

# WEEKLY FOOD COMMODITIES BULLETIN

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No.05

## RETAIL MARKET AT A GLANCE

### Summary

#### Rice/Paddy



In line with the wholesale market, prices of all types of local and imported rice varieties have decreased by Rs.1.00-7.00/kg with the highest decline for local raw white. Price range for *Samba* and *Nadu* rice was Rs.210.00-230.00/kg and Rs.200.00-225.00/kg respectively. The harvesting of 2022/23 *Maha* crop is in progress in the Eastern province and high moisture wet paddy arrive at the market. It is expected that rice prices will be further stable during next week.

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#### Other Field Crops



Price of imported red onion and big onion ranged between Rs.420.00-750.00/kg and Rs.150.00-190.00/kg respectively. Price of Nuwara Eliya and imported potato have decreased and the price ranged Rs.350.00-480.00/kg and Rs.120.00-180.00/kg respectively. The price of green gram, white cowpea, and red cowpea ranged Rs.1300.00-1600/kg, Rs.1200.00-1520.00/kg and Rs.1300.00-1520.00/kg.



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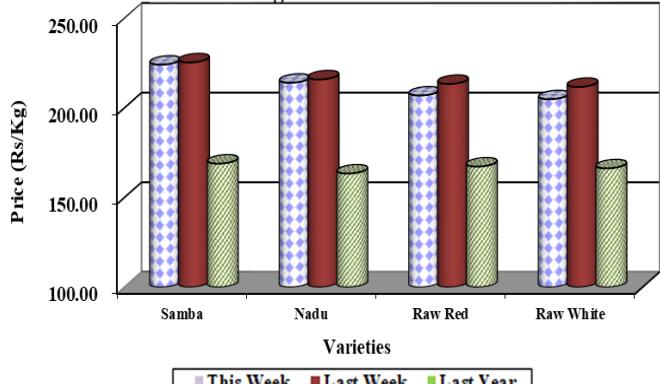
#### Vegetables



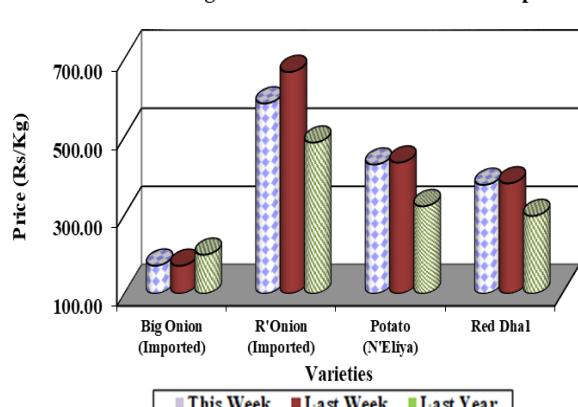
Prices of most of the vegetable varieties have decreased in line with decreased wholesale prices. Considering upcountry varieties, the highest price decrease was reported for carrot as Rs.67.00/kg. Prices of beetroot, leeks, knokhol and raddish have decreased. Prices of most of the low country vegetables have also decreased.

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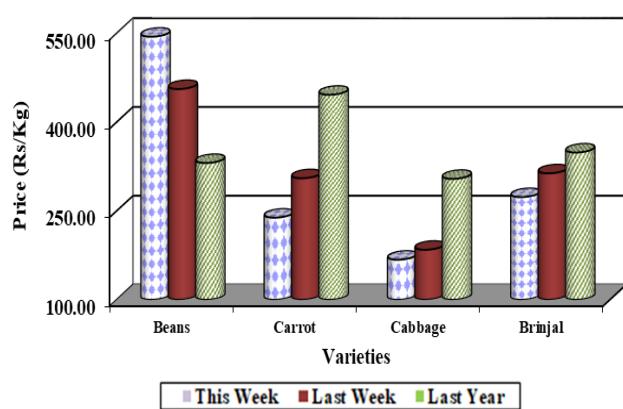
Average Retail Prices of Rice



Average Retail Prices of Other Field Crops



Average Retail Prices of Vegetables



## **Rice**

### **Wholesale**

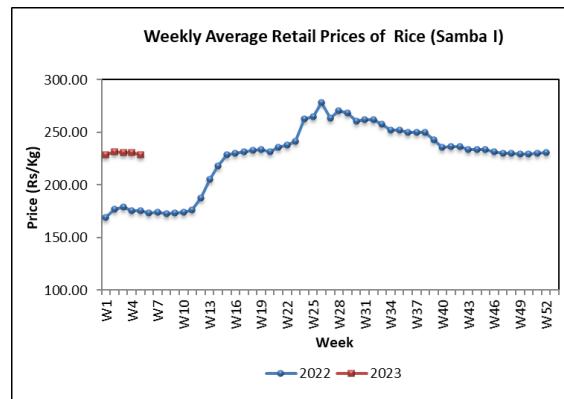
Prices of most of local rice varieties have decreased. Prices of raw red and grade II nadu have decreased by 5% and 4% and their price ranges were Rs.170.00-190.00/kg and Rs.170.00-195.00/kg respectively. Prices of both grade I nadu and raw white have decreased by 2% and their price ranges were Rs.180.00-195.00/kg and Rs.170.00-190.00/kg respectively. Average prices of grade I samba, grade II samba and keeri samba were Rs.212.00/kg, Rs.205.00/kg and Rs.220.00/kg respectively.

Prices of all types of imported rice varieties have also decreased. Prices of imported nadu, imported raw white and ponni samba have decreased by 1%-3% and their price ranges were Rs.163.00-175.00/kg, Rs.160.00-165.00/kg and Rs.193.00-205.00/kg respectively.

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 21%-30% while the price of keeri samba has decreased by 2%. Prices of all types of imported rice varieties of ponni samba, imported nadu and raw white have increased by 67%, 53% and 51% respectively.

### **Retail**

Prices of all local rice varieties have decreased by Rs.1.00-7.00/kg. The highest price decrease was reported for raw white by Rs.7.00/kg and price range was Rs.190.00-215.00/kg. Price ranges for samba and nadu rice were Rs.210.00-230.00/kg and Rs.200.00-225.00/k respectively. Further, average price of keeri samba was Rs.252.00/kg while price range for both raw white and red was Rs.190.00-215.00/kg.



Prices of all imported rice varieties have decreased by Rs.1.00-4.00/kg. Price ranges of imported samba, nadu and raw white were Rs.220.00-225.00/kg, Rs.180.00-200.00/kg and Rs.175.00-190.00/kg respectively.

Compared to the same period of last year, prices of all local rice varieties have increased by 3%-35% while prices of imported rice varieties have also increased in 42%-61% range.

### Paddy

The average prices of short grain(samba), keeri samba and long grain white (nadu) paddy varieties have further decreased slightly in almost all major paddy producing areas. Accordingly, the average prices of short grain paddy have increased by Rs.1.00-5.00/kg and prices ranged between Rs.90.00-104.00/kg. Likewise, the average price of keeri samba paddy also increased by Rs.1.00-10.00/kg and the highest price increase was reported in Anuradhapura. Its prices ranged between Rs.1.00-5.00/kg and prices ranged Rs.85.00-101.00/kg. However, a price decrease of Rs.1.00-6.00/kg was reported for long grain red paddy in major producing areas in the Southern province and prices ranged Rs.93.00-100.00/kg.

Paddy harvesting of 22/23 maha season has commenced in some major producing areas and it was observed that newly harvested wet paddy stocks have arrived in the market. The average price range for both wet newly harvested short grain and long grain white paddy was Rs.68.00-73.00/kg.

Compared to the same period of last year, the average prices of short grain, keeri samba, long grain white and red paddy varieties have increased by 15%-56%.

### Dried Chilies

#### Wholesale

Price of imported dried chilies has increased slightly and the price ranged Rs.1100.00-1370.00/kg.

Compared to the same period of last year, price of imported dried chilies has increased by 49%.

#### Retail

Price of imported dried chilies has decreased by Rs.19.00/kg and the price ranged between Rs.1400.00-1800.00/kg.

Compared to the same period of last year, price of imported dried chilies has increased by 76%.

### Onion

#### Wholesale

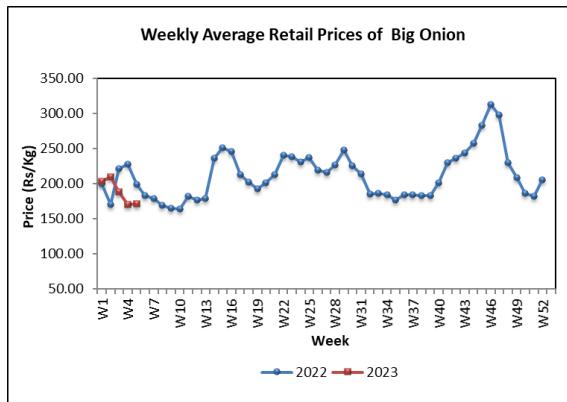
Wholesale price of imported red onion has decreased by 3% due to increased supply of Indian stocks and the price ranged Rs.350.00-400.00/kg. Price of imported big onion has increased by 2% due to availability of high quality stocks and the price ranged Rs.130.00-135.00/kg.

Compared to the same period of last year, price of imported big onion has decreased by 15% while price of imported red onion has increased by 10%.

## Retail

Price of imported red onion has decreased by Rs.81.00/kg and price ranged between Rs.420.00-750.00/kg.

Price of imported big onion has not changed significantly and the price ranged between Rs.150.00-190.00/kg.



Compared to the same period of last year, imported red onion has increased by 21% and the imported big onion has decreased by 14%.

## Potato

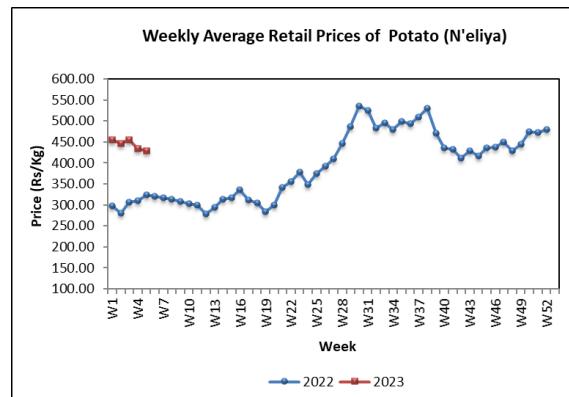
### Wholesale

Prices of Nuwara Eliya and imported potatoes have decreased by 16% and 9% respectively due to increased supply of both Nuwara Eliya and imported stocks. Their price ranges were Rs.300.00-330.00/kg and Rs.100.00-110.00/kg respectively.

Compared to the same period of last year, price of Nuwara Eliya potato has increased by 26% while price of imported potato has decreased by 19%.

## Retail

Prices of Nuwara Eliya and imported potatoes have decreased by Rs.5.00/kg and Rs.9.00/kg respectively. Prices ranged Rs.350.00-480.00/kg and Rs.120.00-180.00/kg respectively.



Compared to the same period of last year, prices of Nuwara Eliya potato has increased by 33% while price of imported potato has decreased by 20%.

## Pulses

### Wholesale

Prices of red cowpea and white cowpea have decreased by 9% and 7% respectively due to increased supply of local stocks and both prices ranged Rs.950.00-1250.00/kg. Price of green gram has increased by 6% due to decreased supply and the price ranged Rs.1250.00-1350.00/kg. Price of red dhal has decreased slightly due to increased supply and the average price was Rs.348.00/kg.

Compared to the same period of last year, prices of green gram and red cowpea have increased by 154% and 113% while prices of white cowpea and red dhal also increased by 76% and 22%.

### Retail

Price of green gram has increased by Rs.40.00 and the price ranged between Rs.1300.00-1600.00/kg. Prices of cowpea white and red have decreased by Rs.33.00/kg and Rs.11.00/kg. Price ranges of white cowpea, red cowpea and red dhal were Rs.1200.00-1520.00/kg, Rs.1300.00-1520.00/kg and Rs.360.00-380.00/kg.

Compared to the same period of last year, prices all pulses have increased by 27%-136% and the highest for cowpea (red).

### Vegetable

#### Wholesale

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

Considering up country vegetables, the highest price decrease was reported for beetroot by 40% due to low quality low country stocks received from Jaffna area. Further, prices of knolkhol, raddish and cabbage have decreased in the range of 16%-20% due to increased market supply

from most of the upcountry and low country producing areas. Further, price of carrot and leeks have decreased by 29% and 16% due to increased supply from Nuwara Eliya and Thalawakele areas. However, price of beans has increased by 23% due to decreased market supply from Balangoda and Welimada areas.

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

Considering low country vegetables, the highest price decrease was reported for pumpkin by 34% due to increased market supply from Dambulla, Vilachchiya and Thambuttegama areas. A price decrease was reported for snake gourd by 28% due to increased market supply from Kandy producing areas. Price of brinjal has decreased by 20% due to increased market supply from Embilipitiya and Sooriyawewa areas.

Further, price of ash plantain has also decreased by 10% due to increased market supply from Embilipitiya and Sooriyawewa areas and prices of bitter gourd and luffa have decreased by 3%-5%. However, price of long beans has increased by 7% due to decreased market supply from Thissamaharama area. Further, prices of cucumber and ladies

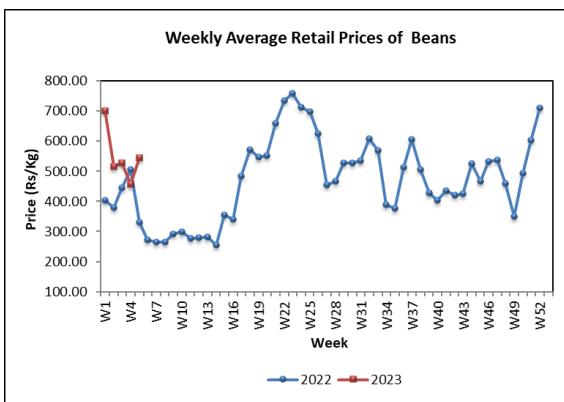
fingers have increased by 17% and 3% respectively due to decreased market supply from Embilipitiya and most of the main producing areas.

Meanwhile, price of green chilies has decreased by 12% due to increased market supply from Puttalam area. Further, price of lime has decreased by 5%.

Compared to the same period of last year, wholesale prices of most of the vegetable varieties have decreased with the highest price decrease being reported for cabbage by 75%.

### Retail

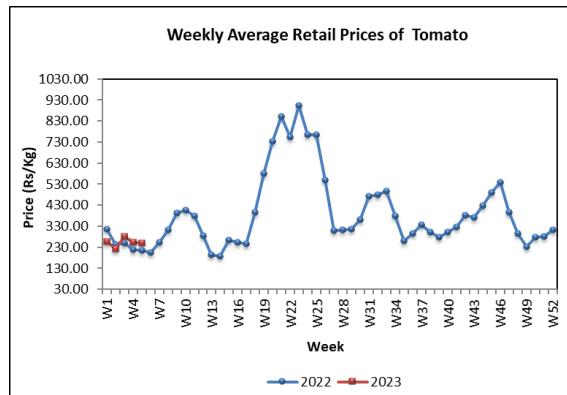
In line with the decreased wholesale prices retail prices of most of the varieties also have decreased.



Considering up-country varieties, the highest price decrease was reported for carrot as Rs.67.00/kg, followed by beetroot as Rs.65.00/kg. However, price of beans has increased by Rs.88.00/kg. Further, prices of leeks, knolkhol, raddish

and cabbage also decreased by Rs.11.00-35.00/kg.

Price of capsicum has increased by Rs.106.00/kg and price of tomato has decreased by Rs.4.00/kg.



Considering low-country varieties, the highest price decrease was reported for brinjal as Rs.40.00/kg, followed by pumpkin as Rs.28.00/kg. Likewise, prices of bitter gourd, snake gourd, luffa and long beans have decreased by Rs.16.00-27.00/kg.

Further, prices of green chilies and lime have decreased by Rs.153.00/kg and Rs.12.00/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 109%.

### Coconut

#### Wholesales

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

for a large nut and Rs.90.00-92.00/nut for a small nut.

Compared to the same period of last year, wholesale prices of both large and small nuts have increased by 32% and 36% respectively.

### Retail

Prices of large and small nuts have increased by Rs.1.00/nut and Rs.3.00/nut respectively. Price ranges were Rs.110.00-130.00/nut for a large nut and Rs.95.00-105.00/nut for a small nut.

Compared to the same period of last year, prices of large and small nuts have increased by 35% and 32% respectively.

## Fruits

### Wholesale

Prices of most of the fruit varieties have increased with limited supply. The highest price increase was reported for imported grapes by 13% due to availability of limited stocks. The price of the betti and karthakolimban mango varieties have increased in the range of 2%-11% with unavailability of sufficient stocks. Further, price of passion fruit has increased by 9% as limited stocks received. The price of avocado (5%), papaw (5%) and slime apple (4%) have increased with limited supply and demand.

However, price of orange has decreased by 31% with low demand and availability of low quality fruits. Price of all banana varieties have decreased in the range of 2%-5% with low demand. In addition, price of wood apple (4%) and king coconut (3%) have decreased with low demand and availability of low quality fruits. Price of all sizes of pineapple have also decreased in the range of 1%-2% with availability of ripe fruits.

Compared to the same period of last year, wholesale prices of most of the fruit varieties have increased with the highest price increase of 152% being reported for banana- ambul.

### Retail

Retail prices of most of fruits have increased in line with the increased wholesale prices. The highest price increase of Rs.210.00/kg was reported for imported grapes due to limited supply. Prices of avocado and mango-karthakolomban have increased by Rs.33.00/fruit and Rs.25.00/fruit respectively. Further, prices of passion fruit and papaw have increased by Rs.20.00/fruit and Rs.17.00/kg respectively due to unavailability of sufficient stocks. Price of banana – ambul, kolikuttu and seeni have increased in the range of Rs.2.00-9.00/kg.

Meanwhile, all sizes of pineapple have decreased in the range of Rs.13.00-55.00/fruit due to availability of sufficient stocks. Prices of orange and wood apple have decreased by Rs.14.00/fruit and Rs.6.00/fruit respectively due to availability of low quality stocks.

Compared to the same period of last year, retail prices of all fruits except orange have increased and the highest price increase of 145% was reported for passion fruit.

### **Fresh Fish**

#### **Wholesale**

Wholesale prices of most of the fresh fish types have decreased due to increased wholesale supply compared to demand. The highest price decrease of 20% was noted for thalapath due to high supply from Negombo and Beruwala areas and the price ranged between Rs.1300.00-1700.00/kg. A price decrease of 14% was noted for thora due to high supply from Northern areas and the price ranged between Rs.1500.00-2300.00/kg. Likewise, the wholesale prices of shrimps and paraw have decreased by 3%-4% respectively.

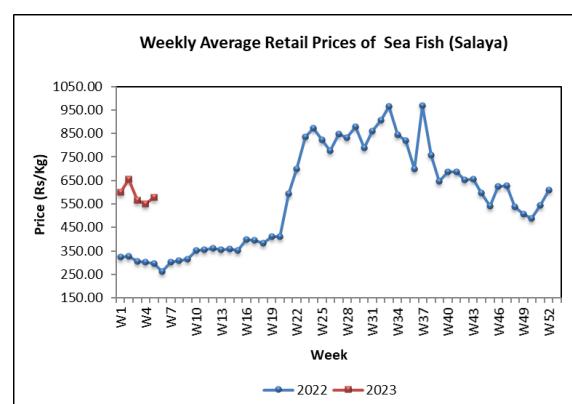
However, a price increase of 15% was noted for kelawalla due to low supply from Beruwala and Galle areas and the price ranged between Rs.1100.00-1250.00/kg. Likewise, a price increase of

7% and 8% was noted for hurulla and salaya due to low supply from Kalpitiya, Trincomalee and Mannar areas and their prices ranged between Rs.780.00-950.00/kg and Rs.300.00-450.00/kg respectively. In addition, price of balaya has increased by 6%.

Compared to the same period of last year, wholesale prices of all fresh fish types have increased in the range of 15%-107% and the highest price increase was noted for hurulla.

### **Retail**

In line with decreased wholesale prices, retail prices of most of the types of fresh fish have also further decreased with low demand. The highest price decrease was reported for mora by 125.00/kg followed by Rs.121.00/kg for paraw. Prices of thalapath has decreased by Rs.104.00/kg. Further, prices of thora, kelawalla and shrimps have decreased in the range of RS.8.00-77.00/kg.



However, price of hurulla has increased by Rs.89.00/kg due of limited supply. Further, prices of balaya and salaya have also increased by Rs.38.00/kg and Rs.28.00/kg respectively.

Compared to the same period of last year, prices of all types of fresh fish have increased in the range of 29%-95% with the highest price increase was reported for salaya.

### **Dried Fish**

#### **Wholesale**

Due to decrease of local dried fish supply, prices of most of the local and imported dried fish types have increased. The highest price increase of 6% was noted for local maduwa due to low supply from Jaffna and Negombo areas and the price ranged between Rs.1200.00-1350.00/kg. Likewise, a price increase of 2% was noted for imported anguluwa due to low supply from Oman and Pakistan and the price ranged Rs.1600.00-1700.00/kg. In addition, prices of imported kattawa, imported sprats and local mora have increased by 1%.

However, a price decrease of 4% was noted for local balaya due to high supply from Negombo and Beruwala areas and the price ranged between Rs.760.00-950.00/kg. A price decrease 3% was of

noted for local salaya due to high supply from Mannar and Chilaw areas and the price ranged between Rs.740.00-850.00/kg. In addition, price of local sprats has decreased by 1%.

Compared to the same period of last year, wholesale prices of all dried fish types have increased in the range of 19%-97% and the highest price increase was reported for local salaya.

### **Retail**

Retail prices of most types of dried fish have further increased in line with an increase of wholesale prices due to limited supply.

The highest price increase was reported for imported sprat by Rs.31.00/kg followed by Rs.24.00/kg for balaya. Prices of anguluwa and kattawa have increased by Rs.11.00/kg and Rs.4.00/kg respectively.

However, prices of salaya and local sprat have decreased by Rs.93.00/kg and Rs.30.00/kg respectively.

Compared to the same period of last year, prices of all types of dried fish have increased in the range of 38%-108% with the highest price increase was reported for maduwa.

### Eggs

#### Wholesale

Prices of both brown and white eggs have decreased by 10% and their prices ranged between Rs.45.00-46.00 and Rs.43.00-44.00 respectively.

Compared to the same period of last year, prices of both brown and white eggs have increased by 136% and 143% respectively.

#### Retail

In line with decreased wholesale prices retail prices of both brown and white egg have decreased by Rs.3.00/egg and Rs.4.00/egg respectively. Average price of a brown egg was Rs.46.00 and Rs.44.00 for a white egg.

Compared to the same period of last year, prices of both brown and white eggs have increased by 120% and 123% respectively.

### Meat

#### Retail

Price of beef have increased by Rs.58.00/kg with limited supply. Price of mutton has also increased by Rs.14.00/kg. Price decrease of Rs.63.00/kg was reported for skin-less curry chicken due to price reduce with low demand. Price of pork has decreased by Rs.57.00/kg.

Compared to the same period of last year, prices of all types of meat have increased in the range of 45%-95% with the highest price increase was reported for skin-less curry chicken.

### EXPLANATORY NOTE

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

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 05: 27 January - 02 February 2023**

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

**Week 05: 27 January - 02 February 2023**

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

Week 05: 27 January - 02 February 2023

LOCATION	Dried Chillies	Red Onion			Big Onion	Potato			Pulses					
	Imported	Imported	Local			Imported	Welimada	Nuwara Eliya	Green Gram	Cowpea	Red Dhal			
12	Colombo	55000 - 68500	17500 - 20000	-	6500 - 6750	5000 - 5500	-	15000 - 16500	62500 - 67500	47500 - 62500	17000 - 17750			
	Kurunegala	57500 - 67500	-	-	7000 - 7250	-	-	-	62500 - 62500	50000 - 62500	17250 - 18000			
	Nikaweratiya	57500 - 70000	21000 - 24000	-	7000 - 7250	5250 - 5750	-	-	-	60500 - 60500	17250 - 17500			
	Dehiattakandiya	60000 - 72500	19500 - 24000	-	6900 - 8000	5900 - 6500	-	-	62500 - 62500	60000 - 60000	17250 - 18000			
	Dambulla (DEC)	67500 - 69000	15000 - 16000	-	6500 - 6750	5000 - 5250	-	17000 - 17250	64000 - 65000	50000 - 52500	17500 - 18000			
	Anuradhapura	67500 - 75000	22500 - 31000	-	7000 - 7750	6000 - 7000	-	-	62500 - 65000	57500 - 60000	18000 - 18500			
	Thambuththegama	60000 - 68750	22500 - 25000	-	6250 - 70000	5500 - 5750	-	14500 - 15000	-	42500 - 45000	17850 - 18250			
	Polonnaruwa	-	29500 - 29750	-	-	7000 - 7250	-	-	60000 - 60100	65000 - 65100	18500 - 18600			
	Kaluthara	67500 - 69000	20000 - 21000	-	6750 - 7000	5250 - 5500	-	16000 - 16500	65000 - 66000	55000 - 56000	17750 - 18000			
	Puttalam	61000 - 64000	-	25000 - 27500	7250 - 8000	6250 - 6500	-	17000 - 19000	55000 - 57500	55000 - 62500	17500 - 18200			
	Kandy	64000 - 67500	20000 - 24000	-	6500 - 6750	5250 - 5500	-	17000 - 17500	60000 - 62500	60000 - 62500	17750 - 18250			
	Matara	67500 - 70000	21500 - 22500	-	6750 - 7000	5750 - 6250	-	-	57500 - 60000	-	18000 - 18500			
	Hambantota	67500 - 70000	22500 - 24000	-	6500 - 7000	5500 - 6000	-	-	57500 - 57500	57500 - 60000	18000 - 18750			
	Kegalle	73000 - 74500	20000 - 20500	-	6850 - 6950	5500 - 5600	-	16000 - 16150	59000 - 60000	60000 - 62000	18500 - 19000			
	Galle	70000 - 73000	25000 - 27500	-	6800 - 7250	6000 - 6500	-	15000 - 17500	60000 - 65000	-	18000 - 18000			
	Tissamaharama	70000 - 75000	25000 - 27500	-	7500 - 8000	7000 - 7500	-	-	55000 - 55000	-	18000 - 18500			
	Meegoda (DEC)	67500 - 72500	17500 - 20000	-	6400 - 6750	4900 - 5250	-	-	62500 - 65000	60000 - 60000	17250 - 17750			
	Jaffna	67500 - 77500	19000 - 22500	17500 - 20000	6000 - 7000	5500 - 6500	-	-	62500 - 67500	-	17000 - 18000			
	Vavuniya	75000 - 75500	20000 - 20000	-	-	6000 - 6250	-	-	55000 - 55000	-	18500 - 18500			
	Mannar	64000 - 65000	22000 - 22500	30000 - 30500	7500 - 7750	6250 - 6500	-	-	60000 - 61000	-	18000 - 18500			
	Killinochchi	70000 - 72000	27000 - 28000	-	7000 - 8000	6500 - 7000	-	-	58000 - 59000	-	18000 - 18500			
	Mullattivu	66500 - 70000	24000 - 25000	-	6500 - 7000	5500 - 7000	-	-	57500 - 60000	-	18000 - 18500			
	Batticaloa	73500 - 74500	24000 - 25000	-	7000 - 7500	6500 - 6750	-	-	66000 - 67000	57500 - 58000	18000 - 18500			
	Trincomalee	77000 - 78000	-	-	8000 - 8750	7000 - 7500	-	-	-	-	18250 - 18500			
	Galenbindunuwewa	67000 - 68000	27500 - 30000	-	6500 - 7500	6000 - 7000	-	-	59000 - 64000	-	18000 - 18500			
	Matale	-	-	-	-	-	-	-	-	-	-			

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

Week 05: 27 January - 02 February 2023

LOCATIONS	Dried Chillies	Red Onion		Big Onion	Potato			Pulses		
	Imported	Imported	Local		Imported	Wellimada	Nuwara Eliya	Green Gram	Cowpea	Red Dhal
	1400.00 – 1800.00	420.00 – 750.00	–	150.00 – 190.00	120.00 – 180.00	–	350.00 – 480.00	1300.00 – 1600.00	1200.00 – 1520.00	360.00 – 380.00
Colombo	1580.00 – 1800.00	520.00 – 560.00	–	160.00 – 180.00	140.00 – 160.00	–	400.00 – 440.00	1300.00 – 1380.00	1300.00 – 1380.00	375.00 – 400.00
Kurunegala	1450.00 – 1600.00	600.00 – 660.00	–	160.00 – 180.00	150.00 – 180.00	–	380.00 – 400.00	1300.00 – 1400.00	1200.00 – 1200.00	380.00 – 400.00
Nikaweratiya	1550.00 – 1600.00	500.00 – 560.00	–	170.00 – 180.00	140.00 – 160.00	–	360.00 – 400.00	1300.00 – 1300.00	1200.00 – 1300.00	365.00 – 380.00
Dambulla	1450.00 – 1600.00	440.00 – 480.00	–	140.00 – 160.00	120.00 – 140.00	–	–	1400.00 – 1450.00	1200.00 – 1300.00	380.00 – 390.00
Anuradhapura	1400.00 – 1600.00	500.00 – 700.00	–	150.00 – 180.00	150.00 – 160.00	–	–	1300.00 – 1400.00	1200.00 – 1300.00	380.00 – 390.00
Thambuththegama	1450.00 – 1600.00	600.00 – 700.00	–	145.00 – 170.00	130.00 – 150.00	–	–	1200.00 – 1200.00	–	370.00 – 380.00
Polonnaruwa	1680.00 – 1800.00	600.00 – 620.00	–	180.00 – 190.00	150.00 – 160.00	–	420.00 – 430.00	1250.00 – 1300.00	1350.00 – 1400.00	380.00 – 390.00
Kaluthara	1480.00 – 1500.00	520.00 – 540.00	–	160.00 – 170.00	140.00 – 150.00	–	460.00 – 480.00	1400.00 – 1420.00	1300.00 – 1350.00	370.00 – 380.00
Badulla	1450.00 – 1550.00	600.00 – 640.00	–	160.00 – 180.00	150.00 – 160.00	360.00 – 400.00	–	1200.00 – 1300.00	1200.00 – 1300.00	380.00 – 400.00
Keppetipola	1550.00 – 1620.00	450.00 – 470.00	–	180.00 – 190.00	140.00 – 150.00	280.00 – 320.00	–	1380.00 – 1400.00	1350.00 – 1360.00	380.00 – 395.00
Moneragala	1400.00 – 1500.00	520.00 – 600.00	–	160.00 – 180.00	150.00 – 160.00	–	350.00 – 380.00	1300.00 – 1400.00	1200.00 – 1300.00	370.00 – 390.00
Kegalle	1500.00 – 1540.00	460.00 – 480.00	–	160.00 – 180.00	140.00 – 160.00	–	380.00 – 400.00	1200.00 – 1300.00	1250.00 – 1280.00	380.00 – 400.00
Ampara	1400.00 – 1600.00	500.00 – 600.00	–	150.00 – 160.00	130.00 – 135.00	–	400.00 – 400.00	1130.00 – 1200.00	1100.00 – 1300.00	360.00 – 375.00
Dehiattakandiya	1400.00 – 1500.00	450.00 – 520.00	–	150.00 – 160.00	130.00 – 150.00	–	–	1400.00 – 1400.00	1300.00 – 1300.00	365.00 – 380.00
Nuwaraeliya	1580.00 – 1650.00	450.00 – 480.00	–	180.00 – 200.00	140.00 – 160.00	–	320.00 – 340.00	1350.00 – 1380.00	1400.00 – 1420.00	380.00 – 390.00
Kandy	1440.00 – 1500.00	680.00 – 700.00	–	170.00 – 180.00	150.00 – 160.00	–	400.00 – 420.00	1250.00 – 1300.00	1380.00 – 1400.00	375.00 – 400.00
Puttalam	1380.00 – 1400.00	–	600.00 – 680.00	180.00 – 200.00	150.00 – 180.00	–	400.00 – 480.00	1300.00 – 1400.00	1380.00 – 1400.00	360.00 – 370.00
Rathnapura	1600.00 – 1700.00	500.00 – 560.00	–	160.00 – 170.00	130.00 – 150.00	–	–	1300.00 – 1400.00	1300.00 – 1400.00	380.00 – 390.00
Hambantota	1500.00 – 1600.00	550.00 – 640.00	–	150.00 – 160.00	150.00 – 160.00	–	–	1200.00 – 1250.00	1350.00 – 1400.00	370.00 – 400.00
Matara	1500.00 – 1600.00	500.00 – 600.00	–	150.00 – 160.00	130.00 – 160.00	–	–	1200.00 – 1300.00	–	380.00 – 400.00
Galle	1500.00 – 1600.00	680.00 – 700.00	–	160.00 – 160.00	160.00 – 160.00	–	360.00 – 400.00	1300.00 – 1400.00	–	380.00 – 390.00
Tissamaharama	1450.00 – 1550.00	550.00 – 700.00	–	160.00 – 170.00	150.00 – 160.00	–	–	1200.00 – 1200.00	–	370.00 – 380.00
Meegoda (DEC)	1450.00 – 1500.00	480.00 – 520.00	–	140.00 – 150.00	120.00 – 140.00	–	400.00 – 400.00	1200.00 – 1280.00	1120.00 – 1280.00	380.00 – 400.00
Embilipitiya	1500.00 – 1600.00	520.00 – 550.00	–	175.00 – 185.00	140.00 – 160.00	–	–	1200.00 – 1300.00	1100.00 – 1200.00	370.00 – 400.00
Jaffna	1400.00 – 1600.00	450.00 – 550.00	400.00 – 450.00	160.00 – 180.00	140.00 – 160.00	–	–	1250.00 – 1400.00	–	380.00 – 400.00
Vavuniya	1600.00 – 1750.00	450.00 – 500.00	–	160.00 – 180.00	145.00 – 150.00	–	–	1200.00 – 1300.00	–	380.00 – 380.00
Mannar	1500.00 – 1600.00	640.00 – 650.00	580.00 – 600.00	160.00 – 200.00	140.00 – 160.00	–	–	1250.00 – 1300.00	–	380.00 – 400.00
Killinochchi	1460.00 – 1500.00	580.00 – 620.00	–	170.00 – 190.00	150.00 – 170.00	–	–	1200.00 – 1240.00	–	380.00 – 390.00
Mullaitivu	1400.00 – 1500.00	580.00 – 600.00	–	–	140.00 – 180.00	–	–	1200.00 – 1250.00	–	380.00 – 400.00
Batticaloa	1500.00 – 1550.00	600.00 – 600.00	–	160.00 – 180.00	150.00 – 160.00	–	–	1350.00 – 1400.00	1200.00 – 1250.00	380.00 – 390.00
Trincomalee	1550.00 – 1600.00	–	–	155.00 – 180.00	140.00 – 160.00	–	–	1550.00 – 1620.00	–	365.00 – 380.00
Hanguranketha	1420.00 – 1550.00	650.00 – 700.00	–	155.00 – 170.00	130.00 – 150.00	–	–	1260.00 – 1380.00	1100.00 – 1100.00	356.00 – 366.00
Veyangoda	1500.00 – 1600.00	480.00 – 520.00	–	160.00 – 180.00	120.00 – 160.00	–	380.00 – 400.00	1200.00 – 1300.00	1300.00 – 1400.00	360.00 – 380.00
Galenbindunuwewa	1380.00 – 1400.00	650.00 – 700.00	–	140.00 – 160.00	130.00 – 150.00	–	–	1200.00 – 1350.00	1300.00 – 1400.00	370.00 – 380.00
Bandarawela	1500.00 – 1600.00	600.00 – 640.00	–	160.00 – 180.00	140.00 – 150.00	320.00 – 360.00	–	1300.00 – 1400.00	1200.00 – 1300.00	380.00 – 400.00
Matale	–	–	–	–	–	–	–	–	–	–

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

Week 05: 27 January - 02 February 2023

Locations	Butter Beans	Green Beans	Carrot	Leeks	Beetroot	Knolkhol
Colombo	-	350.00 - 450.00	100.00 - 120.00	170.00 - 200.00	130.00 - 230.00	180.00 - 200.00
Meegoda (DEC)	-	400.00 - 430.00	120.00 - 150.00	180.00 - 200.00	120.00 - 150.00	150.00 - 180.00
Dambulla (DEC)	-	320.00 - 380.00	90.00 - 120.00	130.00 - 160.00	100.00 - 120.00	120.00 - 140.00
Keppetipola (DEC)	-	340.00 - 360.00	70.00 - 80.00	130.00 - 140.00	130.00 - 150.00	110.00 - 120.00
Norochchhole (DEC)	-	-	-	-	100.00 - 140.00	-
Nuwara Eliya	-	360.00 - 380.00	90.00 - 100.00	150.00 - 160.00	150.00 - 160.00	120.00 - 130.00
Kandy	-	420.00 - 450.00	90.00 - 110.00	170.00 - 190.00	120.00 - 150.00	180.00 - 200.00
Hambantota	-	380.00 - 500.00	120.00 - 150.00	200.00 - 260.00	200.00 - 220.00	200.00 - 250.00
Thambuththegama (DEC)	-	300.00 - 350.00	100.00 - 120.00	150.00 - 180.00	120.00 - 150.00	150.00 - 180.00
Jaffna		180.00 - 220.00	120.00 - 160.00	200.00 - 250.00	120.00 - 200.00	-
Bandarawela		320.00 - 350.00	80.00 - 100.00	140.00 - 160.00	150.00 - 160.00	120.00 - 130.00
Veyangoda	-	400.00 - 450.00	120.00 - 140.00	150.00 - 200.00	120.00 - 160.00	150.00 - 180.00

Locations	Raddish	Cabbage	Tomato	Ladies Fingers	Brinjal	Capsicum
Colombo	40.00 - 60.00	40.00 - 60.00	140.00 - 160.00	180.00 - 200.00	130.00 - 160.00	650.00 - 750.00
Meegoda (DEC)	60.00 - 80.00	50.00 - 70.00	180.00 - 200.00	230.00 - 240.00	130.00 - 140.00	650.00 - 750.00
Moneragala	80.00 - 100.00	70.00 - 100.00	160.00 - 200.00	180.00 - 200.00	100.00 - 140.00	680.00 - 700.00
Dambulla (DEC)	25.00 - 30.00	25.00 - 40.00	160.00 - 180.00	160.00 - 170.00	100.00 - 120.00	600.00 - 700.00
Keppetipola (DEC)	20.00 - 30.00	20.00 - 30.00	130.00 - 150.00	190.00 - 200.00	150.00 - 160.00	600.00 - 630.00
Norochchhole (DEC)	12.00 - 30.00	20.00 - 30.00	90.00 - 140.00	170.00 - 220.00	150.00 - 220.00	500.00 - 650.00
Nuwara Eliya	30.00 - 40.00	30.00 - 40.00	140.00 - 160.00	200.00 - 210.00	140.00 - 150.00	580.00 - 620.00
Kandy	40.00 - 60.00	30.00 - 80.00	150.00 - 160.00	200.00 - 220.00	160.00 - 180.00	600.00 - 650.00
Hambantota	100.00 - 150.00	100.00 - 130.00	120.00 - 130.00	200.00 - 250.00	140.00 - 160.00	600.00 - 700.00
Thambuththegama (DEC)	30.00 - 50.00	30.00 - 50.00	150.00 - 180.00	180.00 - 200.00	70.00 - 110.00	550.00 - 650.00
Tissamaharama	120.00 - 130.00	80.00 - 100.00	150.00 - 170.00	150.00 - 170.00	120.00 - 150.00	500.00 - 550.00
Jaffna	50.00 - 80.00	50.00 - 80.00	200.00 - 230.00	300.00 - 320.00	100.00 - 150.00	620.00 - 720.00
Bandarawela	20.00 - 40.00	20.00 - 40.00	140.00 - 160.00	-	130.00 - 150.00	600.00 - 650.00
Veyangoda	50.00 - 60.00	50.00 - 70.00	180.00 - 200.00	220.00 - 240.00	120.00 - 150.00	630.00 - 700.00

Locations	Pumpkin	Cucumber	Bitter Gourd	Snake Gourd	Drumstick	Luffa
Colombo	70.00 - 100.00	100.00 - 150.00	250.00 - 300.00	130.00 - 150.00	-	200.00 - 300.00
Meegoda (DEC)	80.00 - 90.00	110.00 - 120.00	310.00 - 330.00	170.00 - 180.00	-	280.00 - 300.00
Moneragala	120.00 - 140.00	130.00 - 140.00	380.00 - 400.00	200.00 - 220.00	-	250.00 - 300.00
Dambulla (DEC)	50.00 - 70.00	90.00 - 110.00	200.00 - 260.00	120.00 - 130.00	-	250.00 - 270.00
Keppetipola (DEC)	80.00 - 90.00	90.00 - 100.00	240.00 - 250.00	150.00 - 160.00	-	250.00 - 260.00
Norochchhole (DEC)	90.00 - 150.00	70.00 - 100.00	250.00 - 320.00	150.00 - 220.00	-	150.00 - 200.00
Nuwara Eliya	80.00 - 100.00	100.00 - 120.00	250.00 - 260.00	140.00 - 150.00	-	250.00 - 270.00
Kandy	80.00 - 100.00	100.00 - 110.00	230.00 - 250.00	130.00 - 150.00	-	200.00 - 220.00
Hambantota	140.00 - 160.00	140.00 - 170.00	300.00 - 350.00	200.00 - 280.00	-	220.00 - 300.00
Thambuththegama (DEC)	50.00 - 80.00	85.00 - 110.00	230.00 - 270.00	100.00 - 120.00	-	180.00 - 230.00
Tissamaharama	120.00 - 130.00	110.00 - 130.00	350.00 - 380.00	180.00 - 200.00	-	180.00 - 220.00
Jaffna	80.00 - 100.00	130.00 - 180.00	220.00 - 250.00	130.00 - 200.00	##### - #####	-
Bandarawela	70.00 - 80.00	100.00 - 120.00	-	-	-	-
Veyangoda	80.00 - 100.00	120.00 - 140.00	300.00 - 330.00	120.00 - 150.00	-	280.00 - 320.00

**Table 06 (Contd.)**

	<b>Long Beans</b>	<b>Ash Plantain</b>	<b>Green Chillies</b>	<b>Lime</b>	<b>Sweet Potaoe</b>	<b>Manioc</b>
Colombo	140.00 - 170.00	180.00 - 220.00	250.00 - 350.00	80.00 - 100.00	120.00 - 130.00	150.00 - 170.00
Meegoda (DEC)	130.00 - 150.00	220.00 - 230.00	260.00 - 300.00	100.00 - 120.00	90.00 - 100.00	180.00 - 180.00
Moneragala	180.00 - 220.00	120.00 - 160.00	200.00 - 250.00	70.00 - 90.00	120.00 - 140.00	-
Dambulla (DEC)	86.00 - 110.00	170.00 - 200.00	200.00 - 250.00	70.00 - 90.00	70.00 - 90.00	110.00 - 130.00
Keppetipola (DEC)	110.00 - 120.00	170.00 - 180.00	200.00 - 220.00	80.00 - 100.00	100.00 - 120.00	110.00 - 130.00
Norochchhole (DEC)	80.00 - 120.00	140.00 - 170.00	200.00 - 300.00	80.00 - 120.00	120.00 - 150.00	120.00 - 170.00
Nuwara Eliya	120.00 - 130.00	180.00 - 190.00	240.00 - 280.00	90.00 - 100.00	120.00 - 130.00	130.00 - 140.00
Kandy	100.00 - 120.00	150.00 - 180.00	200.00 - 230.00	70.00 - 90.00	90.00 - 110.00	120.00 - 130.00
Hambantota	130.00 - 160.00	120.00 - 150.00	300.00 - 350.00	140.00 - 160.00	100.00 - 150.00	80.00 - 140.00
Thambuththegama (DEC)	100.00 - 130.00	150.00 - 180.00	200.00 - 270.00	50.00 - 70.00	80.00 - 100.00	90.00 - 120.00
Tissamaharama	80.00 - 100.00	160.00 - 180.00	240.00 - 260.00	80.00 - 100.00	140.00 - 160.00	110.00 - 130.00
Jaffna	250.00 - 320.00	150.00 - 180.00	200.00 - 250.00	40.00 - 60.00	190.00 - 210.00	120.00 - 160.00
Bandarawela	-	-	220.00 - 240.00	-	120.00 - 130.00	100.00 - 120.00
Veyangoda	120.00 - 160.00	200.00 - 230.00	250.00 - 300.00	90.00 - 100.00	100.00 - 110.00	150.00 - 160.00

<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	45.00 - 55.00	45.00 - 55.00	240.00 - 250.00	98.00 - 100.00	90.00 - 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	90.00 - 100.00	75.00 - 85.00
Nuwara Eliya	-	-	-	-	-
Dambulla (DEC)	25.00 - 30.00	25.00 - 30.00	20.00 - 25.00	80.00 - 85.00	68.00 - 70.00
Kandy	40.00 - 50.00	50.00 - 55.00	230.00 - 240.00	92.00 - 95.00	75.00 - 80.00
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	60.00 - 65.00
Jaffna	80.00 - 95.00	30.00 - 35.00	120.00 - 150.00	85.00 - 98.00	75.00 - 82.00
Tissamaharama	40.00 - 45.00	40.00 - 45.00	50.00 - 55.00	85.00 - 90.00	60.00 - 65.00
Bandarawela	-	-	-	-	-
Veyangoda	40.00 - 50.00	40.00 - 40.00	60.00 - 60.00	90.00 - 110.00	-

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









**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	-	-	300.00 - 400.00	67.00 - 100.00	50.00 - 120.00	40.00 - 100.00	120.00 - 250.00	30.00 - 120.00	2000.00 - 3500.00	130.00 - 150.00		
Gampaha	-	-	300.00 - 320.00	100.00 - 120.00	60.00 - 100.00	100.00 - 100.00	150.00 - 180.00	80.00 - 100.00	2500.00 - 2500.00	120.00 - 150.00		
Kurunegala	-	-	200.00 - 200.00	60.00 - 70.00	80.00 - 100.00	80.00 - 80.00	100.00 - 150.00	70.00 - 100.00	2500.00 - 2500.00	110.00 - 120.00		
Nikaweratiya	-	-	180.00 - 200.00	-	-	70.00 - 80.00	-	50.00 - 70.00	2500.00 - 2500.00	100.00 - 100.00		
Dambulla	60.00 - 80.00	30.00 - 40.00	200.00 - 250.00	30.00 - 40.00	50.00 - 60.00	50.00 - 60.00	180.00 - 200.00	50.00 - 60.00	2500.00 - 2700.00	100.00 - 120.00		
Anuradhapura	-	-	180.00 - 240.00	-	50.00 - 60.00	70.00 - 120.00	-	60.00 - 100.00	2500.00 - 3000.00	80.00 - 120.00		
Thambuththegama	-	-	180.00 - 230.00	-	-	70.00 - 100.00	-	60.00 - 80.00	2300.00 - 2500.00	60.00 - 80.00		
Polonnaruwa	-	-	250.00 - 300.00	-	45.00 - 60.00	-	-	50.00 - 60.00	3500.00 - 3500.00	100.00 - 120.00		
Kaluthara	-	-	280.00 - 300.00	60.00 - 70.00	50.00 - 70.00	60.00 - 80.00	-	60.00 - 80.00	2000.00 - 2200.00	120.00 - 130.00		
Badulla	70.00 - 80.00	-	200.00 - 250.00	40.00 - 50.00	50.00 - 60.00	50.00 - 70.00	-	35.00 - 50.00	2500.00 - 2600.00	100.00 - 130.00		
Keppetipola	80.00 - 90.00	-	200.00 - 230.00	35.00 - 40.00	50.00 - 60.00	100.00 - 120.00	130.00 - 140.00	60.00 - 70.00	2400.00 - 2500.00	110.00 - 120.00		
Moneragala	-	-	150.00 - 200.00	-	25.00 - 28.00	60.00 - 70.00	-	50.00 - 55.00	-	80.00 - 100.00		
Kegalle	-	-	220.00 - 250.00	25.00 - 30.00	40.00 - 60.00	80.00 - 100.00	-	40.00 - 50.00	2600.00 - 2700.00	90.00 - 100.00		
Ampara	-	-	230.00 - 230.00	-	50.00 - 50.00	50.00 - 60.00	-	40.00 - 40.00	2200.00 - 2500.00	120.00 - 130.00		
Dehiwakkandiya	-	-	180.00 - 200.00	-	60.00 - 80.00	80.00 - 100.00	-	60.00 - 80.00	2800.00 - 3500.00	100.00 - 130.00		
Nuwaraeliya	80.00 - 90.00	-	220.00 - 240.00	40.00 - 43.00	50.00 - 56.00	110.00 - 130.00	130.00 - 150.00	55.00 - 65.00	2400.00 - 2600.00	110.00 - 120.00		
Kandy	80.00 - 90.00	-	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 - 2600.00	120.00 - 130.00		
Puttalam	-	-	220.00 - 250.00	48.00 - 55.00	-	70.00 - 80.00	100.00 - 140.00	-	-	-	90.00 - 100.00	
Hambantota	-	-	180.00 - 200.00	-	30.00 - 40.00	100.00 - 120.00	-	40.00 - 50.00	-	90.00 - 100.00		
Rathnapura	80.00 - 100.00	-	140.00 - 160.00	-	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	-	42.00 - 45.00	90.00 - 110.00	-	45.00 - 60.00	2500.00 - 2600.00	90.00 - 100.00		
Galle	100.00 - 100.00	-	200.00 - 240.00	66.00 - 75.00	60.00 - 70.00	90.00 - 120.00	-	80.00 - 80.00	2500.00 - 2800.00	100.00 - 110.00		
Tissamaharama	70.00 - 80.00	25.00 - 25.00	160.00 - 180.00	30.00 - 35.00	35.00 - 40.00	70.00 - 90.00	-	25.00 - 30.00	2200.00 - 2200.00	80.00 - 100.00		
Meegoda (DEC)	-	-	170.00 - 180.00	-	45.00 - 50.00	50.00 - 50.00	-	40.00 - 45.00	2800.00 - 2800.00	100.00 - 100.00		
Embilipitiya	-	15.00 - 25.00	180.00 - 200.00	20.00 - 30.00	50.00 - 70.00	80.00 - 100.00	90.00 - 120.00	25.00 - 40.00	2400.00 - 2800.00	90.00 - 120.00		
Jaffna	-	-	80.00 - 120.00	-	50.00 - 60.00	40.00 - 60.00	-	-	2000.00 - 2500.00	120.00 - 150.00		
Vavuniya	-	-	200.00 - 300.00	70.00 - 80.00	45.00 - 50.00	30.00 - 35.00	200.00 - 200.00	-	2000.00 - 2000.00	100.00 - 100.00		
Mannar	-	-	160.00 - 180.00	50.00 - 52.00	-	70.00 - 100.00	100.00 - 150.00	-	2200.00 - 2400.00	150.00 - 150.00		
Killinochchi	-	-	150.00 - 170.00	-	50.00 - 60.00	-	-	-	2800.00 - 3000.00	100.00 - 120.00		
Mullaittivu	-	-	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	30.00 - 40.00	-	-	2200.00 - 2200.00	120.00 - 130.00		
Trincomalee	-	-	170.00 - 185.00	60.00 - 70.00	28.00 - 35.00	-	100.00 - 140.00	40.00 - 50.00	2900.00 - 3100.00	120.00 - 130.00		
Veyangoda	-	-	280.00 - 350.00	50.00 - 60.00	50.00 - 60.00	70.00 - 90.00	130.00 - 150.00	50.00 - 70.00	2800.00 - 3000.00	120.00 - 150.00		
Galenbindunuweawa	-	-	140.00 - 150.00	-	-	-	-	-	2500.00 - 2600.00	-		
Bandarawela	60.00 - 80.00	-	200.00 - 240.00	50.00 - 60.00	50.00 - 60.00	60.00 - 70.00	-	50.00 - 60.00	2400.00 - 2500.00	100.00 - 140.00		
Matale	-	-	-	-	-	-	-	-	-	-	-	

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

Week 05: 27 January - 02 February 2023

Locations	Sea Fish											
	Salaya		Hurulla		Balaya		Kelawalla		Thora		Paraw	
Colombo	300.00 -	450.00	780.00 -	950.00	600.00 -	750.00	1100.00 -	1250.00	1500.00 -	2300.00	1000.00 -	1200.00
Kandy	430.00 -	450.00	800.00 -	850.00	850.00 -	900.00	1200.00 -	1300.00	2100.00 -	2200.00	1200.00 -	1300.00
Kaluthara	420.00 -	460.00	820.00 -	860.00	550.00 -	600.00	1050.00 -	1150.00	-	-	1100.00 -	1200.00
Puttalam	400.00 -	500.00	850.00 -	900.00	700.00 -	900.00	1720.00 -	2000.00	2250.00 -	2400.00	1200.00 -	1300.00
Matara	320.00 -	350.00	500.00 -	600.00	780.00 -	850.00	1500.00 -	1600.00	-	-	1500.00 -	1600.00
Hambantota	300.00 -	300.00	750.00 -	800.00	550.00 -	700.00	1000.00 -	1200.00	-	-	1000.00 -	1200.00
Galle	-	-	-	-	600.00 -	700.00	1200.00 -	1300.00	2200.00 -	2300.00	900.00 -	1000.00
Batticaloa	300.00 -	400.00	800.00 -	800.00	800.00 -	900.00	1800.00 -	1800.00	1700.00 -	1800.00	1600.00 -	1800.00
Trincomalee	380.00 -	450.00	-	-	500.00 -	550.00	-	-	1750.00 -	1850.00	1200.00 -	1250.00
Mannar	280.00 -	300.00	550.00 -	600.00	-	-	-	-	-	-	1100.00 -	1200.00

Locations	Sea Fish					Eggs					
	Mora		Shrimps		Thalapath	Teppeli	Brown		White		
Colombo	900.00 -	1000.00	1350.00 -	1550.00	1300.00 -	1700.00	-	45.00 -	46.00	43.00 -	44.00
Kandy	1100.00 -	1200.00	1500.00 -	1650.00	1900.00 -	2000.00	-	-	-	42.00 -	46.00
Kaluthara	-	-	-	-	1500.00 -	1600.00	-	-	-	-	-
Puttalam	1650.00 -	1800.00	1200.00 -	1350.00	2000.00 -	2200.00	-	-	-	42.00 -	43.00
Matara	-	-	1800.00 -	1900.00	1650.00 -	1700.00	-	-	-	-	-
Hambantota	-	-	1700.00 -	1800.00	-	-	-	-	-	42.00 -	43.00
Galle	-	-	-	-	-	-	-	44.50 -	45.00	43.00 -	43.00
Batticaloa	-	-	1500.00 -	1600.00	1700.00 -	1800.00	-	43.00 -	44.00	43.00 -	44.00
Trincomalee	1200.00 -	1850.00	-	-	2000.00 -	2100.00	-	-	-	-	-
Mannar	-	-	1000.00 -	1100.00	-	-	-	-	-	43.00 -	43.00

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

Week 05: 27 January - 02 February 2023

Locations	Local Dried Fish						
	Sprats	Kattawa	Thora	Mora	Balaya	Anguluwa	
Colombo	60000 -	67500	-	-	80000 -	87500	
Kandy	62500 -	67500	-	-	87500 -	90000	
Batticaloa	-	95000 -	97500	-	90000 -	95000	
Trincomalee	43500 -	44500	50000 -	52000	80000 -	81000	
Mannar	50000 -	52500	90000 -	92500	-	57500 -	60000

Locations	Local Dried Fish			Imported Dried Fish				
	Maduwa	Koduwa	Salaya	Sprats	Kattawa	Thora		
Colombo	60000 -	67500	-	37000 -	42500	45000 -	49000	
Kandy	60000 -	62500	-	42000 -	45000	47000 -	55000	
Batticaloa	65000 -	65000	-	40000 -	42500	60000 -	65000	
Trincomalee	40000 -	41000	-	32000 -	32500	44500 -	45000	
Mannar	50000 -	52500	50000 -	52500	37500 -	40000	52500 -	55000

Locations	Imported Dried Fish					
	Mora	Balaya	Anguluwa	Maduwa	Koduwa	Salaya
Colombo	-	-	80000 -	85000	-	-
Kandy	-	-	89000 -	90000	-	-
Batticaloa	-	-	-	-	-	-
Trincomalee	75000 -	75000	-	-	-	-
Mannar	-	-	-	-	-	-



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

Week 05: 27 January - 02 February 2023

LOCATIONS	Dried Fish											
	Sprats-Imported	Kattawa		Thora		Mora		Balaya		Anguluwa		Salaya
Colombo	1100.00 – 1600.00	2200.00 – 2800.00		–		2300.00 – 2500.00	1200.00 – 1800.00	2200.00 – 2500.00	1000.00 – 1500.00			
Gampaha	1300.00 – 1400.00	2600.00 – 2600.00		–		2500.00 – 2600.00	1200.00 – 1500.00	2200.00 – 2200.00	1100.00 – 1200.00			
Kurunegala	1200.00 – 1400.00	2200.00 – 2400.00		–		2200.00 – 2400.00	1100.00 – 1200.00	–	800.00 – 900.00			
Nikaweratiya	1200.00 – 1300.00	2200.00 – 2200.00		–		2000.00 – 2200.00	1200.00 – 1200.00	2200.00 – 2200.00	800.00 – 800.00			
Dambulla	1100.00 – 1300.00	2400.00 – 2500.00		–		2400.00 – 2500.00	1200.00 – 1300.00	2000.00 – 2400.00	–			
Anuradhapura	1100.00 – 1450.00	2300.00 – 2400.00		–		2400.00 – 2800.00	1200.00 – 1600.00	2200.00 – 2400.00	1000.00 – 1200.00			
Thambuththegama	1000.00 – 1200.00	2200.00 – 2400.00		–		2000.00 – 2000.00	1200.00 – 1200.00	2000.00 – 2000.00	850.00 – 1000.00			
Polonnaruwa	1200.00 – 1400.00	2400.00 – 2500.00		–		2200.00 – 2300.00	1200.00 – 1400.00	–	1200.00 – 1300.00			
Kaluthara	1600.00 – 1800.00	2200.00 – 2400.00		–		2200.00 – 2400.00	1200.00 – 1400.00	2400.00 – 2600.00	1100.00 – 1200.00			
Badulla	1200.00 – 1400.00	2400.00 – 2500.00		–		2200.00 – 2300.00	1300.00 – 1400.00	–	900.00 – 1100.00			
Keppetipola	1200.00 – 1350.00	2500.00 – 2600.00		–		2300.00 – 2400.00	1200.00 – 1300.00	2300.00 – 2400.00	1150.00 – 1200.00			
Moneragala	1200.00 – 1400.00	2300.00 – 2400.00	2200.00 – 2300.00	2300.00 – 2300.00		2200.00 – 2400.00	1200.00 – 1400.00	2200.00 – 2400.00	1000.00 – 1200.00			
Kegalle	1150.00 – 1250.00	2250.00 – 2400.00		–		2100.00 – 2200.00	1100.00 – 1200.00	–	–			
Ampara	1000.00 – 1600.00	2200.00 – 2300.00		–		2100.00 – 2200.00	1000.00 – 1400.00	1600.00 – 2100.00	950.00 – 950.00			
Dehiatatakandiya	1000.00 – 1200.00	2800.00 – 2800.00		–		2000.00 – 2400.00	1000.00 – 1400.00	–	1200.00 – 1200.00			
Nuwaraeliya	1250.00 – 1360.00	2300.00 – 2400.00		–		2100.00 – 2300.00	1250.00 – 1350.00	2350.00 – 2400.00	1100.00 – 1200.00			
Kandy	1000.00 – 1300.00	2500.00 – 2800.00		–		2400.00 – 2500.00	1400.00 – 1600.00	2400.00 – 2500.00	1200.00 – 1300.00			
Puttalam	1050.00 – 1200.00	1800.00 – 2200.00		–		2000.00 – 2400.00	1000.00 – 1200.00	1000.00 – 1200.00	720.00 – 800.00			
Hambantota	1300.00 – 1500.00	2200.00 – 2500.00		–		–	1200.00 – 1300.00	2200.00 – 2300.00	–			
Rathnapura	1000.00 – 1200.00	2200.00 – 2400.00		–		2000.00 – 2120.00	–	2160.00 – 2400.00	800.00 – 1200.00			
Matara	1250.00 – 1500.00	2000.00 – 2400.00		–		2900.00 – 3000.00	1100.00 – 1200.00	2000.00 – 2200.00	–			
Galle	1000.00 – 1400.00	2200.00 – 2400.00	2100.00 – 2200.00	2200.00 – 2200.00		2200.00 – 2400.00	1000.00 – 1400.00	2000.00 – 2150.00	–			
Tissamaharama	1000.00 – 1200.00	–		–		–	950.00 – 1300.00	–	–			
Meegoda	1040.00 – 1400.00	2200.00 – 2400.00		–		2200.00 – 2400.00	1400.00 – 1600.00	2200.00 – 2400.00	1200.00 – 1200.00			
Embilipitiya	1350.00 – 1600.00	2300.00 – 2500.00	2300.00 – 2450.00	2450.00		2200.00 – 2400.00	1300.00 – 1600.00	2200.00 – 2450.00	950.00 – 1200.00			
Jaffna	1000.00 – 1200.00	–		–		–	–	–	–			
Vavuniya	1350.00 – 1400.00	–		–		–	1200.00 – 1200.00	1000.00 – 1200.00	–			
Mannar	1100.00 – 1200.00	1900.00 – 2000.00		–		–	950.00 – 1000.00	900.00 – 1000.00	850.00 – 900.00			
Killinochchi	1250.00 – 1300.00	2800.00 – 3000.00		–		3000.00 – 3000.00	1200.00 – 1300.00	1250.00 – 1400.00	1100.00 – 1200.00			
Mullaittivu	1400.00 – 1500.00	2000.00 – 2500.00		–		2000.00 – 2000.00	1300.00 – 1400.00	1500.00 – 1500.00	900.00 – 1000.00			
Batticaloa	1400.00 – 1500.00	2000.00 – 2100.00		–		2000.00 – 2000.00	1400.00 – 1400.00	–	900.00 – 1000.00			
Trincomalee	1000.00 – 1100.00	–		–		–	950.00 – 1000.00	950.00 – 1000.00	750.00 – 800.00			
Veyangoda	1000.00 – 1400.00	2200.00 – 2800.00		–		2100.00 – 2400.00	1050.00 – 1400.00	2000.00 – 2400.00	950.00 – 1000.00			
Galenbindunuwewa	1200.00 – 1400.00	2400.00 – 2600.00		–		2200.00 – 2400.00	1300.00 – 1400.00	2200.00 – 2400.00	1000.00 – 1200.00			
Bandarawela	1200.00 – 1400.00	2200.00 – 2400.00		–		2100.00 – 2200.00	1200.00 – 1400.00	–	800.00 – 1000.00			
Matale	–	–		–		–	–	–	–			

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

Week 05: 27 January - 02 February 2023

LOCATIONS	Meat		Meat (Chicken)		Meat	
	Beef	Broiler	Curry	Mutton	Pork	
Colombo	2000.00 – 2200.00	1150.00 – 1300.00	1250.00 – 1550.00	2700.00 – 3200.00	1480.00 – 1700.00	
Gampaha	–	1250.00 – 1300.00	1500.00 – 1500.00	2800.00 – 2800.00	1500.00 – 1500.00	
Kurunegala	1900.00 – 2000.00	1300.00 – 1350.00	–	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	1000.00 – 1250.00	–	3000.00 – 3100.00	1500.00 – 1700.00	
Thambuththegama	1800.00 – 2000.00	1020.00 – 1120.00	1200.00 – 1300.00	–	1550.00 – 1600.00	
Polonnaruwa	2000.00 – 2000.00	1100.00 – 1250.00	–	–	1600.00 – 1800.00	
Kaluthara	–	1280.00 – 1300.00	1480.00 – 1500.00	–	–	
Badulla	1800.00 – 2000.00	1280.00 – 1380.00	1500.00 – 1600.00	2600.00 – 2800.00	–	
Keppetipola	2000.00 – 2100.00	1160.00 – 1260.00	1260.00 – 1360.00	2900.00 – 3000.00	–	
Moneragala	1900.00 – 1900.00	1300.00 – 1400.00	–	2700.00 – 2700.00	1650.00 – 1700.00	
Kegalle	1850.00 – 1900.00	1180.00 – 1300.00	–	2750.00 – 2800.00	1750.00 – 1800.00	
Ampara	2000.00 – 2000.00	–	1100.00 – 1300.00	–	–	
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 – 1300.00	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	1150.00 – 1250.00	–	3000.00 – 3000.00	–	
Hambantota	–	1280.00 – 1300.00	–	–	–	
Rathnapura	2000.00 – 2100.00	1160.00 – 1180.00	1500.00 – 1560.00	2900.00 – 3000.00	1560.00 – 1600.00	
Matara	–	1270.00 – 1290.00	–	–	–	
Galle	2000.00 – 2000.00	1150.00 – 1250.00	1550.00 – 1600.00	3000.00 – 3000.00	–	
Tissamaharama	–	1100.00 – 1150.00	–	2800.00 – 2800.00	1700.00 – 1800.00	
Meegoda	–	1100.00 – 1100.00	–	–	1650.00 – 1650.00	
Embilipitiya	2100.00 – 2200.00	1040.00 – 1050.00	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	1700.00 – 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	–	
Mullaittivu	1700.00 – 1700.00	1600.00 – 1600.00	–	–	–	
Batticaloa	1600.00 – 1800.00	1500.00 – 1500.00	1600.00 – 1600.00	–	–	
Trincomalee	1800.00 – 1850.00	1200.00 – 1250.00	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 16: Farmgate/Producer Prices of Food Commodities in Selected Producing Areas (Rs/Kg)**  
**Week 05: 27 January - 02 February 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	86.00 – 115.00	97.40
A'pura	92.00 – 97.00	94.00	Dambulla	290.00 – 330.00	314.00	Hambantota	160.00 – 190.00	176.00
P'naruwa	103.00 – 104.00	103.33	Welimada	300.00 – 320.00	314.00	Embilipitiya	180.00 – 200.00	190.00
Kalawewa	92.00 – 98.00	94.80	Badulla	330.00 – 360.00	344.00	Matara	–	
Kurunegala	98.00 – 100.00	99.33	<b>Carrot</b>			A'pura	100.00 – 120.00	108.00
Dehiattakandiya	95.00 – 101.50	98.17	N'Eliya	65.00 – 75.00	69.00	<b>Luffa</b>		
Nikaweratiya	90.00 – 97.00	94.00	Welimada	45.00 – 55.00	50.00	Dambulla	240.00 – 260.00	250.00
Ampara	100.00 – 100.00	100.00	Hanguranketha	70.00 – 90.00	77.00	Hambantota	140.00 – 170.00	155.00
<b>Long Grain (White)</b>			<b>Leeks</b>			Embilipitiya	250.00 – 270.00	258.00
A'pura	90.00 – 96.00	92.40	N'Eliya	125.00 – 135.00	129.00	Matara	–	
P'naruwa	100.00 – 101.00	100.50	Welimada	105.00 – 115.00	109.00	A'pura	200.00 – 240.00	216.00
Kalawewa	92.00 – 95.00	93.20	<b>Beetroot</b>			<b>Green Chillies</b>		
Kurunegala	98.00 – 100.00	99.33	N'Eliya	125.00 – 135.00	129.00	Dambulla	200.00 – 220.00	212.00
Dehiattakandiya	95.00 – 98.00	96.67	Dambulla	95.00 – 110.00	102.00	Hambantota	–	
Embilipitiya	–		Kurunegala	–		Embilipitiya	290.00 – 320.00	304.00
Nikaweratiya	90.00 – 97.00	94.00	Welimada	105.00 – 120.00	110.00	Puttalam	170.00 – 220.00	198.00
Hambantota	–		Hanguranketha	130.00 – 150.00	138.00	A'pura	170.00 – 200.00	182.00
Ampara	85.00 – 93.00	89.33	<b>Knol Khol</b>			<b>Pumpkin</b>		
<b>Long Grain (Red)</b>			N'Eliya	100.00 – 110.00	104.00	Dambulla	48.00 – 62.00	54.60
Matara	95.00 – 100.00	97.50	Welimada	85.00 – 95.00	90.00	Hambantota	90.00 – 120.00	108.00
Hambantota	93.00 – 95.00	94.25	Hanguranketha	150.00 – 170.00	160.00	Embilipitiya	80.00 – 120.00	98.00
Embilipitiya	93.00 – 95.00	94.20	<b>Raddish</b>			Matara	50.00 – 60.00	55.00
<b>Keeri Samba</b>			N'Eliya	17.00 – 20.00	18.60	A'pura	70.00 – 90.00	78.00
A'pura	103.00 – 108.00	105.00	Welimada	12.00 – 14.00	13.00	<b>Cucumber</b>		
P'naruwa	107.00 – 108.00	107.50	Hambantota	40.00 – 50.00	45.00	A'pura	60.00 – 70.00	64.00
Kalawewa	100.00 – 105.00	102.40	Hanguranketha	12.00 – 18.00	14.20	Dambulla	86.00 – 95.00	91.20
Kurunegala	–		<b>Cabbage</b>			Hambantota	90.00 – 110.00	102.00
Dehiattakandiya	100.00 – 109.00	105.67	N'Eliya	18.00 – 20.00	18.80	Matara	–	
<b>Red Onion</b>			Welimada	10.00 – 14.00	12.20	<b>Long Beans</b>		
Puttalam	480.00 – 550.00	510.00	Badulla	25.00 – 35.00	30.00	Dambulla	86.00 – 100.00	91.40
Jaffna	–		Hanguranketha	20.00 – 35.00	28.00	Hambantota	80.00 – 110.00	98.33
<b>Big Onion</b>			<b>Tomato</b>			Embilipitiya	100.00 – 120.00	108.00
Dambulla	–		Welimada	110.00 – 115.00	112.00	Matara	80.00 – 100.00	90.00
Kalawewa	–		Hambantota	–		A'pura	90.00 – 110.00	98.00
A'pura	–		Dambulla	152.50 – 167.50	157.50	<b>Ash Plantain</b>		
<b>Potato</b>			Hanguranketha	80.00 – 100.00	90.00	Hambantota	80.00 – 110.00	94.00
N'Eliya	210.00 – 220.00	214.00	<b>Vegetable (Low Country)</b>			Embilipitiya	150.00 – 170.00	160.00
Badulla	–		<b>Ladies Fingers</b>			Matara	135.00 – 155.00	145.00
Welimada	200.00 – 210.00	205.00	A'pura	140.00 – 160.00	148.00	<b>Lime</b>		
<b>Pulses</b>			Dambulla	152.50 – 167.50	158.50	Hambantota	–	
<b>Green Gram</b>			Hambantota	110.00 – 140.00	126.67	Embilipitiya	100.00 – 130.00	116.00
Hambantota	–		Embilipitiya	200.00 – 220.00	206.00	Moneragala	50.00 – 60.00	54.00
Moneragala	900.00 – 950.00	920.00	Matara	120.00 – 130.00	125.00	<b>Fruits (Rs/Kg)</b>		
Embilipitiya	980.00 – 1000.00	990.00	<b>Brinjal</b>			<b>Banana</b>		
Nikaweratiya	1100.00 – 1100.00	1100.00	A'pura	80.00 – 100.00	88.00	<b>Ambul</b>		
A'pura	900.00 – 950.00	920.00	Dambulla	95.00 – 110.00	104.00	Moneragala	80.00 – 100.00	88.00
<b>Cowpea</b>			Hambantota	–		Embilipitiya	100.00 – 130.00	116.00
Hambantota	–		Embilipitiya	100.00 – 120.00	113.00	Hambantota	110.00 – 140.00	124.00
Nikaweratiya	750.00 – 800.00	775.00	Matara	120.00 – 130.00	126.25	<b>Kolikuttu</b>		
Moneragala	800.00 – 850.00	820.00	Welimada	125.00 – 135.00	129.00	Moneragala	280.00 – 300.00	288.00
Embilipitiya	970.00 – 980.00	975.00	<b>Capsicum</b>			Embilipitiya	240.00 – 270.00	256.00
<b>Maize</b>			Badulla	–		Hambantota	–	
A'pura	120.00 – 140.00	128.00	Welimada	550.00 – 580.00	560.00	<b>Papaw</b>		
Kalawewa	120.00 – 130.00	123.33	<b>Bitter Gourd</b>			Moneragala	100.00 – 120.00	108.00
<b>Gingelly</b>			A'pura	240.00 – 260.00	248.00	Embilipitiya	120.00 – 140.00	130.00
A'pura	550.00 – 600.00	570.00	Dambulla	190.00 – 210.00	203.00	Hambantota	110.00 – 130.00	120.00
Kalawewa	–		Hambantota	–		<b>Pineapple</b>		
<b>Black Gram</b>			Embilipitiya	350.00 – 400.00	372.00	Divulapitiya	–	
A'pura	500.00 – 550.00	520.00	Matara	280.00 – 300.00	287.50			
Kalawewa	550.00 – 600.00	575.00						

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

**Week 05: 27 January - 02 February 2023**

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<b>Rice</b>									
<b>Local</b>									
Samba 1	225.00	-	230.00	230.00	-	230.00	230.00	-	230.00
Samba 2	220.00	-	220.00	220.00	-	220.00	220.00	-	220.00
Keeri Samba	240.00	-	260.00	260.00	-	260.00	250.00	-	260.00
Nadu 1	220.00	-	225.00	220.00	-	220.00	220.00	-	220.00
Nadu 2	210.00	-	210.00	210.00	-	210.00	200.00	-	210.00
Raw (Red)	200.00	-	215.00	200.00	-	210.00	190.00	-	210.00
Raw (White)	200.00	-	215.00	200.00	-	210.00	200.00	-	210.00
<b>Imported</b>									
Samba	220.00	-	225.00	220.00	-	220.00	220.00	-	220.00
Nadu	180.00	-	200.00	200.00	-	200.00	190.00	-	200.00
Raw (Red)	-	-	-	-	-	-	-	-	-
Raw (White)	175.00	-	185.00	180.00	-	190.00	190.00	-	190.00
<b>Dried Chillies</b>									
Imported	1400.00	-	1550.00	1800.00	-	1800.00	1700.00	-	1800.00
<b>Red Onion</b>									
Sinnan	-	-	-	-	-	-	-	-	-
Vedalan	-	-	-	-	-	-	-	-	-
Imported	420.00	-	600.00	600.00	-	640.00	600.00	-	600.00
<b>Big Onion</b>									
Imported	150.00	-	160.00	180.00	-	190.00	180.00	-	190.00
Local	-	-	-	-	-	-	-	-	-
<b>Potato</b>									
Welimada	-	-	-	-	-	-	-	-	-
N'Eliya	350.00	-	350.00	480.00	-	480.00	440.00	-	460.00
Imported	120.00	-	150.00	160.00	-	160.00	160.00	-	180.00
<b>Pulses</b>									
Green Gram	1300.00	-	1300.00	1400.00	-	1400.00	1400.00	-	1400.00
Cowpea (White)	1200.00	-	1350.00	1500.00	-	1500.00	1300.00	-	1350.00
Cowpea (Red)	1300.00	-	1350.00	1500.00	-	1500.00	1400.00	-	1520.00
Red Dhal	360.00	-	380.00	380.00	-	380.00	380.00	-	380.00

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

**Week 05: 27 January - 02 February 2023**

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NULEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA										
<b><u>Vegetable</u></b>																			
Beans	500.00	- 550.00	560.00	- 560.00	520.00	- 560.00	480.00	- 600.00	480.00	- 560.00	520.00	- 560.00	520.00	- 520.00					
Carrot	160.00	- 180.00	320.00	- 320.00	320.00	- 320.00	240.00	- 300.00	200.00	- 240.00	240.00	- 240.00	160.00	- 240.00	240.00	- 240.00			
Leeks	240.00	- 240.00	400.00	- 420.00	360.00	- 400.00	320.00	- 400.00	240.00	- 240.00	320.00	- 320.00	250.00	- 320.00	320.00	- 320.00			
Beetroot	280.00	- 300.00	400.00	- 400.00	360.00	- 400.00	240.00	- 400.00	240.00	- 280.00	320.00	- 320.00	240.00	- 320.00	320.00	- 360.00			
Knolkhok	300.00	- 350.00	480.00	- 480.00	400.00	- 400.00	400.00	- 480.00	320.00	- 360.00	320.00	- 320.00	300.00	- 320.00	320.00	- 320.00			
Raddish	120.00	- 160.00	240.00	- 240.00	160.00	- 200.00	200.00	- 240.00	180.00	- 200.00	240.00	- 240.00	120.00	- 120.00	160.00	- 160.00			
Cabbage	100.00	- 140.00	180.00	- 240.00	200.00	- 240.00	160.00	- 240.00	120.00	- 160.00	200.00	- 200.00	120.00	- 160.00	160.00	- 160.00			
Tomato	240.00	- 250.00	320.00	- 320.00	320.00	- 320.00	320.00	- 320.00	200.00	- 280.00	240.00	- 240.00	200.00	- 220.00	240.00	- 240.00			
Ladies Fingers	200.00	- 300.00	320.00	- 360.00	320.00	- 360.00	320.00	- 360.00	240.00	- 320.00	320.00	- 320.00	250.00	- 320.00	280.00	- 320.00			
Brinjal	200.00	- 220.00	320.00	- 320.00	320.00	- 320.00	240.00	- 320.00	240.00	- 280.00	320.00	- 320.00	200.00	- 240.00	280.00	- 320.00			
Capsicum	800.00	- 850.00	900.00	- 1000.00	1000.00	- 1200.00	1000.00	- 1200.00	900.00	- 900.00	900.00	- 1000.00	800.00	- 800.00	800.00	- 1000.00			
Pumpkin	160.00	- 180.00	200.00	- 240.00	240.00	- 240.00	240.00	- 240.00	160.00	- 180.00	240.00	- 240.00	140.00	- 160.00	160.00	- 200.00			
29 Cucumber	160.00	- 200.00	200.00	- 200.00	240.00	- 240.00	240.00	- 240.00	160.00	- 200.00	180.00	- 200.00	180.00	- 200.00	200.00	- 240.00			
Bitter Gourd	320.00	- 450.00	480.00	- 560.00	480.00	- 480.00	400.00	- 480.00	360.00	- 400.00	560.00	- 560.00	350.00	- 400.00	400.00	- 560.00			
Snake Gourd	240.00	- 320.00	360.00	- 400.00	400.00	- 400.00	300.00	- 400.00	280.00	- 320.00	320.00	- 320.00	240.00	- 320.00	300.00	- 320.00			
Drumstick	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-			
Luffa	350.00	- 400.00	400.00	- 480.00	400.00	- 480.00	480.00	- 480.00	350.00	- 400.00	320.00	- 320.00	360.00	- 400.00	400.00	- 400.00			
Long Beans	200.00	- 280.00	400.00	- 400.00	320.00	- 400.00	320.00	- 400.00	280.00	- 280.00	360.00	- 360.00	240.00	- 300.00	240.00	- 240.00			
Ash Plantain	240.00	- 300.00	320.00	- 360.00	320.00	- 360.00	320.00	- 400.00	300.00	- 320.00	360.00	- 400.00	280.00	- 320.00	280.00	- 320.00			
Green Chillies	300.00	- 350.00	600.00	- 600.00	600.00	- 600.00	500.00	- 600.00	450.00	- 500.00	600.00	- 600.00	350.00	- 500.00	400.00	- 500.00			
Lime	180.00	- 220.00	300.00	- 400.00	400.00	- 400.00	240.00	- 320.00	200.00	- 200.00	400.00	- 400.00	180.00	- 200.00	200.00	- 240.00			
<b><u>Root Crops</u></b>																			
Sweet Potato	160.00	- 200.00	240.00	- 280.00	240.00	- 280.00	240.00	- 280.00	240.00	- 240.00	280.00	- 280.00	180.00	- 200.00	200.00	- 240.00	240.00	- 240.00	
Manioc	200.00	- 220.00	240.00	- 240.00	220.00	- 240.00	240.00	- 240.00	240.00	- 240.00	240.00	- 240.00	180.00	- 220.00	200.00	- 240.00	220.00	- 220.00	
<b><u>Leafy Vegetable</u></b>																			
Mukunuwenna	60.00	- 60.00	80.00	- 80.00	80.00	- 80.00	80.00	- 80.00	80.00	- 80.00	80.00	- 80.00	80.00	- 80.00	80.00	- 80.00	80.00	- 80.00	
Kankun	60.00	- 60.00	80.00	- 80.00	80.00	- 80.00	80.00	- 80.00	80.00	- 80.00	80.00	- 80.00	80.00	- 80.00	80.00	- 80.00	80.00	- 80.00	
Gotukola	100.00	- 100.00	100.00	- 100.00	150.00	- 150.00	150.00	- 150.00	150.00	- 150.00	100.00	- 100.00	100.00	- 100.00	150.00	- 150.00	100.00	- 100.00	
<b><u>Coconut</u></b>																			
Large	120.00	- 120.00	130.00	- 130.00	110.00	- 120.00	110.00	- 120.00	110.00	- 120.00	-	-	110.00	- 120.00	115.00	- 130.00	120.00	- 120.00	
Small	100.00	- 100.00	100.00	- 100.00	95.00	- 100.00	95.00	- 100.00	100.00	- 100.00	100.00	- 100.00	95.00	- 105.00	95.00	- 100.00	100.00	- 100.00	

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

**Week 05: 27 January - 02 February 2023**

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<b><i>Plantain</i></b>									
Ambul (Rs/Kg)	300.00	-	300.00	280.00	-	300.00	250.00	-	300.00
Kolikuttu (Rs/Kg)	450.00	-	500.00	440.00	-	460.00	450.00	-	480.00
Seenii (Rs/Kg)	200.00	-	220.00	230.00	-	250.00	240.00	-	250.00
Anamalu	24.00	-	25.00	28.00	-	30.00	30.00	-	30.00
Ambun	30.00	-	32.00	33.00	-	38.00	38.00	-	44.00
<b><i>Pineapple</i></b>									
Large	500.00	-	550.00	500.00	-	550.00	500.00	-	550.00
Medium	450.00	-	450.00	450.00	-	480.00	420.00	-	450.00
Small	300.00	-	400.00	400.00	-	400.00	400.00	-	400.00
<b><i>Mango</i></b>									
Betti	-		-	-		-	-		-
Karthakolomban	200.00	-	250.00	160.00	-	200.00	150.00	-	200.00
Vilad	-		-	-		-	-		-
Kohu	-		-	-		-	-		-
<b><i>Other Fruits</i></b>									
Wood Apple	50.00	-	60.00	100.00	-	120.00	100.00	-	120.00
Orange	40.00	-	60.00	60.00	-	70.00	100.00	-	100.00
Avocado	120.00	-	150.00	-		120.00	120.00	-	150.00
Slime Apple	30.00	-	50.00	80.00	-	100.00	70.00	-	100.00
Grapes (Rs/Kg)	2500.00	-	2500.00	3000.00	-	3000.00	3000.00	-	3500.00
Papaw (Rs/Kg)	300.00	-	320.00	350.00	-	360.00	380.00	-	400.00
Passion	75.00	-	75.00	100.00	-	100.00	92.00	-	92.00
King Coconut	130.00	-	140.00	150.00	-	150.00	140.00	-	150.00

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

**Week 05: 27 January - 02 February 2023**

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<b><i>Sea Fish</i></b>									
Salaya	560.00	620.00	520.00	520.00	700.00	700.00	800.00	800.00	560.00
Hurulla	1100.00	1180.00	960.00	1120.00	-	-	1050.00	1050.00	-
Balaya	1000.00	1100.00	-	-	1600.00	1600.00	-	-	1200.00
Kelawalla	1460.00	1500.00	2400.00	2400.00	2000.00	2200.00	2600.00	2600.00	1400.00
Thora	2200.00	2640.00	2720.00	2720.00	3800.00	4000.00	3400.00	3400.00	3960.00
Paraw	1400.00	1460.00	1920.00	1920.00	2400.00	2400.00	2400.00	2400.00	1700.00
Mora	1380.00	1440.00	-	-	1500.00	1500.00	-	-	1400.00
Shrimps Small	1880.00	2100.00	1720.00	1720.00	1800.00	2200.00	1800.00	1800.00	1800.00
Talapath	1900.00	2040.00	2600.00	2600.00	2800.00	2800.00	2800.00	2800.00	2200.00
31 <b><i>Eggs (Rs/Egg)</i></b>									
Brown	46.00	46.00	-	-	46.00	46.00	-	-	-
White	44.00	44.00	44.00	44.00	44.00	44.00	44.00	44.00	44.00
<b><i>Dried Fish</i></b>									
Sprats	1300.00	1500.00	1800.00	1800.00	1800.00	2000.00	1800.00	2000.00	1800.00
Kattawa	2200.00	2400.00	2600.00	2600.00	2400.00	2400.00	2400.00	2600.00	2400.00
Thora	-	-	-	-	-	-	-	-	-
Mora	2300.00	2400.00	2300.00	2400.00	2500.00	2500.00	2300.00	2400.00	2300.00
Balaya	1200.00	1400.00	1300.00	1400.00	1600.00	1600.00	1400.00	1600.00	1700.00
Anguluwa	2200.00	2400.00	2400.00	2400.00	2500.00	2400.00	-	-	-
Salaya	1000.00	1200.00	1000.00	1000.00	1300.00	1400.00	1200.00	1500.00	1000.00
<b><i>Meat</i></b>									
Beef (without Bones)	-	2100.00	2100.00	2200.00	2200.00	-	2200.00	2200.00	-
Chicken (Broiler)	-	1260.00	1260.00	1280.00	1280.00	1240.00	1240.00	1150.00	1160.00
Chicken (Curry)	-	1350.00	1350.00	1500.00	1500.00	1550.00	1550.00	1350.00	1250.00
Mutton	-	2800.00	2800.00	3000.00	3000.00	-	3000.00	3000.00	2800.00
Pork	-	1700.00	1700.00	-	-	-	-	-	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)	Nutrient Content (mg/100g)						
					Vit B2	Vit B6	Folate	Vit C	Calcium	Magnesium	Iron
<b>Rice</b>											
Rice - (white Kekulu - normal )	361	9.88	1.52	-	0.03	0.09	10.67	-	6.94	26.29	1.22
Rice - (white Kekulu Samba)	355	8.81	1.53	-	0.03	0.09	8.11	-	9.82	30.48	0.92
Rice - ( Red Kekulu - normal )	366	8.64	2.12	-	0.05	0.1	8.39	-	4.73	31.7	0.88
Rice -Samba	369	6.86	2.45	-	0.05	0.13	12.79	-	8.71	37.26	1.18
Rice - Nadu White	366	7.76	1.48	-	0.03	0.12	9.35	-	4.57	20.1	0.64
Dried chilies	233	12.68	6.41	437	0.84	0.42	46.83	NA	107	231	5.39
<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
Red onions	55	2.13	0.15	0.18	0.02	0.13	30.15	14.26	20.37	19.32	0.31
Potatoes	71	1.67	0.25		0.01	0.09	14.31	20.5	9.83	23.84	0.46
<b>Pulses</b>											
Green gram	290	21.97	0.93	19.5	0.28	0.33	135	NA	98.96	146	4.15
White cowpea	320	21.25	1.14	1.36	0.09	0.26	249	NA	84.1	213	5.04
Red cowpea	320	20.24	1.08	0.96	0.11	0.27	273	NA	81.83	194	4.95
Red Dhal	319	23.09	0.77	1.06	1.6	0.22	55	NA	41.27	66.63	7.45
<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
Carrot	30	0.85	0.45	1240	0.03	0.1	24.71	5.93	27.65	11.7	0.59
Leeks	30	1.74	0.49	18.56	0.02	0.19	42.63	4.65	29.28	11.77	1.49
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
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

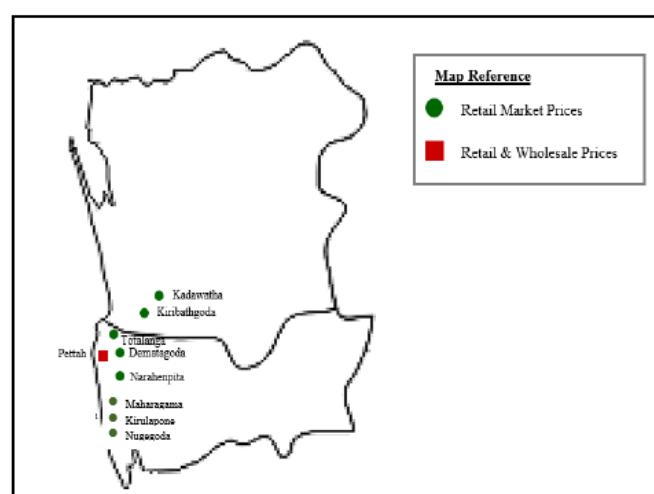
**Meat**

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	88	17.08	2.18	10.02	0.14	1.66	61.66		103	35.45	1.24	1.05
Karalla / Katuwalla	97	21.8	1.06	1.25	0.02	0.1	14.38		37.06	39.05	0.24	0.42
Kumbala / Angila	101	21.51	1.53	16.34	0.1	0.1	7.13		31.27	37.46	1.46	0.67
Salaya / Sudaya Theppli / Telapiya / Korali	100	19.5	2.39	15.41	0.18	1.39	60.87		435	42.83	1.4	2.3
Prawns	83	18.48	1.08	17.14	0.18	0.18	8.29		99.39	24.96	2.84	0.88
Crabs	65	14.85	0.56	1.24	0.03	0.1	15.37		37.81	30.5	0.73	1.1
Cuttle fish	45	10	0.55	8.33	0.14	0.18	13.83		37.81	45.93	0.73	1.1
Linna	76	16.82	0.93	1.93	0.02	0.04	6.22		8.73	35.46	0.62	1.3
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

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