpkin has also decreased by Rs.11.00-48.00/kg.



Prices of green chilies and lime have increased by Rs.117.00/kg and Rs.23.00/kg respectively.

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 106%.

### Coconut

#### Wholesales

Prices of both large and small nuts have increased by 2% and 1% respectively. Their prices ranged between Rs.98.00-100.00/nut for a large nut and Rs.88.00-92.00/nut for a small nut.

Compared to the same period of last year, wholesale prices of both large and small nuts have increased by 41% and 38% respectively.

### Retail

Prices of both large and small nuts have increased by Rs.1.00/nut and the reported price ranges were Rs.110.00-130.00/nut for large nuts and Rs.90.00-105.00/nut for small nuts.

Compared to the same period of last year, price of large and small nuts has increased by 35% and 30% respectively.

### Fruits

#### Wholesale

Prices of most of fruit varieties have increased due to limited supply during the rainy season. The highest price increase was reported for passion fruit by 35% due to limited supply. The price of mango-karthakolomban has increased by 28% while price of king coconut has increased by 12% due to unavailability of sufficient stocks. Further, price of papaw, and mango-betti has increased by 7% with limited supply. Price of imported grapes and wood apple have increased by 6% and 5% respectively, due to availability of limited stocks.

In addition, price of all banana varieties have increased in the range of 2%-11% due to low supply. Price of all sizes of pineapple also increased in the range of 1%-5%.

However, prices of orange (17%), avocado (15%) and slime apple (13%) decreased due to low demand and low-quality supply.

Compared to the same period of last year, wholesale prices of most of the fruit varieties have increased with the highest price increase of 137% being reported for banana-kolikuttu.

### Retail

Retail prices of most of the fruit have increased in line with the increased wholesale prices. The highest price increase of Rs.268.00/kg was reported for imported grapes due to limited supply. Prices of avocado and mango-karthakolomban have increased by Rs.23.00/fruit and Rs.19.00/fruit respectively. Prices of banana seeni, ambul and kolikuttu have increased in the range of Rs.4.00-16.00/kg while the prices of anamalu and ambun have increased by Rs.1.00/fruit and Rs.2.00/fruit respectively. Further, price of wood apple has increased by Rs.15.00/fruit. Prices of all sizes of pineapple have increased in the range of Rs.3.00-9.00/fruit due to limited supply. Prices of both passion fruit and king coconut have increased by Rs.8.00/fruit.

Meanwhile, price of slime apple has decreased by Rs.9.00/fruit due to

availability of sufficient stocks. The price of orange has decreased by Rs.2.00/fruit.

Compared to the same period of last year, retail prices of all fruits except avocado have increased with the highest price increase of 122% being reported for banana-ambul.

### **Fresh Fish**

#### **Wholesale**

Wholesale prices of all fresh fish types have decreased due to high wholesale supply compared to demand. The highest price decrease of 18% was noted for balaya due to high supply from Beruwala and Galle and the price ranged Rs.580.00-750.00/kg. A price decrease of 16% was noted for salaya and paraw due to high supply from Walachchenai, Mannar and Trincomalee and its prices ranged Rs.250.00-450.00/kg and Rs.850.00-1400.00/kg respectively. A price decrease of 14% was noted for thora due to high supply from Northern areas and the price ranged between the price decrease of 10% was noted for kelawalla due to high supply from Southern areas and the price ranged between Rs.750.00-1300.00/kg. In addition, price of hurulla has decreased by 4%.

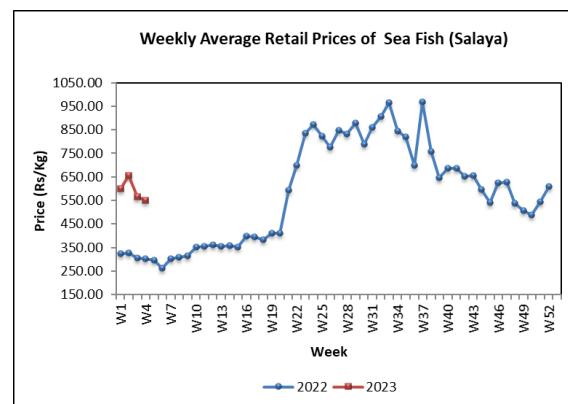
However, a price increase of 11% was noted for thlapath due to low supply from Negombo, Walachchenai and Kalmunai and the price ranged between Rs.1500.00-

2100.00/kg. In addition, price of both shrimps and mora have increased by 2%.

Compared to the same period of last year, wholesale prices of all fresh fish types have increased in the range of 14%-73% and with the highest noted for salalya.

### **Retail**

In line with decreased wholesale prices, retail prices of all types of fresh fish, except for mora, have further decreased. The highest price decrease was reported for thora by Rs.196.00/kg followed by Rs.170.00/kg for paraw. The remaining types have decreased in the range of Rs.10.00-82.00/kg. However, price of mora has increased by Rs.182.00/kg due to limited supply.



Compared to the same period of last year, prices of all types of fresh fish have increased in the range of 25%-81% with the highest price increase reported for salaya.

### **Dried Fish**

#### **Wholesale**

Due to increased local dried fish supply, prices of most of the local dried fish types have decreased. The highest price decrease of 3% was noted for local mora due to high supply from Negombo and Chilaw and the price ranged between Rs.1550.00-1800.00/kg. Likewise, a price decrease of 2% was noted for local sprats due to high supply from Trincomalee and Mannar and the price ranged between Rs.1250.00-1350.00/kg. In addition, price of imported kattawa and local maduwa has decreased by 1%.

However, a price increase of 4% was noted for local balaya due to low supply from Negombo and Beruwala areas and the price ranged between Rs.850.00-940.00/kg. Likewise, a price increase of 3% was noted for local salaya due to low supply from Mannar and Chilaw. In addition, price of imported sprats has increased by 1%.

Compared to the same period of last year, wholesale prices of all dried fish types have increased in the range of 20%-93% and the highest price increase was reported for local salaya.

#### **Retail**

Unlike the wholesale prices, retail prices of most types of dried fish have further

increased. The highest price increase was reported for balaya as Rs.81.00/kg followed by Rs.56.00/kg for mora. The remaining types have increased in the range of 17.00-33.00/kg.

However, prices of anguluwa and local sprat have decreased by Rs.92.00/kg and Rs.82.00/kg respectively due to low demand.

Compared to the same period of last year, prices of all types of dried fish have increased in the range of 32%-104% with the highest price increase reported for salaya.

### **Eggs**

#### **Wholesale**

Price of a brown egg has decreased by 15% and the price of a white egg has decreased by 10%. Its prices ranged between Rs.45.00-58.00 and Rs.43.00-55.00 respectively.

Compared to the same period of last year, prices of both brown and white eggs have increased by 129% and 133% respectively.

#### **Retail**

In line with decreased wholesale prices, retail prices of both brown and white eggs have decreased by Rs.8.00/egg and

Rs.7.00/egg respectively due to imposing of a new control price (for a white egg -Rs 44.00 and for a brown egg -Rs 46.00).

Compared to the same period of last year, prices of both brown and white eggs have increased by 106% and 111% respectively.

### **Meat**

#### **Retail**

Prices of most types of meat have further decreased due to low demand. The highest price decrease was reported for pork by Rs.50.00/kg. Prices of skin-less curry chicken and mutton has decreased by Rs.38.00/kg and Rs.20.00/kg respectively.

However, price of beef has increased by Rs.17.00/kg due to limited supply with low production.

Compared to the same period last year, prices of all types of meat have increased in the range of 44%-97% with the highest price increase reported for skin-less curry chicken.

### **EXPLANATORY NOTE**

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

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 04: 20 - 26 January 2023

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

Week 04: 20 - 26 January 2023

LOCATIONS	Rice Varieties																	
	Samba 1		Samba 2		Keeri Samba		Nadu 1		Nadu 2		Raw Red	Raw White						
Colombo	225.00	-	240.00	220.00	-	220.00	240.00	260.00	220.00	230.00	210.00	215.00	200.00	-	220.00			
Gampaha	225.00	-	230.00	210.00	-	220.00	240.00	260.00	220.00	220.00	200.00	210.00	210.00	-	210.00			
Kurunegala	230.00	-	230.00	-	-	260.00	260.00	260.00	215.00	220.00	-	-	210.00	-	200.00			
Nikaweratiya	220.00	-	230.00	-	-	240.00	260.00	210.00	220.00	180.00	185.00	210.00	-	225.00	180.00	-	210.00	
Dambulla	227.00	-	230.00	220.00	-	225.00	255.00	260.00	208.00	210.00	195.00	200.00	210.00	-	214.00	185.00	-	195.00
Anuradhapura	230.00	-	230.00	-	-	250.00	260.00	215.00	220.00	-	-	210.00	-	220.00	200.00	-	210.00	
Thambuththegama	230.00	-	230.00	210.00	-	220.00	240.00	260.00	220.00	220.00	190.00	200.00	210.00	-	220.00	190.00	-	200.00
Polonnaruwa	229.00	-	230.00	-	-	259.00	260.00	219.00	220.00	210.00	210.00	210.00	-	210.00	200.00	-	210.00	
Kaluthara	225.00	-	230.00	-	-	255.00	260.00	215.00	220.00	-	-	210.00	-	215.00	205.00	-	210.00	
Badulla	-	-	-	-	-	250.00	260.00	215.00	220.00	-	-	190.00	-	200.00	190.00	-	200.00	
Keppetipola	228.00	-	230.00	220.00	-	225.00	250.00	260.00	215.00	220.00	202.00	208.00	205.00	-	210.00	200.00	-	206.00
Moneragala	225.00	-	230.00	-	-	250.00	260.00	215.00	220.00	-	-	185.00	-	200.00	180.00	-	190.00	
Kegalle	230.00	-	230.00	-	-	260.00	260.00	220.00	220.00	185.00	200.00	210.00	-	220.00	200.00	-	210.00	
Ampara	230.00	-	230.00	220.00	-	220.00	260.00	265.00	215.00	220.00	200.00	200.00	180.00	-	190.00	165.00	-	180.00
Dehiatatakandiya	230.00	-	230.00	-	-	260.00	260.00	210.00	220.00	-	-	-	-	-	175.00	-	210.00	
Nuwaraeliya	228.00	-	230.00	220.00	-	224.00	255.00	260.00	216.00	220.00	208.00	212.00	205.00	-	206.00	198.00	-	206.00
Kandy	230.00	-	230.00	220.00	-	225.00	255.00	260.00	218.00	220.00	205.00	210.00	215.00	-	220.00	195.00	-	210.00
Puttalam	230.00	-	230.00	-	-	240.00	260.00	215.00	220.00	180.00	190.00	200.00	-	215.00	180.00	-	190.00	
Hambantota	230.00	-	230.00	-	-	250.00	260.00	-	-	-	-	180.00	-	185.00	180.00	-	185.00	
Rathnapura	225.00	-	230.00	-	-	-	-	-	210.00	215.00	-	-	186.00	-	200.00	194.00	-	200.00
Matara	230.00	-	230.00	-	-	250.00	260.00	220.00	220.00	-	-	175.00	-	185.00	180.00	-	185.00	
Galle	230.00	-	230.00	-	-	260.00	260.00	220.00	225.00	-	-	179.00	-	200.00	180.00	-	200.00	
Tissamaharama	-	-	-	-	-	230.00	230.00	-	-	180.00	185.00	170.00	-	180.00	175.00	-	180.00	
Meegoda (DEC)	220.00	-	230.00	-	-	240.00	250.00	-	-	200.00	210.00	200.00	-	200.00	190.00	-	200.00	
Embilipitiya	220.00	-	230.00	210.00	-	215.00	250.00	260.00	220.00	225.00	-	-	160.00	-	190.00	200.00	-	210.00
Jaffna	-	-	210.00	-	220.00	260.00	270.00	220.00	230.00	200.00	215.00	200.00	-	220.00	-	-	-	
Vavuniya	225.00	-	230.00	-	-	240.00	250.00	-	-	200.00	205.00	210.00	-	215.00	210.00	-	215.00	
Mannar	230.00	-	230.00	-	-	255.00	260.00	218.00	220.00	-	-	205.00	-	210.00	210.00	-	215.00	
Killinochchi	230.00	-	235.00	-	-	260.00	265.00	225.00	230.00	220.00	225.00	200.00	-	210.00	210.00	-	220.00	
Mullaittivu	-	-	-	-	-	255.00	270.00	220.00	220.00	210.00	210.00	190.00	-	200.00	-	-	-	
Batticaloa	230.00	-	230.00	-	-	260.00	265.00	220.00	225.00	-	-	210.00	-	220.00	200.00	-	200.00	
Trincomalee	-	-	-	-	-	255.00	260.00	-	-	195.00	200.00	195.00	-	205.00	190.00	-	195.00	
Hanguranketha	220.00	-	230.00	210.00	-	215.00	245.00	260.00	210.00	220.00	185.00	199.00	198.00	-	210.00	190.00	-	210.00
Veyangoda	230.00	-	230.00	220.00	-	225.00	240.00	260.00	220.00	220.00	210.00	210.00	200.00	-	220.00	200.00	-	210.00
Galenbindunuwewa	230.00	-	230.00	210.00	-	215.00	250.00	260.00	210.00	220.00	-	-	210.00	-	220.00	190.00	-	195.00
Bandarawela	-	-	215.00	-	220.00	250.00	260.00	-	-	210.00	215.00	190.00	-	200.00	190.00	-	195.00	
Matale	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	

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

**Week 04: 20 - 26 January 2023**

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

Week 04: 20 - 26 January 2023

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

Week 04: 20 - 26 January 2023

Locations	Butter Beans	Green Beans	Carrot	Leeks	Beetroot	Knolkhol
Colombo	-	250.00 - 400.00	150.00 - 160.00	200.00 - 250.00	220.00 - 350.00	220.00 - 250.00
Meegoda (DEC)	-	380.00 - 400.00	150.00 - 180.00	230.00 - 250.00	200.00 - 240.00	240.00 - 280.00
Dambulla (DEC)	-	280.00 - 330.00	110.00 - 130.00	180.00 - 220.00	170.00 - 220.00	240.00 - 260.00
Keppetipola (DEC)	-	330.00 - 350.00	100.00 - 120.00	200.00 - 210.00	200.00 - 220.00	180.00 - 200.00
Norochchhole (DEC)	-	-	-	-	180.00 - 230.00	-
Nuwara Eliya	-	320.00 - 340.00	140.00 - 150.00	210.00 - 220.00	210.00 - 220.00	190.00 - 200.00
Kandy	-	350.00 - 400.00	100.00 - 130.00	230.00 - 250.00	170.00 - 220.00	220.00 - 230.00
Hambantota	-	500.00 - 550.00	160.00 - 250.00	250.00 - 300.00	250.00 - 300.00	150.00 - 250.00
Thambuththegama (DEC)	-	230.00 - 280.00	130.00 - 150.00	220.00 - 240.00	210.00 - 230.00	180.00 - 220.00
Jaffna		220.00 - 300.00	160.00 - 200.00	250.00 - 300.00	220.00 - 300.00	-
Bandarawela		300.00 - 350.00	100.00 - 130.00	200.00 - 220.00	220.00 - 240.00	180.00 - 200.00
Veyangoda	-	350.00 - 400.00	130.00 - 160.00	200.00 - 230.00	190.00 - 220.00	250.00 - 300.00

Locations	Raddish	Cabbage	Tomato	Ladies Fingers	Brinjal	Capsicum
Colombo	50.00 - 80.00	50.00 - 70.00	150.00 - 180.00	180.00 - 200.00	160.00 - 200.00	650.00 - 750.00
Meegoda (DEC)	80.00 - 90.00	70.00 - 90.00	140.00 - 160.00	230.00 - 250.00	160.00 - 180.00	600.00 - 730.00
Moneragala	80.00 - 130.00	70.00 - 90.00	120.00 - 160.00	200.00 - 250.00	150.00 - 200.00	680.00 - 700.00
Dambulla (DEC)	30.00 - 40.00	35.00 - 50.00	100.00 - 130.00	160.00 - 180.00	150.00 - 200.00	600.00 - 650.00
Keppetipola (DEC)	20.00 - 30.00	40.00 - 45.00	100.00 - 120.00	170.00 - 180.00	150.00 - 160.00	620.00 - 650.00
Norochchhole (DEC)	20.00 - 30.00	20.00 - 30.00	80.00 - 140.00	150.00 - 200.00	180.00 - 250.00	550.00 - 650.00
Nuwara Eliya	50.00 - 60.00	80.00 - 90.00	120.00 - 140.00	180.00 - 190.00	160.00 - 170.00	600.00 - 640.00
Kandy	60.00 - 80.00	40.00 - 100.00	120.00 - 130.00	180.00 - 200.00	180.00 - 200.00	600.00 - 620.00
Hambantota	140.00 - 200.00	120.00 - 150.00	120.00 - 170.00	180.00 - 200.00	150.00 - 200.00	650.00 - 700.00
Thambuththegama (DEC)	45.00 - 70.00	40.00 - 60.00	100.00 - 130.00	160.00 - 180.00	100.00 - 170.00	600.00 - 680.00
Tissamaharama	60.00 - 80.00	130.00 - 160.00	130.00 - 150.00	100.00 - 130.00	90.00 - 120.00	500.00 - 680.00
Jaffna	50.00 - 80.00	50.00 - 80.00	130.00 - 200.00	250.00 - 320.00	300.00 - 350.00	620.00 - 700.00
Bandarawela	30.00 - 40.00	40.00 - 50.00	100.00 - 130.00	-	140.00 - 160.00	600.00 - 650.00
Veyangoda	50.00 - 65.00	60.00 - 80.00	120.00 - 140.00	200.00 - 230.00	180.00 - 220.00	650.00 - 700.00

Locations	Pumpkin	Cucumber	Bitter Gourd	Snake Gourd	Drumstick	Luffa
Colombo	100.00 - 140.00	90.00 - 120.00	250.00 - 300.00	180.00 - 200.00	-	220.00 - 280.00
Meegoda (DEC)	100.00 - 120.00	100.00 - 120.00	320.00 - 350.00	180.00 - 200.00	-	280.00 - 280.00
Moneragala	180.00 - 220.00	130.00 - 150.00	400.00 - 450.00	300.00 - 350.00	-	350.00 - 370.00
Dambulla (DEC)	60.00 - 90.00	80.00 - 100.00	250.00 - 280.00	110.00 - 130.00	-	250.00 - 280.00
Keppetipola (DEC)	80.00 - 100.00	100.00 - 110.00	270.00 - 280.00	140.00 - 150.00	-	240.00 - 250.00
Norochchhole (DEC)	110.00 - 140.00	70.00 - 120.00	280.00 - 350.00	150.00 - 200.00	-	140.00 - 180.00
Nuwara Eliya	100.00 - 110.00	120.00 - 140.00	280.00 - 290.00	150.00 - 160.00	-	240.00 - 260.00
Kandy	70.00 - 100.00	90.00 - 100.00	230.00 - 250.00	150.00 - 170.00	-	230.00 - 250.00
Hambantota	140.00 - 180.00	140.00 - 170.00	350.00 - 450.00	200.00 - 300.00	-	250.00 - 300.00
Thambuththegama (DEC)	60.00 - 85.00	50.00 - 70.00	230.00 - 280.00	110.00 - 130.00	-	200.00 - 250.00
Tissamaharama	100.00 - 130.00	70.00 - 80.00	300.00 - 320.00	120.00 - 140.00	-	150.00 - 170.00
Jaffna	80.00 - 100.00	100.00 - 130.00	250.00 - 300.00	200.00 - 240.00	##### - #####	-
Bandarawela	80.00 - 100.00	90.00 - 110.00	-	-	-	-
Veyangoda	80.00 - 110.00	100.00 - 130.00	280.00 - 330.00	200.00 - 230.00	-	260.00 - 320.00

**Table 06 (Contd.)**

	<b>Long Beans</b>	<b>Ash Plantain</b>	<b>Green Chillies</b>	<b>Lime</b>	<b>Sweet Potatoe</b>	<b>Manioc</b>
Colombo	120.00 - 160.00	200.00 - 250.00	320.00 - 350.00	80.00 - 100.00	120.00 - 130.00	140.00 - 170.00
Meegoda (DEC)	170.00 - 180.00	210.00 - 220.00	290.00 - 320.00	100.00 - 120.00	100.00 - 110.00	180.00 - 180.00
Moneragala	150.00 - 200.00	100.00 - 120.00	300.00 - 320.00	70.00 - 80.00	150.00 - 170.00	-
Dambulla (DEC)	120.00 - 150.00	180.00 - 200.00	250.00 - 280.00	60.00 - 80.00	80.00 - 100.00	120.00 - 140.00
Keppetipola (DEC)	130.00 - 140.00	180.00 - 190.00	250.00 - 280.00	80.00 - 100.00	110.00 - 130.00	110.00 - 120.00
Norochchhole (DEC)	70.00 - 130.00	140.00 - 160.00	250.00 - 300.00	80.00 - 150.00	120.00 - 150.00	140.00 - 170.00
Nuwara Eliya	140.00 - 150.00	190.00 - 200.00	300.00 - 340.00	100.00 - 110.00	130.00 - 150.00	130.00 - 140.00
Kandy	100.00 - 120.00	180.00 - 200.00	300.00 - 320.00	90.00 - 100.00	100.00 - 120.00	110.00 - 120.00
Hambantota	140.00 - 160.00	120.00 - 150.00	350.00 - 400.00	140.00 - 180.00	150.00 - 180.00	120.00 - 180.00
Thambuththegama (DEC)	110.00 - 140.00	160.00 - 200.00	200.00 - 260.00	50.00 - 70.00	100.00 - 120.00	100.00 - 130.00
Tissamaharama	100.00 - 120.00	150.00 - 170.00	260.00 - 280.00	60.00 - 80.00	140.00 - 150.00	110.00 - 130.00
Jaffna	250.00 - 320.00	100.00 - 150.00	280.00 - 320.00	30.00 - 60.00	190.00 - 210.00	120.00 - 160.00
Bandarawela	-	-	220.00 - 260.00	-	100.00 - 120.00	100.00 - 110.00
Veyangoda	150.00 - 180.00	200.00 - 230.00	280.00 - 320.00	100.00 - 120.00	100.00 - 130.00	150.00 - 170.00

<b>Locations</b>	<b>Leafy Vegetables (Rs/Bundle)</b>			<b>Coconut (Rs/Nut)</b>	
	<b>Mukunuwenna</b>	<b>Kankun</b>	<b>Gotukola</b>	<b>Large</b>	<b>Small</b>
Colombo	55.00 - 60.00	55.00 - 60.00	240.00 - 250.00	98.00 - 100.00	88.00 - 92.00
Meegoda (DEC)	70.00 - 70.00	70.00 - 70.00	-	105.00 - 110.00	85.00 - 90.00
Norochchhole (DEC)	60.00 - 60.00	50.00 - 60.00	120.00 - 140.00	88.00 - 95.00	75.00 - 80.00
Nuwara Eliya	-	-	-	-	-
Dambulla (DEC)	30.00 - 35.00	30.00 - 35.00	30.00 - 35.00	75.00 - 80.00	67.00 - 70.00
Kandy	45.00 - 50.00	50.00 - 60.00	220.00 - 230.00	90.00 - 95.00	75.00 - 78.00
Hambantota	45.00 - 50.00	40.00 - 50.00	60.00 - 60.00	-	-
Thambuththegama (DEC)	30.00 - 30.00	30.00 - 30.00	-	80.00 - 85.00	70.00 - 75.00
Tissamaharama	40.00 - 45.00	40.00 - 45.00	50.00 - 55.00	85.00 - 90.00	55.00 - 60.00
Jaffna	80.00 - 95.00	30.00 - 35.00	120.00 - 150.00	85.00 - 98.00	58.00 - 75.00
Tissamaharama	40.00 - 45.00	40.00 - 45.00	50.00 - 55.00	85.00 - 90.00	55.00 - 60.00
Bandarawela	-	-	-	-	-
Veyangoda	40.00 - 50.00	40.00 - 50.00	54.00 - 60.00	90.00 - 110.00	50.00 - 50.00

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

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

Week 04: 20 - 26 January 2023

LOCATIONS	Up Country Varieties												
	Butter Beans	Green Beans	Carrot	Leeks	Beetroot	Knol Khol	Raddish	Cabbage	Tomato				
Colombo	—	320.00 – 600.00	240.00 – 360.00	280.00 – 480.00	300.00 – 480.00	240.00 – 480.00	100.00 – 240.00	100.00 – 240.00	200.00 – 320.00				
Gampaha	—	400.00 – 480.00	280.00 – 320.00	320.00 – 400.00	480.00 – 520.00	360.00 – 360.00	200.00 – 240.00	140.00 – 200.00	240.00 – 280.00				
Kurunegala	—	550.00 – 600.00	260.00 – 300.00	360.00 – 400.00	320.00 – 340.00	380.00 – 400.00	200.00 – 240.00	200.00 – 240.00	280.00 – 320.00				
Nikaweratiya	—	480.00 – 480.00	280.00 – 320.00	400.00 – 480.00	320.00 – 360.00	320.00 – 320.00	120.00 – 160.00	120.00 – 160.00	240.00 – 280.00				
Dambulla	—	460.00 – 480.00	240.00 – 260.00	300.00 – 340.00	320.00 – 380.00	340.00 – 380.00	100.00 – 140.00	100.00 – 120.00	220.00 – 260.00				
Anuradhapura	—	400.00 – 560.00	320.00 – 350.00	360.00 – 400.00	400.00 – 480.00	360.00 – 400.00	180.00 – 200.00	160.00 – 200.00	200.00 – 280.00				
Thambuththegama	—	320.00 – 360.00	180.00 – 200.00	280.00 – 320.00	260.00 – 300.00	250.00 – 280.00	90.00 – 120.00	100.00 – 150.00	160.00 – 200.00				
Polonnaruwa	—	480.00 – 500.00	300.00 – 320.00	400.00 – 450.00	340.00 – 360.00	380.00 – 400.00	160.00 – 170.00	190.00 – 200.00	240.00 – 260.00				
Kaluthara	—	440.00 – 460.00	200.00 – 220.00	280.00 – 300.00	340.00 – 360.00	360.00 – 380.00	200.00 – 220.00	200.00 – 220.00	220.00 – 240.00				
Badulla	—	440.00 – 520.00	240.00 – 280.00	320.00 – 360.00	400.00 – 440.00	320.00 – 360.00	120.00 – 160.00	140.00 – 200.00	200.00 – 240.00				
Keppetipola	—	420.00 – 440.00	170.00 – 190.00	280.00 – 300.00	280.00 – 300.00	260.00 – 280.00	80.00 – 100.00	140.00 – 150.00	200.00 – 220.00				
Moneragala	—	480.00 – 520.00	320.00 – 360.00	320.00 – 380.00	400.00 – 480.00	—	120.00 – 180.00	120.00 – 160.00	200.00 – 240.00				
Kegalle	—	500.00 – 520.00	300.00 – 320.00	380.00 – 400.00	300.00 – 320.00	450.00 – 480.00	220.00 – 240.00	180.00 – 200.00	260.00 – 280.00				
16 Ampara	—	400.00 – 520.00	240.00 – 240.00	320.00 – 360.00	480.00 – 480.00	320.00 – 320.00	120.00 – 200.00	180.00 – 200.00	230.00 – 240.00				
Dehiattakandiya	—	400.00 – 520.00	300.00 – 320.00	400.00 – 480.00	400.00 – 400.00	400.00 – 480.00	120.00 – 240.00	160.00 – 180.00	240.00 – 320.00				
Nuwaraeliya	—	380.00 – 420.00	240.00 – 260.00	280.00 – 300.00	280.00 – 300.00	280.00 – 300.00	120.00 – 140.00	150.00 – 160.00	220.00 – 240.00				
Kandy	—	560.00 – 600.00	260.00 – 300.00	400.00 – 440.00	240.00 – 300.00	360.00 – 400.00	120.00 – 140.00	100.00 – 160.00	200.00 – 240.00				
Puttalam	—	400.00 – 520.00	280.00 – 320.00	360.00 – 420.00	400.00 – 480.00	—	120.00 – 160.00	160.00 – 220.00	280.00 – 320.00				
Hambantota	—	600.00 – 650.00	220.00 – 320.00	320.00 – 400.00	320.00 – 420.00	240.00 – 320.00	200.00 – 240.00	150.00 – 200.00	160.00 – 240.00				
Rathnapura	—	560.00 – 580.00	300.00 – 330.00	340.00 – 360.00	340.00 – 370.00	—	110.00 – 130.00	190.00 – 210.00	300.00 – 330.00				
Matara	—	500.00 – 600.00	220.00 – 300.00	300.00 – 360.00	460.00 – 500.00	—	100.00 – 140.00	120.00 – 160.00	200.00 – 260.00				
Galle	—	540.00 – 650.00	200.00 – 260.00	360.00 – 400.00	400.00 – 420.00	360.00 – 400.00	160.00 – 200.00	160.00 – 220.00	240.00 – 240.00				
Tissamaharama	—	450.00 – 470.00	200.00 – 240.00	300.00 – 320.00	340.00 – 380.00	250.00 – 260.00	100.00 – 130.00	150.00 – 200.00	180.00 – 220.00				
Meegoda (DEC)	—	480.00 – 560.00	240.00 – 320.00	320.00 – 400.00	320.00 – 400.00	400.00 – 440.00	180.00 – 240.00	160.00 – 240.00	200.00 – 240.00				
Embilipitiya	—	480.00 – 520.00	240.00 – 320.00	300.00 – 400.00	400.00 – 500.00	280.00 – 320.00	200.00 – 240.00	200.00 – 240.00	200.00 – 300.00				
Jaffna	—	250.00 – 300.00	180.00 – 220.00	280.00 – 320.00	250.00 – 300.00	—	80.00 – 100.00	80.00 – 100.00	200.00 – 250.00				
Vavuniya	—	350.00 – 400.00	300.00 – 320.00	400.00 – 400.00	400.00 – 400.00	—	200.00 – 200.00	100.00 – 150.00	250.00 – 280.00				
Mannar	—	480.00 – 500.00	320.00 – 360.00	400.00 – 440.00	400.00 – 440.00	—	180.00 – 200.00	200.00 – 220.00	280.00 – 300.00				
Killinochchi	—	400.00 – 440.00	300.00 – 340.00	380.00 – 420.00	380.00 – 420.00	—	180.00 – 220.00	120.00 – 140.00	240.00 – 260.00				
Mullaitivu	—	400.00 – 440.00	320.00 – 360.00	380.00 – 400.00	380.00 – 400.00	—	200.00 – 240.00	160.00 – 200.00	240.00 – 260.00				
Batticaloa	—	600.00 – 600.00	300.00 – 320.00	400.00 – 400.00	400.00 – 400.00	320.00 – 320.00	240.00 – 240.00	200.00 – 240.00	240.00 – 250.00				
Trincomalee	—	380.00 – 420.00	210.00 – 240.00	320.00 – 350.00	280.00 – 320.00	—	110.00 – 150.00	110.00 – 150.00	240.00 – 260.00				
Hanguranketha	—	400.00 – 420.00	160.00 – 180.00	250.00 – 280.00	280.00 – 300.00	260.00 – 280.00	60.00 – 80.00	80.00 – 100.00	160.00 – 180.00				
Veyangoda	—	420.00 – 480.00	280.00 – 320.00	320.00 – 360.00	320.00 – 400.00	320.00 – 360.00	120.00 – 160.00	140.00 – 160.00	200.00 – 240.00				
Galenbindunuwewa	—	460.00 – 480.00	280.00 – 320.00	400.00 – 480.00	400.00 – 480.00	—	120.00 – 140.00	120.00 – 140.00	280.00 – 320.00				
Bandarawela	—	460.00 – 480.00	220.00 – 240.00	280.00 – 320.00	360.00 – 380.00	300.00 – 320.00	120.00 – 140.00	120.00 – 160.00	220.00 – 240.00				
Matale	—	—	—	—	—	—	—	—	—				

**Table 07 (Contd.)**

**Table 07 (Contd.)**

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

Week 04: 20 - 26 January 2023

LOCATIONS	Banana								Pineapple						Mango	
	Ambul (Rs/Kg)	Kolikuttu (Rs/Kg)	Seeni (Rs/Kg)	Anamalu	Ambun	Large		Medium		Small		Betti	Karthakolomban			
19	Colombo	200.00 - 320.00	400.00 - 500.00	180.00 - 250.00	24.00 - 35.00	30.00 - 44.00	520.00 - 650.00	420.00 - 520.00	300.00 - 450.00	-	-	100.00 - 220.00				
	Gampaha	230.00 - 250.00	450.00 - 500.00	180.00 - 200.00	25.00 - 30.00	30.00 - 40.00	500.00 - 550.00	400.00 - 450.00	200.00 - 300.00	-	-	100.00 - 150.00				
	Kurunegala	200.00 - 250.00	460.00 - 550.00	160.00 - 200.00	20.00 - 25.00	38.00 - 43.00	500.00 - 600.00	280.00 - 350.00	180.00 - 200.00	-	-	140.00 - 150.00				
	Nikaweratiya	200.00 - 220.00	450.00 - 470.00	180.00 - 200.00	-	40.00 - 44.00	600.00 - 700.00	500.00 - 580.00	300.00 - 350.00	-	-	70.00 - 100.00				
	Dambulla	200.00 - 220.00	400.00 - 450.00	160.00 - 180.00	-	40.00 - 43.00	650.00 - 680.00	500.00 - 550.00	300.00 - 320.00	50.00 - 60.00	-	160.00 - 180.00				
	Anuradhapura	200.00 - 260.00	480.00 - 550.00	180.00 - 200.00	24.00 - 30.00	40.00 - 50.00	720.00 - 800.00	600.00 - 670.00	380.00 - 480.00	-	-	120.00 - 170.00				
	Thambuththegama	250.00 - 280.00	450.00 - 500.00	160.00 - 200.00	26.00 - 26.00	-	800.00 - 850.00	600.00 - 675.00	480.00 - 550.00	-	-	150.00 - 180.00				
	Polonnaruwa	180.00 - 200.00	450.00 - 460.00	130.00 - 150.00	19.00 - 21.00	-	750.00 - 850.00	680.00 - 700.00	400.00 - 500.00	-	-	170.00 - 200.00				
	Kaluthara	220.00 - 240.00	400.00 - 420.00	180.00 - 200.00	26.00 - 28.00	30.00 - 32.00	500.00 - 550.00	400.00 - 450.00	-	-	-	150.00 - 200.00				
	Badulla	200.00 - 240.00	420.00 - 450.00	130.00 - 140.00	18.00 - 21.00	30.00 - 32.00	-	460.00 - 500.00	360.00 - 400.00	-	-	120.00 - 140.00				
	Keppetipola	200.00 - 230.00	440.00 - 460.00	150.00 - 170.00	22.00 - 24.00	38.00 - 42.00	-	560.00 - 600.00	380.00 - 420.00	-	-	150.00 - 170.00				
	Moneragala	200.00 - 220.00	300.00 - 320.00	120.00 - 150.00	18.00 - 20.00	23.00 - 25.00	-	670.00 - 750.00	-	-	-	130.00 - 150.00				
	Kegalle	180.00 - 220.00	500.00 - 560.00	180.00 - 220.00	30.00 - 40.00	35.00 - 40.00	600.00 - 680.00	350.00 - 580.00	100.00 - 250.00	-	-	150.00 - 180.00				
	Ampara	160.00 - 200.00	350.00 - 480.00	120.00 - 130.00	23.00 - 35.00	29.00 - 43.00	650.00 - 700.00	550.00 - 600.00	450.00 - 550.00	-	-	183.00 - 183.00				
	Dehiattakandiya	160.00 - 220.00	400.00 - 450.00	150.00 - 180.00	-	40.00 - 50.00	500.00 - 600.00	400.00 - 480.00	250.00 - 360.00	-	-	150.00 - 180.00				
	Nuwaraeliya	200.00 - 220.00	440.00 - 460.00	160.00 - 180.00	22.00 - 24.00	43.00 - 45.00	-	540.00 - 560.00	360.00 - 400.00	-	-	150.00 - 160.00				
	Kandy	240.00 - 250.00	480.00 - 500.00	180.00 - 200.00	22.00 - 25.00	35.00 - 38.00	650.00 - 700.00	480.00 - 500.00	220.00 - 300.00	-	-	130.00 - 150.00				
	Puttalam	180.00 - 200.00	400.00 - 520.00	150.00 - 200.00	20.00 - 25.00	-	600.00 - 650.00	400.00 - 480.00	300.00 - 350.00	-	-	-				
	Rathnapura	190.00 - 200.00	340.00 - 360.00	180.00 - 200.00	-	-	650.00 - 720.00	400.00 - 500.00	200.00 - 250.00	-	-	100.00 - 110.00				
	Hambantota	180.00 - 200.00	340.00 - 400.00	150.00 - 180.00	22.00 - 24.00	24.00 - 27.00	500.00 - 550.00	400.00 - 450.00	300.00 - 350.00	-	-	100.00 - 120.00				
	Matara	180.00 - 200.00	370.00 - 400.00	160.00 - 180.00	22.00 - 24.00	33.00 - 34.00	730.00 - 760.00	560.00 - 620.00	300.00 - 450.00	40.00 - 50.00	80.00 - 100.00	100.00 - 130.00				
	Galle	200.00 - 240.00	380.00 - 400.00	180.00 - 180.00	25.00 - 28.00	31.00 - 35.00	-	-	400.00 - 480.00	80.00 - 100.00	150.00 - 180.00					
	Tissamaharama	140.00 - 170.00	340.00 - 400.00	100.00 - 130.00	-	-	-	-	-	-	-	80.00 - 100.00				
	Meegoda (DEC)	190.00 - 200.00	350.00 - 350.00	160.00 - 170.00	-	-	-	640.00 - 680.00	-	-	-	100.00 - 120.00				
	Embilipitiya	160.00 - 180.00	340.00 - 380.00	120.00 - 150.00	20.00 - 30.00	25.00 - 35.00	500.00 - 550.00	350.00 - 450.00	180.00 - 250.00	25.00 - 40.00	60.00 - 80.00					
	Jaffna	180.00 - 200.00	250.00 - 300.00	100.00 - 140.00	-	-	550.00 - 620.00	450.00 - 500.00	350.00 - 420.00	-	-	150.00 - 250.00				
	Vavuniya	220.00 - 260.00	380.00 - 450.00	160.00 - 160.00	25.00 - 30.00	-	480.00 - 520.00	400.00 - 420.00	350.00 - 360.00	-	-	200.00 - 200.00				
	Mannar	150.00 - 160.00	350.00 - 400.00	120.00 - 150.00	20.00 - 22.00	-	-	450.00 - 500.00	320.00 - 400.00	-	-	100.00 - 150.00				
	Killinochchi	200.00 - 220.00	380.00 - 420.00	140.00 - 160.00	24.00 - 26.00	24.00 - 26.00	600.00 - 660.00	480.00 - 520.00	400.00 - 440.00	-	-	150.00 - 160.00				
	Mullaithivu	130.00 - 180.00	280.00 - 300.00	140.00 - 180.00	20.00 - 22.00	23.00 - 25.00	-	-	-	-	-	-				
	Batticaloa	180.00 - 200.00	380.00 - 400.00	150.00 - 160.00	25.00 - 30.00	-	-	450.00 - 460.00	350.00 - 400.00	-	-	-				
	Trincomalee	190.00 - 210.00	380.00 - 420.00	160.00 - 180.00	28.00 - 29.00	24.00 - 27.00	480.00 - 520.00	320.00 - 400.00	200.00 - 280.00	-	-	120.00 - 140.00				
	Veyangoda	280.00 - 300.00	400.00 - 500.00	180.00 - 200.00	20.00 - 25.00	30.00 - 38.00	500.00 - 600.00	400.00 - 450.00	300.00 - 350.00	-	-	120.00 - 160.00				
	Galenbindunuwewa	180.00 - 200.00	400.00 - 450.00	120.00 - 150.00	30.00 - 35.00	35.00 - 40.00	700.00 - 800.00	600.00 - 670.00	480.00 - 540.00	-	-	-				
	Bandarawela	240.00 - 260.00	420.00 - 460.00	140.00 - 160.00	20.00 - 22.00	30.00 - 32.00	-	500.00 - 520.00	380.00 - 400.00	-	-	140.00 - 160.00				
	Matale	-	-	-	-	-	-	-	-	-	-	-				

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	-	-	240.00 - 400.00	42.00 - 83.00	50.00 - 125.00	50.00 - 120.00	100.00 - 200.00	40.00 - 100.00	2000.00 - 3000.00	120.00 - 160.00	
Gampaha	-	-	280.00 - 300.00	50.00 - 60.00	60.00 - 100.00	100.00 - 100.00	120.00 - 120.00	70.00 - 100.00	2400.00 - 2500.00	120.00 - 150.00	
Kurunegala	-	-	200.00 - 250.00	60.00 - 60.00	80.00 - 100.00	70.00 - 100.00	-	80.00 - 100.00	2500.00 - 2500.00	100.00 - 100.00	
Nikaweratiya	-	-	180.00 - 200.00	-	-	80.00 - 80.00	-	50.00 - 80.00	2500.00 - 2500.00	100.00 - 100.00	
Dambulla	60.00 - 80.00	30.00 - 35.00	200.00 - 250.00	35.00 - 40.00	50.00 - 60.00	50.00 - 60.00	160.00 - 180.00	50.00 - 60.00	2600.00 - 2800.00	90.00 - 100.00	
Anuradhapura	-	-	180.00 - 250.00	-	50.00 - 70.00	80.00 - 100.00	-	60.00 - 100.00	2500.00 - 3000.00	100.00 - 120.00	
Thambuththegama	-	-	200.00 - 240.00	-	-	70.00 - 100.00	-	60.00 - 70.00	2000.00 - 2500.00	70.00 - 80.00	
Polonnaruwa	-	-	250.00 - 300.00	-	45.00 - 60.00	-	-	50.00 - 60.00	3000.00 - 3000.00	100.00 - 120.00	
Kaluthara	-	-	260.00 - 280.00	60.00 - 65.00	70.00 - 90.00	100.00 - 120.00	-	70.00 - 80.00	2000.00 - 2200.00	120.00 - 130.00	
Badulla	70.00 - 80.00	-	220.00 - 250.00	40.00 - 50.00	50.00 - 60.00	70.00 - 80.00	-	35.00 - 45.00	2500.00 - 2600.00	120.00 - 130.00	
Keppetipola	80.00 - 90.00	-	220.00 - 240.00	38.00 - 42.00	55.00 - 65.00	90.00 - 110.00	160.00 - 180.00	70.00 - 85.00	2400.00 - 2600.00	110.00 - 120.00	
Moneragala	-	-	180.00 - 220.00	-	25.00 - 28.00	70.00 - 80.00	-	50.00 - 55.00	-	70.00 - 80.00	
Kegalle	-	-	220.00 - 250.00	25.00 - 30.00	40.00 - 60.00	80.00 - 100.00	-	50.00 - 60.00	2550.00 - 2700.00	90.00 - 100.00	
Ampara	60.00 - 60.00	-	190.00 - 250.00	-	30.00 - 32.00	40.00 - 60.00	183.00 - 183.00	40.00 - 40.00	2200.00 - 2500.00	100.00 - 130.00	
Dehiattakandiya	-	-	180.00 - 200.00	-	60.00 - 80.00	100.00 - 100.00	-	70.00 - 100.00	2700.00 - 3500.00	100.00 - 130.00	
Nuwaraeliya	85.00 - 90.00	-	220.00 - 240.00	42.00 - 44.00	45.00 - 50.00	110.00 - 130.00	150.00 - 180.00	85.00 - 90.00	2300.00 - 2500.00	110.00 - 120.00	
Kandy	70.00 - 80.00	-	250.00 - 300.00	40.00 - 45.00	70.00 - 80.00	50.00 - 70.00	130.00 - 150.00	50.00 - 70.00	2400.00 - 2500.00	100.00 - 120.00	
Puttalam	-	-	180.00 - 250.00	48.00 - 55.00	-	60.00 - 80.00	90.00 - 120.00	-	-	90.00 - 100.00	
Hambantota	-	-	180.00 - 200.00	-	30.00 - 40.00	80.00 - 100.00	-	35.00 - 50.00	-	90.00 - 100.00	
Rathnapura	40.00 - 60.00	-	180.00 - 220.00	-	50.00 - 60.00	80.00 - 100.00	-	50.00 - 70.00	2000.00 - 2500.00	100.00 - 110.00	
Matara	-	-	190.00 - 200.00	-	40.00 - 44.00	90.00 - 120.00	-	40.00 - 55.00	2400.00 - 2500.00	90.00 - 100.00	
Galle	100.00 - 120.00	-	280.00 - 300.00	45.00 - 50.00	56.00 - 60.00	100.00 - 120.00	-	80.00 - 90.00	2400.00 - 2500.00	100.00 - 120.00	
Tissamaharama	50.00 - 50.00	25.00 - 25.00	150.00 - 180.00	30.00 - 35.00	30.00 - 35.00	80.00 - 100.00	-	30.00 - 30.00	2200.00 - 2200.00	80.00 - 100.00	
Meegoda (DEC)	-	-	160.00 - 180.00	-	40.00 - 50.00	-	-	40.00 - 45.00	2200.00 - 2300.00	100.00 - 100.00	
Embilipitiya	25.00 - 40.00	10.00 - 20.00	180.00 - 200.00	20.00 - 30.00	60.00 - 70.00	90.00 - 110.00	90.00 - 120.00	25.00 - 40.00	2400.00 - 2800.00	90.00 - 120.00	
Jaffna	-	-	80.00 - 120.00	-	30.00 - 50.00	-	-	-	2000.00 - 2500.00	120.00 - 150.00	
Vavuniya	-	-	160.00 - 250.00	65.00 - 70.00	45.00 - 50.00	35.00 - 40.00	150.00 - 200.00	-	2000.00 - 2000.00	100.00 - 100.00	
Mannar	-	-	160.00 - 180.00	50.00 - 52.00	20.00 - 22.00	70.00 - 100.00	100.00 - 150.00	-	2200.00 - 2400.00	150.00 - 150.00	
Killinochchi	-	-	150.00 - 170.00	30.00 - 40.00	50.00 - 60.00	-	-	-	2800.00 - 2900.00	100.00 - 120.00	
Mullaitivu	-	-	160.00 - 180.00	-	40.00 - 50.00	-	-	-	-	100.00 - 120.00	
Batticaloa	-	-	220.00 - 220.00	80.00 - 80.00	45.00 - 45.00	40.00 - 40.00	-	-	2200.00 - 2200.00	120.00 - 130.00	
Trincomalee	-	-	170.00 - 190.00	70.00 - 80.00	28.00 - 35.00	-	100.00 - 140.00	-	2900.00 - 3100.00	120.00 - 130.00	
Veyangoda	-	-	280.00 - 330.00	45.00 - 50.00	50.00 - 60.00	80.00 - 100.00	120.00 - 150.00	40.00 - 60.00	2500.00 - 3000.00	120.00 - 150.00	
Galenbindunuwewa	-	-	150.00 - 160.00	-	-	-	-	-	2500.00 - 2600.00	-	
Bandarawela	60.00 - 80.00	-	200.00 - 240.00	50.00 - 60.00	50.00 - 60.00	80.00 - 100.00	-	50.00 - 60.00	2400.00 - 2500.00	120.00 - 140.00	
Matale	-	-	-	-	-	-	-	-	-	-	

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

Week 04: 20 - 26 January 2023

Locations	Sea Fish											
	Salaya		Hurulla		Balaya		Kelawalla		Thora		Paraw	
Colombo	250.00 –	450.00	700.00 –	900.00	580.00 –	750.00	750.00 –	1300.00	1600.00 –	2800.00	850.00 –	1400.00
Kandy	380.00 –	420.00	800.00 –	850.00	850.00 –	1000.00	1350.00 –	1450.00	2200.00 –	2500.00	1300.00 –	1400.00
Kaluthara	400.00 –	500.00	850.00 –	900.00	600.00 –	780.00	1000.00 –	1100.00	–	–	1200.00 –	1300.00
Puttalam	320.00 –	400.00	820.00 –	900.00	650.00 –	900.00	1700.00 –	1900.00	1700.00 –	1850.00	1350.00 –	1650.00
Matara	280.00 –	330.00	450.00 –	500.00	750.00 –	800.00	1500.00 –	1600.00	–	–	–	–
Hambantota	250.00 –	300.00	600.00 –	650.00	500.00 –	700.00	1300.00 –	1400.00	–	–	–	–
Galle	–	–	–	–	–	–	–	–	–	–	–	–
Batticaloa	300.00 –	350.00	700.00 –	800.00	700.00 –	800.00	1800.00 –	1900.00	1800.00 –	1800.00	1600.00 –	1600.00
Trincomalee	380.00 –	450.00	–	–	500.00 –	550.00	780.00 –	850.00	2000.00 –	2100.00	1200.00 –	1250.00
Mannar	280.00 –	300.00	550.00 –	600.00	–	–	–	–	–	–	1100.00 –	1200.00

Locations	Sea Fish				Eggs				Brown		White	
	Mora		Shrimps		Thalapath		Teppeli		Brown		White	
Colombo	900.00 –	1000.00	1400.00 –	1600.00	1500.00 –	2100.00	–	–	45.00 –	58.00	43.00 –	55.00
Kandy	1000.00 –	1100.00	1600.00 –	1700.00	1900.00 –	2000.00	–	–	–	–	42.00 –	43.00
Kaluthara	–	–	–	–	1500.00 –	1700.00	–	–	–	–	–	–
Puttalam	1700.00 –	1800.00	1200.00 –	1350.00	1800.00 –	2250.00	–	–	–	–	42.00 –	46.00
Matara	–	–	1800.00 –	1900.00	1550.00 –	1600.00	–	–	–	–	–	–
Hambantota	–	–	1700.00 –	1800.00	–	–	–	–	–	–	42.00 –	43.00
Galle	–	–	–	–	–	–	–	–	–	–	–	–
Batticaloa	–	–	1500.00 –	1600.00	1700.00 –	1800.00	–	–	43.00 –	44.00	43.00 –	44.00
Trincomalee	1200.00 –	1850.00	950.00 –	1050.00	1750.00 –	1850.00	–	–	–	–	–	–
Mannar	–	–	1000.00 –	1100.00	–	–	–	–	–	–	–	–

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

Week 04: 20 - 26 January 2023

Locations	Local Dried Fish					
	Sprats		Kattawa		Thora	
Colombo	62500 –	67500	–	–	77500 –	90000
Kandy	62500 –	70000	–	–	90000 –	92500
Batticaloa	–	–	95000 –	97500	–	92500 –
Trincomalee	50000 –	50750	74000 –	75000	85000 –	85500
Mannar	52500 –	55000	90000 –	92500	–	57500 –
					65000 –	65000
					35000 –	36000
					34500 –	35500
					35000 –	37500

Locations	Local Dried Fish			Imported Dried Fish			
	Maduwa		Koduwa	Salaya	Sprats	Kattawa	Thora
Colombo	55000 –	62500	–	37500 –	44000	42500 –	52500
Kandy	60000 –	62500	–	40000 –	41000	47000 –	50000
Batticaloa	64000 –	65000	–	42500 –	45000	57500 –	60000
Trincomalee	54500 –	55500	55000 –	55000	30000 –	31000	44500 –
Mannar	49000 –	50000	50000 –	52500	30000 –	32500	55000 –
					57500 –	57500	–
					–	–	–
					80000 –	87500	–
					90000 –	92500	–
					92000 –	92500	–

Locations	Imported Dried Fish					
	Mora		Balaya		Anguluwa	
Colombo	–	–	–	80000 –	87500	–
Kandy	–	–	–	88000 –	90000	–
Batticaloa	–	–	–	–	–	–
Trincomalee	65000 –	65000	–	–	–	–
Mannar	–	–	–	–	–	–

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

Week 04: 20 - 26 January 2023

LOCATIONS	Sea Fish												Eggs	
	Salaya	Hurulla	Balaya	Kelawalla	Thora	Paraw	Mora	Thalapath	Brown	White				
Colombo	450.00 - 700.00	800.00 - 1120.00	800.00 - 1600.00	1500.00 - 2800.00	2700.00 - 3600.00	1500.00 - 2400.00	1200.00 - 2000.00	2200.00 - 2800.00	46.00 - 56.00	44.00 - 55.00				
Gampaha	400.00 - 600.00	900.00 - 900.00	-	1800.00 - 1800.00	2800.00 - 2800.00	-	-	2400.00 - 2400.00	-	45.00 - 45.00				
Kurunegala	500.00 - 600.00	860.00 - 900.00	1300.00 - 1400.00	1700.00 - 1800.00	-	1400.00 - 1500.00	1600.00 - 1700.00	2400.00 - 2500.00	45.00 - 46.00	44.00 - 44.00				
Nikaweratiya	560.00 - 600.00	900.00 - 1000.00	900.00 - 1100.00	1800.00 - 2000.00	-	1300.00 - 1400.00	-	2400.00 - 2400.00	-	44.00 - 44.00				
Dambulla	450.00 - 460.00	950.00 - 1000.00	900.00 - 1000.00	1800.00 - 2000.00	-	1700.00 - 1800.00	1600.00 - 1700.00	2000.00 - 2200.00	46.00 - 48.00	45.00 - 45.00				
Anuradhapura	460.00 - 500.00	950.00 - 1000.00	1000.00 - 1100.00	1900.00 - 2000.00	2200.00 - 2400.00	1400.00 - 1500.00	1650.00 - 1750.00	2450.00 - 2500.00	-	44.00 - 44.00				
Thambuththegama	400.00 - 500.00	1000.00 - 1000.00	-	2400.00 - 2400.00	3000.00 - 3000.00	1800.00 - 2000.00	-	2600.00 - 2600.00	-	44.00 - 45.00				
Polonnaruwa	550.00 - 600.00	900.00 - 1000.00	1400.00 - 1400.00	1700.00 - 1800.00	2400.00 - 2400.00	1400.00 - 1500.00	1700.00 - 1800.00	2100.00 - 2200.00	46.00 - 46.00	44.00 - 44.00				
Kaluthara	600.00 - 700.00	950.00 - 1000.00	800.00 - 900.00	1550.00 - 1650.00	-	1400.00 - 1500.00	-	2200.00 - 2400.00	-	44.00 - 45.00				
Badulla	480.00 - 500.00	880.00 - 900.00	1300.00 - 1400.00	1700.00 - 1800.00	2700.00 - 2800.00	1500.00 - 1600.00	1600.00 - 1700.00	2300.00 - 2400.00	46.00 - 46.00	44.00 - 44.00				
Keppetipola	450.00 - 480.00	880.00 - 900.00	1300.00 - 1400.00	1800.00 - 1900.00	2700.00 - 2800.00	1600.00 - 1700.00	1700.00 - 1800.00	2000.00 - 2100.00	56.00 - 58.00	55.00 - 57.00				
Moneragala	550.00 - 600.00	950.00 - 1000.00	1000.00 - 1100.00	1900.00 - 2000.00	-	1400.00 - 1500.00	-	2400.00 - 2600.00	-	44.00 - 44.00				
Kegalle	580.00 - 600.00	1150.00 - 1200.00	1200.00 - 1300.00	1800.00 - 1850.00	2950.00 - 3000.00	1600.00 - 1650.00	1600.00 - 1700.00	2100.00 - 2200.00	46.00 - 46.00	44.00 - 44.00				
Ampara	-	-	700.00 - 700.00	-	-	-	-	2000.00 - 2000.00	46.00 - 46.00	44.00 - 44.00				
Dehiattakandiya	350.00 - 500.00	900.00 - 900.00	1200.00 - 1200.00	1800.00 - 1800.00	2000.00 - 2000.00	-	1500.00 - 1600.00	2200.00 - 2200.00	45.00 - 45.00	44.00 - 44.00				
Nuwaraeliya	560.00 - 580.00	880.00 - 900.00	1200.00 - 1300.00	1800.00 - 1900.00	2900.00 - 3000.00	1600.00 - 1700.00	1500.00 - 1600.00	2200.00 - 2300.00	55.00 - 58.00	54.00 - 57.00				
Kandy	550.00 - 600.00	920.00 - 950.00	1200.00 - 1400.00	1900.00 - 2000.00	2700.00 - 2800.00	1580.00 - 1740.00	1500.00 - 1600.00	2400.00 - 2500.00	-	44.00 - 60.00				
Puttalam	400.00 - 450.00	900.00 - 1000.00	800.00 - 950.00	1900.00 - 2100.00	1850.00 - 2000.00	1500.00 - 1800.00	1550.00 - 2000.00	2300.00 - 2500.00	57.00 - 57.00	44.00 - 47.00				
Hambantota	400.00 - 450.00	700.00 - 900.00	1200.00 - 1300.00	2000.00 - 2000.00	2000.00 - 2200.00	1600.00 - 1700.00	-	-	-	44.00 - 44.00				
Rathnapura	480.00 - 520.00	950.00 - 1000.00	1100.00 - 1200.00	2000.00 - 2200.00	2700.00 - 2800.00	1500.00 - 1600.00	1500.00 - 1600.00	2300.00 - 2400.00	46.00 - 47.00	44.00 - 45.00				
Matara	400.00 - 500.00	-	1200.00 - 1250.00	2000.00 - 2100.00	2300.00 - 2400.00	-	-	2000.00 - 2100.00	-	44.00 - 44.00				
Galle	400.00 - 400.00	900.00 - 900.00	1000.00 - 1400.00	2000.00 - 2200.00	2000.00 - 2400.00	2000.00 - 2000.00	-	2000.00 - 2400.00	46.00 - 46.00	43.50 - 44.00				
Tissamaharama	400.00 - 500.00	800.00 - 900.00	850.00 - 900.00	1800.00 - 1800.00	-	-	-	-	-	-				
Meegoda	520.00 - 600.00	-	-	2000.00 - 2000.00	-	-	-	2760.00 - 2760.00	-	44.00 - 44.00				
Embilipitiya	400.00 - 500.00	850.00 - 900.00	1100.00 - 1250.00	2000.00 - 2200.00	2100.00 - 2200.00	1600.00 - 1700.00	1500.00 - 1600.00	2200.00 - 2300.00	46.00 - 48.00	44.00 - 45.00				
Jaffna	-	-	-	-	-	1000.00 - 1200.00	-	-	45.00 - 46.00	44.00 - 45.00				
Vavuniya	600.00 - 600.00	-	700.00 - 700.00	1250.00 - 1300.00	-	1450.00 - 1500.00	1200.00 - 1200.00	-	-	-				
Mannar	350.00 - 400.00	700.00 - 800.00	1000.00 - 1100.00	-	-	1300.00 - 1400.00	-	-	45.00 - 46.00	44.00 - 44.00				
Killinochchi	400.00 - 450.00	-	800.00 - 850.00	-	-	1400.00 - 1500.00	-	-	-	44.00 - 45.00				
Mullaithivu	400.00 - 450.00	-	800.00 - 900.00	-	-	1000.00 - 1000.00	1200.00 - 1200.00	-	-	45.00 - 60.00				
Batticaloa	500.00 - 500.00	900.00 - 1000.00	1500.00 - 1600.00	2400.00 - 2400.00	2600.00 - 2600.00	2400.00 - 2400.00	-	2600.00 - 2600.00	45.00 - 45.00	45.00 - 45.00				
Trincomalee	500.00 - 600.00	-	600.00 - 700.00	-	2100.00 - 2200.00	1300.00 - 1400.00	1300.00 - 1400.00	1900.00 - 2000.00	56.00 - 57.00	55.00 - 56.00				
Veyangoda	600.00 - 600.00	-	-	1600.00 - 1600.00	2800.00 - 2800.00	-	-	2400.00 - 2400.00	49.00 - 49.00	44.00 - 44.00				
Galenbindunuwewa	500.00 - 500.00	800.00 - 800.00	800.00 - 800.00	2000.00 - 2000.00	2800.00 - 2800.00	1600.00 - 1600.00	1800.00 - 1800.00	2200.00 - 2200.00	-	-				
Bandarawela	400.00 - 500.00	800.00 - 900.00	1200.00 - 1300.00	1700.00 - 1800.00	-	1500.00 - 1600.00	1400.00 - 1500.00	2000.00 - 2200.00	56.00 - 58.00	54.00 - 56.00				
Matale	-	-	-	-	-	-	-	-	-	-				

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

Week 04: 20 - 26 January 2023

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

Week 04: 20 - 26 January 2023

LOCATIONS	Meat	Meat (Chicken)			Meat	
	Beef	Broiler	Curry	Mutton	Pork	
Colombo	2000.00 – 2100.00	1170.00 – 1280.00	1300.00 – 1600.00	2700.00 – 3200.00	1600.00 – 1700.00	
Gampaha	–	1300.00 – 1300.00	–	2800.00 – 2800.00	1500.00 – 1500.00	
Kurunegala	1800.00 – 1900.00	1300.00 – 1380.00	–	2600.00 – 2700.00	1650.00 – 1700.00	
Nikaweratiya	1800.00 – 1800.00	1150.00 – 1190.00	–	–	–	
Dambulla	2900.00 – 3000.00	1250.00 – 1300.00	–	–	1600.00 – 1700.00	
Anuradhapura	1900.00 – 2000.00	1200.00 – 1350.00	–	2900.00 – 3000.00	1500.00 – 1600.00	
Thambuththegama	1800.00 – 2000.00	950.00 – 1120.00	–	–	1550.00 – 1600.00	
Polonnaruwa	2000.00 – 2000.00	1100.00 – 1250.00	–	–	1600.00 – 1800.00	
Kaluthara	–	1260.00 – 1300.00	1480.00 – 1600.00	–	–	
Badulla	1800.00 – 2000.00	1250.00 – 1380.00	1500.00 – 1600.00	2600.00 – 2800.00	–	
Keppetipola	2000.00 – 2100.00	1180.00 – 1250.00	1260.00 – 1360.00	2900.00 – 3000.00	–	
Moneragala	1800.00 – 1800.00	1300.00 – 1350.00	–	2600.00 – 2600.00	1600.00 – 1650.00	
Kegalle	1850.00 – 1900.00	1180.00 – 1300.00	–	2750.00 – 2800.00	1750.00 – 1800.00	
Ampara	2000.00 – 2000.00	950.00 – 1000.00	1050.00 – 1100.00	–	–	
Dehiattakandiya	1950.00 – 1950.00	1000.00 – 1250.00	1250.00 – 1250.00	–	1450.00 – 1700.00	
Nuwaraeliya	2000.00 – 2200.00	1150.00 – 1260.00	1250.00 – 1350.00	2800.00 – 2900.00	1700.00 – 1800.00	
Kandy	1800.00 – 1900.00	1150.00 – 1160.00	1450.00 – 1500.00	2600.00 – 2700.00	1500.00 – 1600.00	
Puttalam	2000.00 – 2000.00	980.00 – 1250.00	–	3000.00 – 3000.00	–	
Hambantota	–	1280.00 – 1300.00	–	–	–	
Rathnapura	2000.00 – 2100.00	1140.00 – 1160.00	1560.00 – 1600.00	2900.00 – 3000.00	1560.00 – 1600.00	
Matara	–	1260.00 – 1280.00	–	–	–	
Galle	1900.00 – 2000.00	1150.00 – 1250.00	1550.00 – 1550.00	2900.00 – 3000.00	–	
Tissamaharama	–	1100.00 – 1150.00	–	2800.00 – 2800.00	1700.00 – 1800.00	
Meegoda	–	1050.00 – 1100.00	–	–	1650.00 – 1650.00	
Embiliptiya	2100.00 – 2200.00	950.00 – 1120.00	1150.00 – 1250.00	2800.00 – 2900.00	1500.00 – 1700.00	
Jaffna	1850.00 – 2100.00	1250.00 – 1350.00	1700.00 – 1800.00	3000.00 – 3250.00	–	
Vavuniya	1800.00 – 1800.00	1350.00 – 1450.00	–	2800.00 – 2800.00	–	
Mannar	1500.00 – 1600.00	1400.00 – 1400.00	–	–	–	
Killinochchi	1800.00 – 1800.00	1400.00 – 1400.00	1500.00 – 1500.00	2800.00 – 2800.00	–	
Mullaitivu	1700.00 – 1700.00	1500.00 – 1500.00	–	–	–	
Batticaloa	1600.00 – 1600.00	1400.00 – 1500.00	1500.00 – 1600.00	–	–	
Trincomalee	1800.00 – 1850.00	1650.00 – 1750.00	1250.00 – 1250.00	–	–	
Veyangoda	1900.00 – 1900.00	1160.00 – 1180.00	–	2600.00 – 2600.00	1600.00 – 1600.00	
Galenbindunuwewa	1700.00 – 1700.00	1200.00 – 1200.00	–	–	–	
Bandarawela	2000.00 – 2200.00	1300.00 – 1350.00	1500.00 – 1580.00	2800.00 – 3000.00	–	
Matale	–	–	–	–	–	

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

Week 04: 20 - 26 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 - 215.00	211.70	214.20	166.11	-1.17	27.44	<b>Coconut</b>		98.00 - 100.00	99.20	97.50	70.60	1.74	40.51
Samba 2	200.00 - 210.00	204.50	206.50	161.50	-0.97	26.63	Large	88.00 - 92.00	89.60	89.00	65.10	0.67	37.63	
Keeri Samba	215.00 - 225.00	219.30	223.50	232.50	-1.88	-5.68	Small							
Nadu 1	190.00 - 200.00	194.36	203.30	158.80	-4.40	22.40	<b>Fruits (Rs/Fruit)</b>							
Nadu 2	185.00 - 195.00	190.00	195.50	155.00	-2.81	22.58	Ambul (Rs/Kg)	150.00 - 230.00	192.31	182.14	85.00	5.58	126.24	
Raw (Red)	180.00 - 195.00	189.30	196.80	155.30	-3.81	21.89	Kolikuttu (Rs/Kg)	300.00 - 370.00	355.83	348.18	150.00	2.20	137.22	
Raw (White)	180.00 - 195.00	185.00	189.00	155.00	-2.12	19.35	Seeni (Rs/Kg)	120.00 - 150.00	131.54	123.33	72.50	6.65	81.43	
<b>Imported</b>							Anamalu	18.00 - 24.00	21.00	19.00	13.00	10.53	61.54	
Samba	195.00 - 205.00	200.60	206.00	122.10	-2.62	64.29	Ambun	23.00 - 28.00	25.50	24.00	16.00	6.25	59.38	
Nadu	165.00 - 180.00	174.10	175.60	113.90	-0.85	52.85	Papaw(Rs/Kg)	120.00 - 250.00	182.50	170.91	173.33	6.78	5.29	
Raw (Red)	-	-	-	-	-	-	Passion Fruit	50.00 - 70.00	59.55	44.00	28.00	35.33	112.66	
Raw (White)	160.00 - 170.00	165.30	167.30	112.90	-1.20	46.41	Pineapple Large	420.00 - 440.00	435.00	427.50	376.00	1.75	15.69	
<b>Dried Chillies</b>							Pineapple Medium	340.00 - 380.00	367.78	362.50	251.43	1.46	46.28	
Imported	1200.00 - 1360.00	1303.50	1313.00	768.00	-0.72	69.73	Pineapple Small	300.00 - 320.00	310.00	295.56	190.00	4.89	63.16	
<b>Onion</b>							<b>Mango</b>							
Sinnan	-	-	-	-	-	-	Betti	18.00 - 24.00	20.89	19.60	-	6.58	-	
Vedalan	-	-	-	-	-	-	Karthakolban	90.00 - 180.00	125.00	97.27	115.00	28.50	8.70	
Imported	350.00 - 410.00	384.00	509.00	349.50	-24.56	9.87	Vilad	-	-	62.86	-	-	-	
<b>Big Onion</b>							Kohu	-	-	-	-	-	-	
Imported	110.00 - 135.00	128.50	150.50	188.00	-14.62	-31.65	<b>Other</b>							
Local	-	-	-	-	-	-	Wood Apple	38.00 - 44.00	40.50	38.73	27.00	4.58	50.00	
<b>Potato</b>							Orange	22.00 - 40.00	29.91	35.92	37.40	-16.73	-20.03	
Wellimada	-	-	-	-	-	-	Avocado	90.00 - 220.00	155.00	182.22	90.00	-14.94	72.22	
N'Eliya	350.00 - 400.00	375.00	365.00	237.50	2.74	57.89	Slime Apple	16.00 - 20.00	18.67	21.40	31.25	-12.77	-40.27	
Imported	95.00 - 220.00	117.00	121.50	158.00	-3.70	-25.95	Grapes (Imp., Rs/Kg)	1700.00 - 1840.00	1790.00	1689.44	1029.33	5.95	73.90	
<b>Pulses</b>							King Coconut	100.00 - 130.00	117.78	105.00	65.00	12.17	81.20	
Green Gram	1200.00 - 1250.00	1228.13	1237.78	504.50	-0.78	143.43								
Cowpea (White)	1050.00 - 1300.00	1163.33	1282.50	648.00	-9.29	79.53	<b>Sea Fish</b>							
Cowpea (Red)	1050.00 - 1300.00	1180.00	1279.38	497.00	-7.77	137.42	Salaya	250.00 - 450.00	345.00	411.00	200.00	-16.06	72.50	
Red Dhal	350.00 - 355.00	352.50	353.00	266.50	-0.14	32.27	Hurulla	700.00 - 900.00	798.00	833.00	471.25	-4.20	69.34	
<b>Vegetable</b>							Balaya	580.00 - 750.00	656.00	802.00	574.44	-18.20	14.20	
Beans (Butter)	-	-	-	-	-	-	Kelawalla	750.00 - 1300.00	1024.00	1133.00	885.00	-9.62	15.71	
Beans(Green)	250.00 - 400.00	330.00	427.00	395.00	-22.72	-16.46	Thora	1600.00 - 2800.00	2210.00	2570.00	1400.00	-14.01	57.86	
Carrot	150.00 - 160.00	156.00	142.00	392.00	9.86	-60.20	Paraw	850.00 - 1400.00	1083.33	1290.00	745.56	-16.02	45.31	
Leeks	200.00 - 250.00	220.91	224.00	190.00	-1.38	16.27	Mora	900.00 - 1000.00	960.00	940.00	810.00	2.13	18.52	
Beetroot	220.00 - 350.00	280.91	392.73	383.64	-28.47	-26.78	Shrimps	1400.00 - 1600.00	1480.00	1448.00	1040.00	2.21	42.31	
Knolkhol	220.00 - 250.00	234.00	249.00	208.33	-6.02	12.32	Thalaphath	1500.00 - 2100.00	1855.00	1675.00	1227.50	10.75	51.12	
Raddish	50.00 - 80.00	62.00	66.00	84.00	-6.06	-26.19	<b>Eggs</b>							
Cabbage	50.00 - 70.00	57.00	65.00	180.00	-12.31	-68.33	Brown	45.00 - 58.00	50.75	60.00	22.13	-15.42	129.38	
Tomato	150.00 - 180.00	169.00	172.00	117.00	-1.74	44.44	White	43.00 - 55.00	48.25	53.75	20.75	-10.23	132.53	
Ladies Fingers	180.00 - 200.00	186.00	189.00	153.00	-1.59	21.57	<b>Dried Fish</b>							
Brinjal	160.00 - 200.00	182.00	364.00	166.00	-50.00	9.64	Sprats	1250.00 - 1350.00	1299.00	1327.00	956.25	-2.11	35.84	
Capsicum	650.00 - 750.00	690.00	712.00	424.00	-3.09	62.74	Sprats (Imported)	850.00 - 1050.00	955.00	943.33	652.50	1.24	46.36	
Pumpkin	100.00 - 140.00	119.00	135.00	150.00	-11.85	-20.67	Kattawa	-	-	-	1227.14	-	-	
Cucumber	90.00 - 120.00	105.00	109.00	82.00	-3.67	28.05	Kattawa (Imported)	1600.00 - 1750.00	1696.67	1714.00	1121.43	-1.01	51.30	
Bitter Gourd	250.00 - 300.00	280.00	305.00	244.00	-8.20	14.75	Thora	-	-	-	-	-	-	
Snake Gourd	180.00 - 200.00	196.00	208.00	191.00	-5.77	2.62	Thora (Imported)	-	-	-	-	-	-	
Drumstick	-	-	-	-	-	-	Mora	1550.00 - 1800.00	1665.00	1720.00	1390.00	-3.20	19.78	
Luffa	220.00 - 280.00	254.00	239.00	191.00	6.28	32.98	Mora (Imported)	-	-	-	-	-	-	
Long Beans	120.00 - 160.00	141.00	240.00	224.00	-41.25	-37.05	Balaya	850.00 - 940.00	896.67	862.00	665.56	4.02	34.72	
Ash Plantain	200.00 - 250.00	223.00	220.00	86.36	1.36	158.21	Balaya (Imported)	-	-	-	-	-	-	
Green Chillies	320.00 - 350.00	338.00	285.00	360.00	18.60	-6.11	Anguluwa	-	-	-	-	-	-	
Lime	80.00 - 100.00	94.00	91.00	96.00	3.30	-2.08	Anguluwa (Imported)	1600.00 - 1750.00	1624.00	1625.00	1164.29	-0.06	39.48	
<b>Root Crops</b>							Maduwa	1100.00 - 1250.00	1187.00	1197.00	867.50	-0.84	36.83	
Sweet Potato	120.00 - 130.00	126.00	136.00	120.00	-7.35	5.00	Maduwa (Imported)	-	-	-	-	-	-	
Manioc	140.00 - 170.00	152.00	145.00	30.00	4.83	406.67	Koduwa	-	-	-	-	-	-	
<b>Leafy Vegetable</b>							Koduwa (Imported)	-	-	-	-	-	-	
Mukunuwenna	55.00 - 60.00	58.00	57.00	38.50	1.75	50.65	Salaya	750.00 - 880.00	814.00	793.00	422.50	2.65	92.66	
Kankun	55.00 - 60.00	58.00	57.00	38.00	1.75	52.63	Salaya (Imported)	-	-	-	-	-	-	
Gotukola (Rs/Kg)	240.00 - 250.00	241.67	243.00	137.00	-0.55	76.40	-	-	-	-	-	-	-	

This Week: Week 04: 20 - 26 January 2023  
Last Week: Week 03: 13 - 19 January 2023

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

Week 04: 20 - 26 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 (%)	
<u>Rice</u>							<u>Coconut</u>							
<u>Local</u>							Large	110.00	130.00	118.42	116.96	87.78	1.46	34.91
Samba 1	225.00 - 240.00	230.76	231.00	175.53	-0.24	31.47	Small	90.00	105.00	96.25	95.44	74.21	0.81	29.70
Samba 2	220.00 - 220.00	220.00	220.69	162.65	-0.69	35.26								
Keeri Samba	240.00 - 260.00	255.88	257.66	245.48	-1.77	4.24	<u>Fruits (Rs/Fruit)</u>							
Nadu 1	220.00 - 230.00	221.09	221.61	165.69	-0.52	33.43	<u>Plantain</u>							
Nadu 2	210.00 - 215.00	210.71	211.00	154.71	-0.29	36.20	Ambul (Rs/Kg)	200.00	320.00	260.00	246.21	117.37	13.79	121.52
Raw (Red)	200.00 - 220.00	213.38	216.61	170.00	-3.22	25.52	Kolikuttu (Rs/Kg)	400.00	500.00	459.70	455.67	218.95	4.03	109.96
Raw (White)	200.00 - 220.00	211.71	212.07	169.17	-0.35	25.15	Seeni (Rs/Kg)	180.00	250.00	216.18	200.67	126.76	15.51	70.54
<u>Imported</u>							Anamalu	24.00	35.00	28.74	27.42	19.88	1.32	44.62
Samba	210.00 - 230.00	224.38	217.78	139.72	6.60	60.59	Ambun	30.00	44.00	35.94	34.10	24.07	1.84	49.31
Nadu	180.00 - 210.00	197.83	198.33	135.00	-0.50	46.54	Papaw(Rs/Kg)	240.00	400.00	319.67	317.69	236.77	1.97	35.01
Raw (Red)	-	-	-	-	-	-	Passion Fruit	42.00	83.00	65.40	57.60	31.40	7.80	108.28
Raw (White)	180.00 - 190.00	188.71	186.67	131.58	2.04	43.42	Pineapple Large	520.00	650.00	573.03	567.24	400.00	5.79	43.26
<u>Dried Chillies</u>							Pineapple Medium	420.00	520.00	481.92	478.67	310.29	3.26	55.31
Imported	1400.00 - 1850.00	1730.31	1761.00	882.43	-30.69	96.08	Pineapple Small	300.00	450.00	376.25	367.69	247.14	8.56	52.24
<u>Onion</u>							<u>Mango</u>							
Sinnan	-	-	-	-	-	-	Betti	-	-	-	-	-	-	-
Vedalan	-	-	-	-	-	-	Karthakolamban	100.00	220.00	171.00	152.31	160.91	18.69	6.27
Imported	450.00 - 760.00	666.56	743.00	430.54	-76.44	54.82	Vilad	-	-	-	-	-	-	-
<u>Big Onion</u>							Kohu	-	-	-	-	-	-	-
Imported	140.00 - 180.00	170.65	188.75	227.67	-18.10	-25.05	<u>Other</u>							
Local	-	-	-	-	-	-	Wood Apple	50.00	125.00	94.64	79.20	60.47	15.44	56.52
<u>Potato</u>							Orange	50.00	120.00	87.92	90.00	71.07	-2.08	23.70
Welimada	-	-	-	-	-	-	Avocado	100.00	200.00	145.00	122.50	171.43	22.50	-15.42
N'Eliya	360.00 - 480.00	434.74	454.29	308.84	-19.55	40.77	Slime Apple	40.00	100.00	65.56	74.29	57.59	-8.73	13.84
Imported	130.00 - 200.00	165.47	194.40	197.00	-28.93	-16.01	Grapes (Imp., Rs/Kg)	2000.00	3000.00	2460.00	2192.31	1347.92	267.69	82.50
<u>Pulses</u>							King Coconut	120.00	160.00	144.29	136.67	81.52	7.62	76.99
Green Gram	1300.00 - 1400.00	1367.69	1343.33	641.14	24.36	113.32								
Cowpea (White)	1200.00 - 1600.00	1428.00	1390.63	716.20	37.38	99.39	<u>Sea Fish</u>							
Cowpea (Red)	1200.00 - 1600.00	1426.25	1405.88	631.66	20.37	125.79	Salaya	450.00	700.00	550.40	564.79	304.62	-14.39	80.69
Red Dhal	368.00 - 390.00	381.50	381.00	279.88	0.50	36.31	Hurulla	800.00	1120.00	946.84	1017.27	625.00	-70.43	51.49
<u>Vegetable</u>							Balaya	800.00	1600.00	1279.05	1288.89	1025.88	-9.84	24.68
Beans (Butter)	-	-	-	-	-	-	Kelawalla	1500.00	2800.00	1989.13	2070.91	1464.80	-81.78	35.80
Beans(Green)	320.00 - 600.00	455.91	527.92	508.00	-72.01	-10.25	Thora	2700.00	3600.00	3095.00	3291.25	1942.73	-196.25	59.31
Carrot	240.00 - 360.00	305.20	301.92	483.45	3.28	-36.87	Paraw	1500.00	2400.00	2036.67	2206.32	1426.67	-169.65	42.76
Leeks	280.00 - 480.00	357.83	403.60	301.38	-45.77	18.73	Mora	1200.00	2000.00	1545.00	1362.86	-	182.14	-
Beetroot	300.00 - 480.00	386.52	544.00	520.00	-157.48	-25.67	Shrimps	1600.00	2200.00	1835.65	1878.15	1222.22	-42.50	50.19
Knolkhol	240.00 - 480.00	375.71	418.42	333.91	-42.71	12.52	Thalapathe	2200.00	2800.00	2560.87	2630.48	1890.40	-69.61	35.47
Raddish	100.00 - 240.00	188.18	199.26	176.00	-11.08	6.92	<u>Eggs</u>							
Cabbage	100.00 - 240.00	184.35	202.14	297.67	-17.80	-38.07	Brown	46.00	56.00	48.71	56.40	23.67	-7.69	105.84
Tomato	200.00 - 320.00	254.35	281.15	218.00	-26.81	16.67	White	44.00	55.00	47.67	54.46	22.64	-6.79	110.55
Ladies Fingers	240.00 - 360.00	294.78	297.69	262.67	-2.91	12.23	<u>Dried Fish</u>							
Brinjal	240.00 - 400.00	313.48	468.80	288.33	-155.32	8.72	Sprats	1500.00	2000.00	1808.33	1890.48	1303.70	-82.14	38.71
Capsicum	700.00 - 1000.00	829.13	924.44	703.00	-95.31	17.94	Sprats (Imported)	1000.00	1600.00	1330.37	1313.04	805.71	17.33	65.12
Pumpkin	160.00 - 280.00	228.70	239.23	226.00	-10.54	1.19	Kattawa	2200.00	2800.00	2496.15	2477.27	1623.08	18.88	53.79
Cucumber	160.00 - 240.00	208.33	209.23	152.00	-0.90	37.06	Thora	-	-	-	-	-	-	-
Bitter Gourd	350.00 - 560.00	442.61	473.85	358.33	-31.24	23.52	Mora	2000.00	2800.00	2408.00	2352.17	1650.00	55.83	45.94
Snake Gourd	280.00 - 400.00	348.18	395.60	284.84	-47.42	22.24	Balaya	1200.00	1800.00	1476.00	1395.24	1118.46	80.76	31.97
Drumstick	-	-	-	-	-	-	Anguluwa	2200.00	2600.00	2375.00	2466.67	1547.37	-91.67	53.49
Luffa	350.00 - 480.00	423.48	415.71	317.24	7.76	33.49	Maduwa	-	-	2150.00	1000.00	-	-	-
Long Beans	250.00 - 400.00	325.00	372.50	285.00	-47.50	14.04	Koduwa	-	-	-	-	-	-	-
Ash Plantain	280.00 - 400.00	319.09	323.08	154.67	-3.99	106.31	Salaya	1000.00	1500.00	1264.71	1231.82	620.83	32.89	103.71
Green Chillies	400.00 - 1200.00	644.09	527.20	587.24	116.89	9.68	<u>Meat</u>							
Lime	150.00 - 400.00	280.00	256.54	273.00	23.46	2.56	Beef (without Bones)	2000.00	2100.00	2066.67	2050.00	1371.43	16.67	50.69
<u>Root Crops</u>							Chicken (Broiler)	1170.00	1280.00	1231.25	1232.22	797.00	-0.97	54.49
Sweet Potato	180.00 - 280.00	225.22	237.69	197.67	-12.47	13.94	Chicken (Curry)	1300.00	1600.00	1462.50	1500.00	741.00	-37.50	97.37
Manioc	180.00 - 240.00	217.14	216.15	90.67	0.99	139.50	Mutton	2700.00	3200.00	2942.86	2962.50	2044.44	-19.64	43.94
<u>Leafy Vegetable</u>							Pork	1600.00	1700.00	1650.00	1700.00	860.00	-50.00	91.86
Mukunuwenna	70.00 - 100.00	81.88	81.11	65.65	0.76	24.71	-	-	-	-	-	-	-	-
Kankun	70.00 - 100.00	81.88	81.11	65.65	0.76	24.71	-	-	-	-	-	-	-	-
Gotukola	100.00 - 150.00	113.33	118.89	69.58	-5.56	62.87	-	-	-	-	-	-	-	-

This Week: Week 04: 20 - 26 January 2023

Last Week: Week 03: 13 - 19 January 2023

**Table 16: Farmgate/Producer Prices of Food Commodities in Selected Producing Areas (Rs/Kg)**  
**Week 04: 20 - 26 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	100.00 – 120.00	111.00
A'pura	90.00 – 96.00	92.40	Dambulla	250.00 – 280.00	262.00	Hambantota	160.00 – 190.00	176.00
P'naruwa	102.00 – 103.00	102.42	Wellimada	290.00 – 310.00	302.00	Embilipitiya	170.00 – 200.00	184.00
Kalawewa	90.00 – 95.00	92.60	Badulla	320.00 – 350.00	336.00	Matara	–	
Kurunegala	94.00 – 95.00	94.50	<b>Carrot</b>			A'pura	100.00 – 120.00	108.00
Dehiattakandiya	98.00 – 98.00	98.00	N'Eliya	115.00 – 125.00	119.00	<b>Luffa</b>		
Nikaweratiya	90.00 – 98.00	94.71	Wellimada	70.00 – 90.00	80.00	Dambulla	220.00 – 250.00	234.00
Ampara	100.00 – 100.00	100.00	Hanguranketha	80.00 – 100.00	89.00	Hambantota	140.00 – 200.00	166.67
<b>Long Grain (White)</b>			<b>Leeks</b>			Embilipitiya	250.00 – 270.00	258.00
A'pura	90.00 – 94.00	91.60	N'Eliya	180.00 – 190.00	186.00	Matara	–	
P'naruwa	99.00 – 100.00	99.50	Wellimada	170.00 – 185.00	178.00	A'pura	150.00 – 170.00	158.00
Kalawewa	90.00 – 93.00	91.00	<b>Beetroot</b>			<b>Green Chillies</b>		
Kurunegala	94.00 – 95.00	94.50	N'Eliya	190.00 – 200.00	195.00	Dambulla	200.00 – 240.00	220.00
Dehiattakandiya	95.00 – 100.00	96.67	Dambulla	172.50 – 190.00	183.75	Hambantota	–	
Embilipitiya	–		Kurunegala	–		Embilipitiya	370.00 – 400.00	388.00
Nikaweratiya	90.00 – 98.00	94.71	Wellimada	175.00 – 190.00	180.00	Puttalam	220.00 – 260.00	242.00
Hambantota	–		Hanguranketha	250.00 – 270.00	262.00	A'pura	200.00 – 220.00	208.00
Ampara	85.00 – 90.00	88.75	<b>Knol Khol</b>			<b>Pumpkin</b>		
<b>Long Grain (Red)</b>			N'Eliya	165.00 – 175.00	170.00	Dambulla	57.00 – 72.00	64.00
Matara	97.00 – 100.00	98.75	Wellimada	160.00 – 170.00	164.00	Hambantota	100.00 – 130.00	116.00
Hambantota	95.00 – 100.00	96.75	Hanguranketha	170.00 – 180.00	174.60	Embilipitiya	80.00 – 120.00	98.00
Embilipitiya	100.00 – 102.00	100.60	<b>Raddish</b>			Matara	55.00 – 65.00	60.00
<b>Keeri Samba</b>			N'Eliya	25.00 – 30.00	28.00	A'pura	80.00 – 90.00	84.00
A'pura	94.00 – 96.00	94.80	Wellimada	12.00 – 16.00	14.40	Moneragala	–	
P'naruwa	106.00 – 107.00	106.42	Hambantota	70.00 – 110.00	88.33	<b>Cucumber</b>		
Kalawewa	93.00 – 95.00	94.50	Hanguranketha	15.00 – 25.00	19.60	A'pura	60.00 – 70.00	64.00
Kurunegala	–		<b>Cabbage</b>			Dambulla	86.00 – 95.00	91.20
Dehiattakandiya	100.00 – 102.00	100.67	N'Eliya	30.00 – 40.00	34.00	Hambantota	90.00 – 110.00	100.00
<b>Red Onion</b>			Wellimada	20.00 – 25.00	23.00	Matara	80.00 – 90.00	83.75
Puttalam	450.00 – 550.00	504.00	Badulla	30.00 – 50.00	37.00	<b>Long Beans</b>		
Jaffna	–		Hanguranketha	20.00 – 30.00	26.00	Dambulla	100.00 – 130.00	117.00
<b>Big Onion</b>			<b>Tomato</b>			Hambantota	80.00 – 110.00	98.33
Dambulla	–		Wellimada	70.00 – 90.00	79.00	Embilipitiya	100.00 – 140.00	122.00
Kalawewa	–		Hambantota	–		Matara	90.00 – 110.00	102.50
A'pura	–		Dambulla	95.00 – 105.00	100.00	A'pura	140.00 – 160.00	148.00
<b>Potato</b>			Hanguranketha	80.00 – 100.00	89.00	<b>Ash Plantain</b>		
N'Eliya	265.00 – 280.00	272.00	<b>Vegetable (Low Country)</b>			Hambantota	70.00 – 100.00	84.00
Badulla	–		<b>Ladies Fingers</b>			Embilipitiya	100.00 – 120.00	110.00
Wellimada	250.00 – 260.00	256.00	A'pura	120.00 – 140.00	128.00	Matara	130.00 – 155.00	143.75
<b>Pulses</b>			Dambulla	145.00 – 162.50	156.00	<b>Lime</b>		
<b>Green Gram</b>			Hambantota	110.00 – 140.00	123.33	Hambantota	–	
Hambantota	–		Embilipitiya	160.00 – 180.00	173.00	Embilipitiya	90.00 – 120.00	104.00
Moneragala	900.00 – 950.00	920.00	Matara	120.00 – 130.00	125.00	Moneragala	50.00 – 55.00	52.00
<b>Brinjal</b>			<b>Fruits (Rs/Kg)</b>					
Embilipitiya	980.00 – 1000.00	990.00	A'pura	160.00 – 180.00	168.00	<b>Banana</b>		
Nikaweratiya	800.00 – 900.00	850.00	Dambulla	145.00 – 167.50	157.00	<b>Ambul</b>		
A'pura	900.00 – 950.00	920.00	Hambantota	–		Moneragala	80.00 – 100.00	88.00
<b>Cowpea</b>			Embilipitiya	130.00 – 150.00	141.00	Embilipitiya	120.00 – 140.00	129.00
Hambantota	–		Matara	140.00 – 160.00	151.25	Hambantota	110.00 – 130.00	120.00
Nikaweratiya	700.00 – 750.00	725.00	Wellimada	125.00 – 135.00	131.00	<b>Kolikuttu</b>		
Moneragala	800.00 – 850.00	820.00	Badulla	–		Moneragala	270.00 – 300.00	282.00
Embilipitiya	970.00 – 980.00	975.00	Wellimada	560.00 – 580.00	568.00	Embilipitiya	270.00 – 300.00	284.00
<b>Maize</b>			<b>Papaw</b>			Hambantota	–	
A'pura	120.00 – 140.00	128.00	<b>Bitter Gourd</b>					
Kalawewa	120.00 – 130.00	126.25	A'pura	250.00 – 270.00	258.00	<b>Banana</b>		
<b>Gingelly</b>			Dambulla	230.00 – 250.00	242.00	<b>Ambul</b>		
A'pura	–		Hambantota	–		Moneragala	80.00 – 100.00	88.00
Kalawewa	–		Embilipitiya	350.00 – 400.00	372.00	Embilipitiya	120.00 – 140.00	138.00
<b>Black Gram</b>			Matara	290.00 – 320.00	305.00	Hambantota	110.00 – 130.00	120.00
A'pura	500.00 – 550.00	520.00	<b>Pineapple</b>			Divulapitiya	–	
Kalawewa	500.00 – 550.00	516.67						

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

**Week 04: 20 - 26 January 2023**

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NULEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<b>Rice</b>									
<b>Local</b>									
Samba 1	230.00	-	230.00	230.00	-	240.00	230.00	-	240.00
Samba 2	220.00	-	220.00	-	220.00	-	220.00	-	220.00
Keeri Samba	260.00	-	260.00	260.00	-	260.00	240.00	-	260.00
Nadu 1	220.00	-	230.00	220.00	-	220.00	220.00	-	230.00
Nadu 2	210.00	-	210.00	210.00	-	210.00	215.00	-	215.00
Raw (Red)	200.00	-	220.00	210.00	-	210.00	200.00	-	220.00
Raw (White)	200.00	-	220.00	210.00	-	210.00	200.00	-	210.00
<b>Imported</b>									
Samba	210.00	-	220.00	220.00	-	230.00	220.00	-	230.00
Nadu	185.00	-	200.00	190.00	-	190.00	200.00	-	200.00
Raw (Red)	-	-	-	-	-	-	-	-	-
Raw (White)	180.00	-	190.00	190.00	-	190.00	190.00	-	190.00
<b>Dried Chillies</b>									
Imported	1400.00	-	1650.00	1800.00	-	1800.00	1700.00	-	1800.00
<b>Red Onion</b>									
Sinnan	-	-	-	-	-	-	-	-	-
Vedalan	-	-	-	-	-	-	-	-	-
Imported	450.00	-	600.00	700.00	-	700.00	500.00	-	750.00
<b>Big Onion</b>									
Imported	140.00	-	160.00	180.00	-	180.00	160.00	-	180.00
Local	-	-	-	-	-	-	-	-	-
<b>Potato</b>									
Welimada	-	-	-	-	-	-	-	-	-
N'Eliya	360.00	-	360.00	480.00	-	480.00	400.00	-	480.00
Imported	130.00	-	160.00	180.00	-	200.00	150.00	-	180.00
<b>Pulses</b>									
Green Gram	1300.00	-	1400.00	1400.00	-	1400.00	1400.00	-	1400.00
Cowpea (White)	1200.00	-	1400.00	-	-	1400.00	1520.00	-	1600.00
Cowpea (Red)	1200.00	-	1300.00	-	1400.00	1400.00	1400.00	-	1500.00
Red Dhal	368.00	-	380.00	380.00	-	380.00	390.00	-	380.00

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

**Week 04: 20 - 26 January 2023**

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA	
<b><u>Vegetable</u></b>										
Beans	400.00	- 500.00	560.00	- 600.00	520.00	- 520.00	480.00	- 600.00	400.00	- 480.00
Carrot	240.00	- 280.00	320.00	- 360.00	360.00	- 360.00	320.00	- 320.00	260.00	- 280.00
Leeks	280.00	- 300.00	400.00	- 480.00	480.00	- 480.00	400.00	- 400.00	280.00	- 320.00
Beetroot	350.00	- 380.00	480.00	- 480.00	400.00	- 480.00	480.00	- 320.00	360.00	- 480.00
Knolkhол	240.00	- 280.00	400.00	- 480.00	400.00	- 480.00	480.00	- 400.00	400.00	- 400.00
Raddish	100.00	- 120.00	240.00	- 240.00	240.00	- 240.00	160.00	- 200.00	240.00	- 200.00
Cabbage	100.00	- 120.00	240.00	- 240.00	240.00	- 240.00	160.00	- 200.00	200.00	- 240.00
Tomato	200.00	- 200.00	320.00	- 320.00	320.00	- 320.00	320.00	- 280.00	240.00	- 250.00
Ladies Fingers	240.00	- 280.00	320.00	- 360.00	360.00	- 360.00	320.00	- 280.00	320.00	- 320.00
Brinjal	240.00	- 260.00	400.00	- 400.00	360.00	- 360.00	240.00	- 280.00	240.00	- 400.00
Capsicum	720.00	- 850.00	700.00	- 800.00	800.00	- 850.00	700.00	- 750.00	800.00	- 1000.00
Pumpkin	160.00	- 200.00	200.00	- 240.00	240.00	- 240.00	240.00	- 240.00	280.00	- 280.00
Cucumber	160.00	- 180.00	200.00	- 240.00	240.00	- 240.00	240.00	- 240.00	180.00	- 240.00
Bitter Gourd	360.00	- 400.00	560.00	- 560.00	480.00	- 480.00	480.00	- 480.00	520.00	- 540.00
Snake Gourd	280.00	- 320.00	360.00	- 400.00	400.00	- 400.00	300.00	- 320.00	320.00	- 400.00
Drumstick	-	-	-	-	-	-	-	-	-	-
Luffa	350.00	- 360.00	400.00	- 480.00	400.00	- 480.00	480.00	- 450.00	360.00	- 440.00
Long Beans	250.00	- 280.00	400.00	- 400.00	400.00	- 400.00	280.00	- 300.00	400.00	- 320.00
Ash Plantain	280.00	- 280.00	320.00	- 320.00	280.00	- 300.00	400.00	- 320.00	360.00	- 300.00
Green Chillies	400.00	- 480.00	1000.00	- 1000.00	1200.00	- 1200.00	1000.00	- 1200.00	500.00	- 600.00
Lime	150.00	- 200.00	400.00	- 400.00	400.00	- 400.00	200.00	- 250.00	400.00	- 300.00
<b><u>Root Crops</u></b>										
Sweet Potato	180.00	- 180.00	240.00	- 280.00	200.00	- 240.00	240.00	- 240.00	280.00	- 240.00
Manioc	200.00	- 200.00	220.00	- 240.00	200.00	- 220.00	220.00	- 240.00	180.00	- 220.00
<b><u>Leafy Vegetable</u></b>										
Mukunuwenna	80.00	- 80.00	80.00	- 80.00	70.00	- 70.00	80.00	- 80.00	80.00	- 80.00
Kankun	80.00	- 80.00	80.00	- 80.00	70.00	- 70.00	80.00	- 80.00	80.00	- 80.00
Gotukola	100.00	- 100.00	100.00	- 100.00	100.00	- 120.00	100.00	- 150.00	100.00	- 150.00
<b><u>Coconut</u></b>										
Large	110.00	- 110.00	110.00	- 120.00	120.00	- 120.00	110.00	- 110.00	120.00	- 130.00
Small	95.00	- 100.00	100.00	- 100.00	90.00	- 100.00	100.00	- 90.00	90.00	- 100.00

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

**Week 04: 20 - 26 January 2023**

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<b><u>Plantain</u></b>									
Ambul (Rs/Kg)	240.00	-	250.00	260.00	-	280.00	280.00	-	300.00
Kolikuttu (Rs/Kg)	400.00	-	420.00	400.00	-	420.00	420.00	-	450.00
Seenii (Rs/Kg)	180.00	-	200.00	220.00	-	250.00	200.00	-	240.00
Anamalu	24.00	-	26.00	30.00	-	32.00	33.00	-	35.00
Ambun	30.00	-	32.00	38.00	-	40.00	41.00	-	44.00
<b><u>Pineapple</u></b>									
Large	550.00	-	580.00	540.00	-	600.00	550.00	-	650.00
Medium	450.00	-	500.00	480.00	-	520.00	500.00	-	550.00
30 Small	350.00	-	400.00	450.00	-	450.00	300.00	-	400.00
<b><u>Mango</u></b>									
Betti	-	-	-	-	-	-	-	-	-
Karthakolamban	200.00	-	220.00	150.00	-	200.00	150.00	-	220.00
Vilad	-	-	-	-	-	-	-	-	-
Kohu	-	-	-	-	-	-	-	-	-
<b><u>Other Fruits</u></b>									
Wood Apple	50.00	-	70.00	100.00	-	120.00	110.00	-	125.00
Orange	50.00	-	70.00	100.00	-	120.00	80.00	-	100.00
Avocado	120.00	-	160.00	-	-	100.00	100.00	-	120.00
Slime Apple	50.00	-	60.00	80.00	-	100.00	80.00	-	100.00
Grapes (Rs/Kg)	2200.00	-	2200.00	2500.00	-	2500.00	2500.00	-	2500.00
Papaw (Rs/Kg)	240.00	-	250.00	350.00	-	360.00	360.00	-	400.00
Passion	62.00	-	66.00	75.00	-	75.00	79.00	-	83.00
King Coconut	130.00	-	130.00	140.00	-	150.00	150.00	-	150.00

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

**Week 04: 20 - 26 January 2023**

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<b><u>Sea Fish</u></b>									
Salaya	450.00	520.00	600.00	600.00	680.00	700.00	700.00	560.00	560.00
Hurulla	1000.00	1100.00	1120.00	1120.00	-	-	1120.00	1120.00	920.00
Balaya	800.00	840.00	1440.00	1440.00	1500.00	1600.00	-	1200.00	1200.00
Kelawalla	1500.00	1700.00	2400.00	2400.00	2100.00	2200.00	2800.00	2800.00	2400.00
Thora	2700.00	3100.00	2720.00	2720.00	3400.00	3600.00	3400.00	3400.00	2800.00
Paraw	1500.00	1560.00	2200.00	2200.00	-	2400.00	2400.00	2000.00	1600.00
Mora	1200.00	1200.00	1720.00	1720.00	-	-	1400.00	2000.00	1400.00
Shrimps Small	1900.00	2100.00	1640.00	1920.00	2100.00	2200.00	1800.00	1760.00	1800.00
Talapath	2200.00	2400.00	2800.00	2800.00	2800.00	2800.00	2700.00	2700.00	2400.00
31 <b><u>Eggs (Rs/Egg)</u></b>									
Brown	46.00	46.00	-	46.00	46.00	46.00	46.00	56.00	56.00
White	44.00	44.00	-	44.00	44.00	44.00	44.00	55.00	55.00
<b><u>Dried Fish</u></b>									
Sprats	1500.00	1600.00	1800.00	1800.00	1800.00	2000.00	1600.00	2000.00	1800.00
Kattawa	2200.00	2400.00	2600.00	2600.00	2400.00	2400.00	2400.00	2600.00	2500.00
Thora	-	-	-	-	-	-	-	-	-
Mora	2000.00	2400.00	2400.00	2400.00	2500.00	2500.00	2000.00	2400.00	2500.00
Balaya	1200.00	1400.00	1600.00	1600.00	1500.00	1600.00	1300.00	1600.00	1300.00
Anguluwa	2200.00	2300.00	2400.00	2400.00	2600.00	2600.00	-	-	-
Salaya	1000.00	1200.00	1000.00	1000.00	1400.00	1400.00	1000.00	1200.00	1500.00
<b><u>Meat</u></b>									
Beef (without Bones)	-	2100.00	2100.00	-	-	2100.00	2100.00	2000.00	2000.00
Chicken (Broiler)	-	1250.00	1250.00	1280.00	1280.00	1240.00	1240.00	1170.00	1170.00
Chicken (Curry)	-	1400.00	1400.00	1500.00	1500.00	1550.00	1550.00	1450.00	1500.00
Mutton	-	2800.00	2800.00	3000.00	3000.00	-	2900.00	2900.00	2800.00
Pork	-	1700.00	1700.00	-	-	-	-	1600.00	1600.00

## 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	

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

Mango	50	0.75	0.09	14.5	0.02	0.14	34.89	91.63	28.56	17.74	0.5	0.09
Mushroom	27	2.54	0.42	-	0.15	0.13	7.81	11.56	0.9	14.42	1.32	0.79
Dambala	21	1.84	0.2	38.74	0.08	0.4	33.69	19.82	68.24	31.38	1.2	0.44
Coconuts nuts	390	3.67	39.92	-	0.05	0.11	14.86	-				
<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 pods	25	2.14	0.34	NA	0.03	0.04	30.7	24.77	37.32	26.08	0.3	0.17
Jackfruit seeds	77	5.66	0.44	NA	0.02	0.08	58.91	15.24	40.87	50.14	0.52	0.42

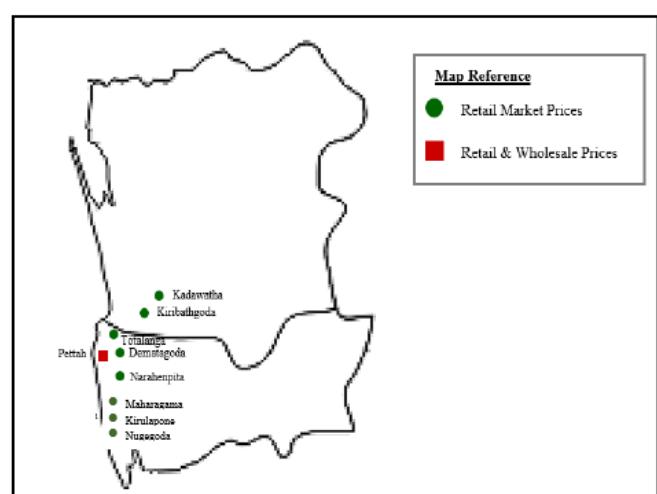
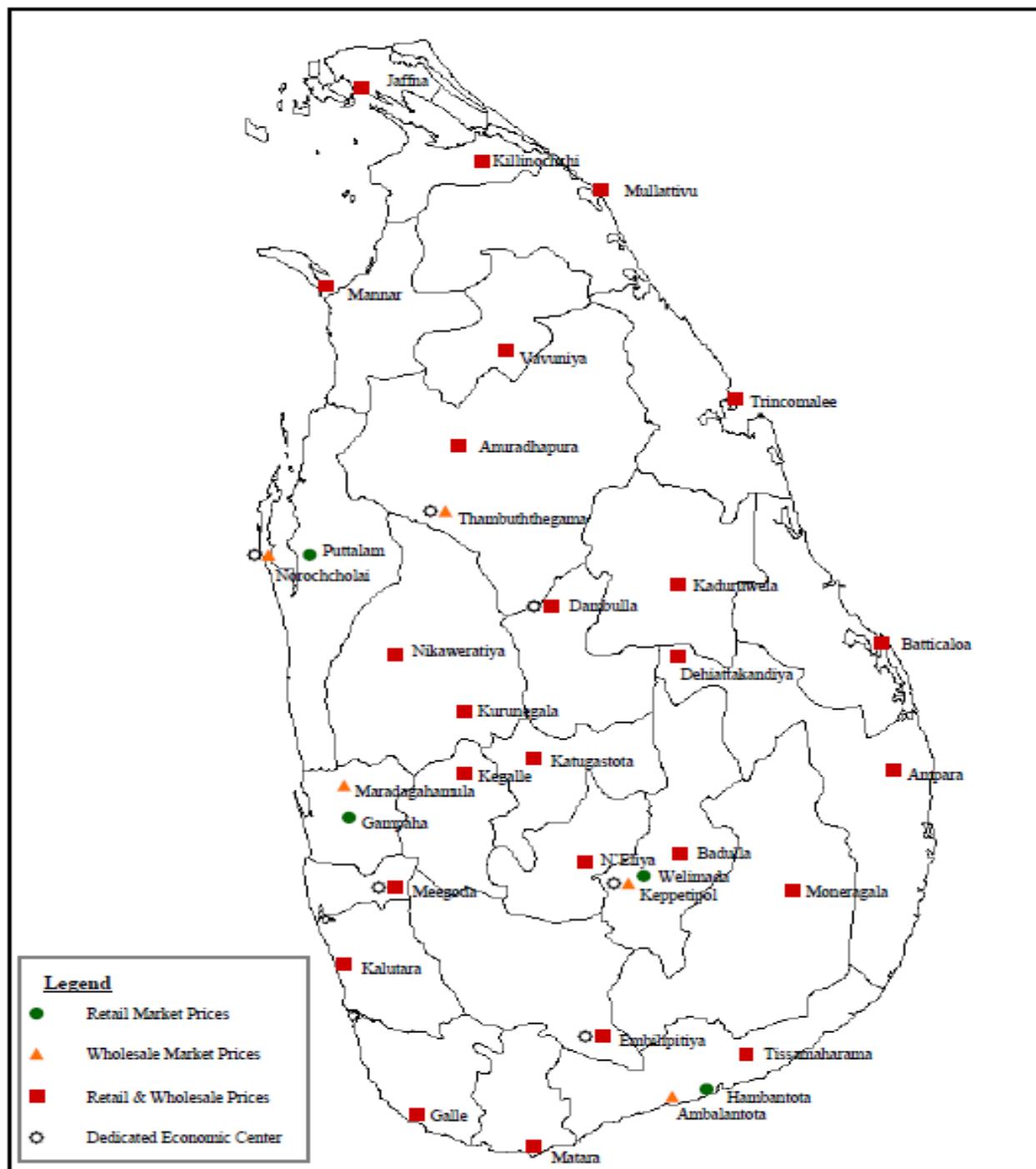
## Meat

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



Ministry of Agriculture

## Food Systems and Market Research Division & Information Division

Hector Kobbekaduwa Agrarian Research and Training Institute

No. 114, Wijerama Mawatha, Colombo 07.

Phone: 011-2696981 Fax: 011-2682283

E-mail: mfpaharti@yahoo.com

Web: www.harti.gov.lk

යොඩ්නික මිලටරි කොළ විල,  
තංහෙල දුරකථනයායේ

හෙක්වර කොළඹකුව ගොවී කටයුතු තරේයේකම්  
හා ප්‍රහැරුවේ ආයතනය අනුග්‍රහයෙන්

වොඩ්නික  
තංහෙල  
විල දුරකථනය

6666  
අමතන්න.

වොඩ්නික අද තිල - මා එම  
වොඩ්නික නෑම දුරකථන තුළයේ  
ඒකත් ගොවී තිල ප්‍රහැරුව  
වොඩ්නික නෑම දුරකථන තුළයේ  
වොඩ්නික නෑම දුරකථන තුළයේ

සාම්බ රංගම දුරකථන තුළයේ

වොඩ්නික නෑම දුරකථන තුළයේ