

WEEKLY FOOD COMMODITIES BULLETIN

Vol: 45 17th – 23rd February 2023

ISSN 1391 - 049

No.08

RETAIL MARKET AT A GLANCE

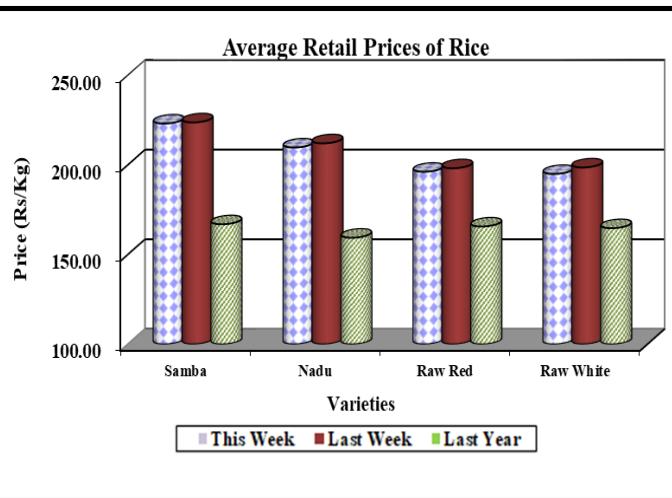
Summary

Rice



Retail prices of several types of local and imported rice varieties have increased marginally in the range of Rs.1.00-4.00/kg. Compared to the same period of last year, prices of all types of local rice varieties have increased (8%-36%). Farm gate prices of both keeri samba paddy and long grain (red) paddy have increased in all producing areas. Prices of keeri samba paddy has increased in the range of Rs.1.00-13.00/kg and highest price increase was reported in Polonnaruwa area.

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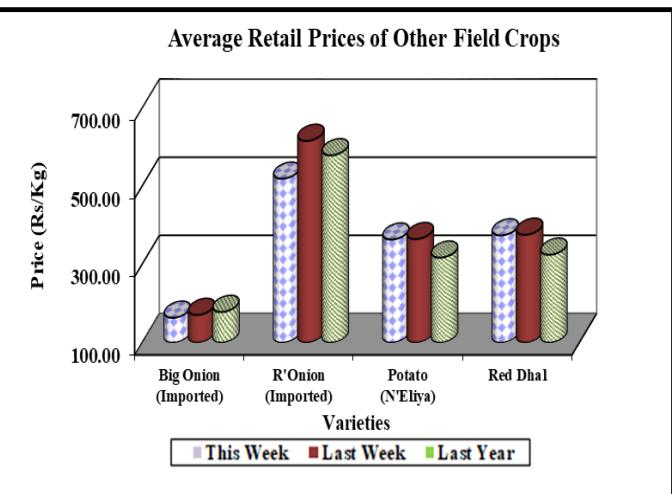


Other Field Crops



Retail prices of all of the other field crops have decreased. The highest price decrease was reported for imported red onion as Rs. 101.00/kg. The price of imported dried chilies has dropped by Rs.30.00/kg. Price of imported big onion has decreased slightly (Rs.6.00/kg). The price of imported and Nuwaraeliya potato has not changed significantly. However, compared to the same period of last year, prices of imported dried chilly, Nuwara Eliya potato and imported potato have increased by 44%, 16% and 22% respectively.

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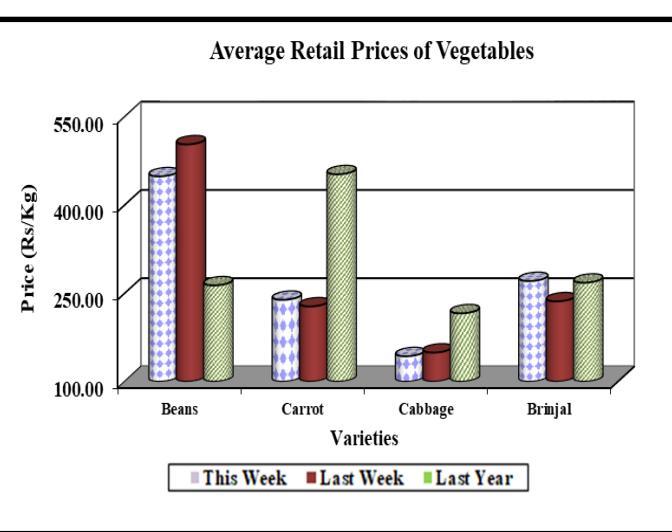


Vegetables



Prices of most of the vegetable varieties have increased due to high quality stocks received with the commencement of maha vegetable harvesting season. Considering up country vegetables the highest price increase was reported for knolkhol as 23% and a 54% price decrease was reported for beans.

(Page No.04-05)



Rice

Wholesale

Prices of keeri samba and grade I samba have increased by 3% and 1% respectively due to decreased supply and their price ranges were Rs.220.00-240.00/kg and Rs.210.00-220.00/kg respectively. Prices of both raw red and raw white have decreased by 1% due to increased supply of newly harvested stocks and their price ranges were Rs.155.00-185.00/kg and Rs.160.00-185.00/kg respectively. Prices of grade II samba, grade I and II nadu have not changed significantly and their average prices were Rs.206.00/kg, Rs.188.00/kg and Rs.178.00/kg respectively.

Prices of all types of imported rice varieties have increased marginally due to decreased supply. Price of imported nadu have increased by 2% and the price ranged Rs.160.00-175.00/kg. Prices of both ponni samba and imported raw white have increased by 1% and their average prices were Rs.191.00/kg and Rs.158.00/kg respectively.

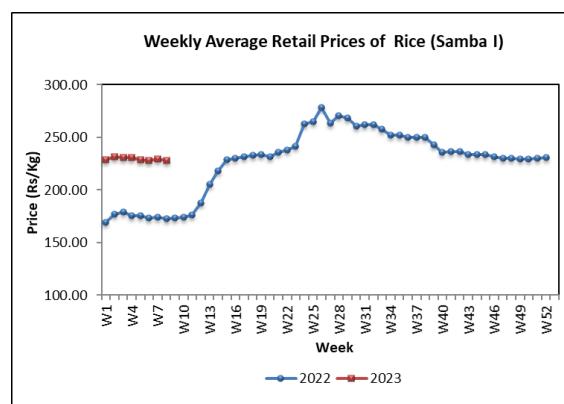
Compared to the same period of last year, prices of all types of local rice varieties have increased in the range of 9%-32% and the highest price increase was

reported for both grade I and II samba. Prices of imported ponni samba, imported nadu and raw white have increased by 60%, 51% and 46% respectively.

Retail

Price of keeri samba has increased by Rs.1.00/kg and the price ranged Rs.240.00-260.00/kg. Price of samba grade I, nadu grade I, nadu grade II, raw red and raw white have decreased by Rs.1.00/kg, Rs.1.00/kg, Rs.4.00/kg, Rs.2.00/kg and Rs.4.00/kg respectively. Price ranges were Rs.220.00-230.00/kg, Rs.210.00-225.00/kg, Rs.180.00-210.00/kg and Rs.170.00-210.00/kg and Rs.170.00-210.00/kg respectively. Samba grade II was not change significantly and price range was Rs.210.00-220.00/kg.

Price of all imported rice have increased by Rs.1.00-4.00/kg and the price ranges were Rs.200.00-220.00/kg for ponni samba Rs.180.00-200.00/kg for nadu and Rs.165.00-190.00/kg for raw (white).



Compared to the same period of last year, all local rice prices have increased in the range of 8%-36% and all imported rice have increased by 44%-61%.

Paddy

Farm gate prices of both keeri samba paddy and long grain (red) paddy have increased in all producing areas. Prices of keeri samba paddy has increased in the range of Rs.1.00-13.00/kg and the highest price increase was reported in Polonnaruwa area. Also, price of long grain (red) paddy has increased in the range of Rs.3.00-9.00/kg and highest price increase was reported in Matara area.

However, average farm gate prices of short grain paddy has decreased in Kurunegala, Nikaweratiya and Ampara areas by Rs.5.00/kg, Rs.2.00/kg and Rs.7.00/kg respectively while price has increased by Rs.1.00/kg in Dehiattakandiya and Polonnaruwa areas.

Meanwhile, average prices of long grain (white) paddy has increased in Polonnaruwa, Kalawewa, Dehiattakandiya and Ampara areas in the range of Rs.2.00-6.00/kg and the highest increase was reported in Ampara. Also, long grain (white) paddy prices decreased in Kurunegala by Rs.7.00/kg and in Polonnaruwa by Rs.1.00/kg. Kurunegala reported the lowest paddy price of Rs.85.00/kg as the moisture content of

paddy available in the area is high compared to other producing areas.

Dried Chilies

Wholesale

Price of imported dried chilies has decreased slightly and the price ranged Rs.1100.00-1300.00/kg.

Compared to the same period of last year, price of imported dried chilies has increased by 32%.

Retail

Price of imported dried chilies has decreased by Rs.30.00/kg and price range was Rs.1300.00-1800.00/kg.

Compared to the same period of last year, imported dried chilies has increased by 44%.

Onion

Wholesale

Price of imported red onion has decreased by 25% due to increased supply and the price ranged Rs.200.00-250.00/kg. Vedalan red onions were also available in the market and the price ranged Rs.380.00-400.00/kg.

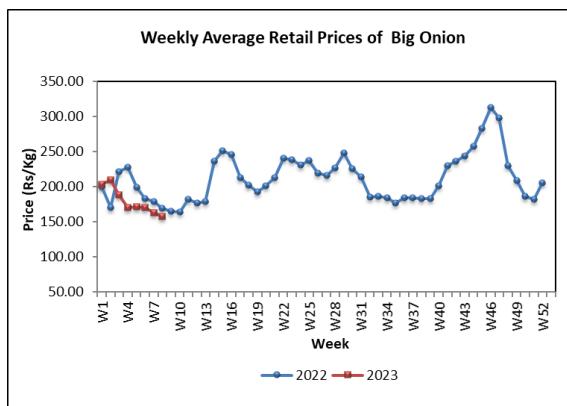
Price of imported big onion has decreased by 13% due to increased supply of Indian

stocks and the price ranged Rs.100.00-110.00/kg.

Compared to the same period of last year, price of imported red onion has decreased by 22% while price of vedalan has increased by 11%. Price of imported big onion has decreased by 11%.

Retail

Price of imported red onion and imported big onion have decreased by Rs.101.00/kg and Rs.6.00/kg respectively. Price ranges were Rs.300.00-500.00/kg and Rs.120.00-180.00/kg respectively.



Compared to the same period of last year, imported red onion has increased by 20% and imported big onion has decreased by 7%.

Potato

Wholesale

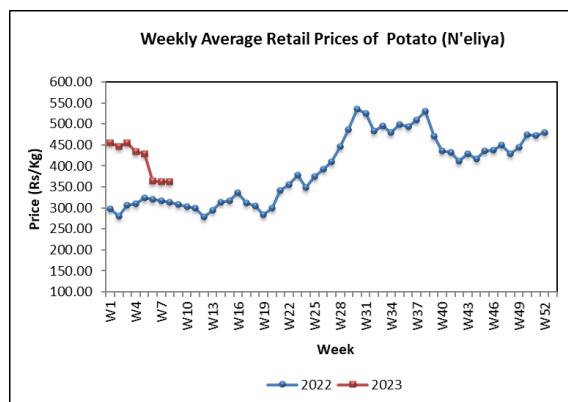
Prices of all types of potatoes have decreased due to increased supply of both local and imported stocks. Price of

imported potato has decreased by 14% and the price ranged Rs.125.00-155.00/kg. (Price ranges were RS.125.00-140.00/kg for Pakistan stocks and Rs.150.00-155.00/kg for Indian stocks.) Prices of Nuwara Eliya and Welimada potatoes have decreased by 9% and 4% respectively and their price ranges were Rs.230.00-260.00/kg and Rs.200.00-230.00/kg respectively.

Compared to the same period of last year, prices of imported potatoes and Nuwara Eliya potatoes have increased by 29% and 6% respectively.

Retail

Price of both Nuwara Eliya and imported potato have both decreased by Rs.1.00/kg and the price ranged were Rs.300.00-400.00/kg and Rs.150.00-240.00/kg.



Compared to the same period of last year, Nuwara Eliya and imported potato prices have increased by 16% and 22% respectively.

Pulses

Wholesale

Prices of white cowpea and red cowpea have decreased by 5% and 3% respectively due to increased supply of local stocks and their price ranges were Rs.875.00-1000.00/kg and Rs.950.00-1000.00/kg respectively. Price of green gram has increased by 2% due to decreased supply and the price ranged Rs.1400.00-1475.00/kg. Price of red dhal has not changed and the average price was Rs.338.00/kg.

Compared to the same period of last year, prices of all types of pulses have increased in the range of 13%-169% and the highest price increase was reported for green gram.

Retail

Price of green gram increased by Rs.66.00/kg and price range was Rs.1500.00-1600.00/kg. Price of white cowpea and red cowpea have decreased by Rs.8.00/kg, Rs.19.00/kg and the price range was Rs.1200.00-1400.00/kg. Price of red dhal have not changed significantly and price ranges were Rs.350.00-380.00/kg.

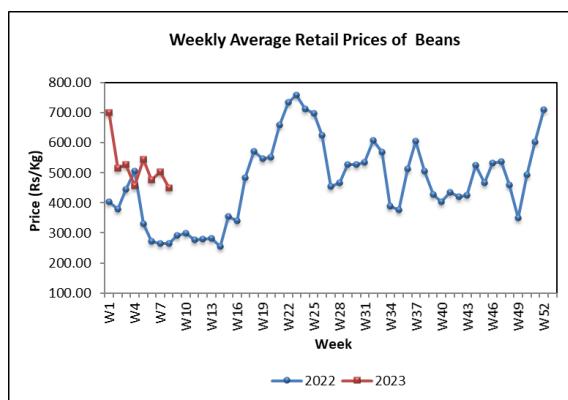
Compared to the same period of last year, all pulse types have increased in the range of 16%-148%.

Vegetable

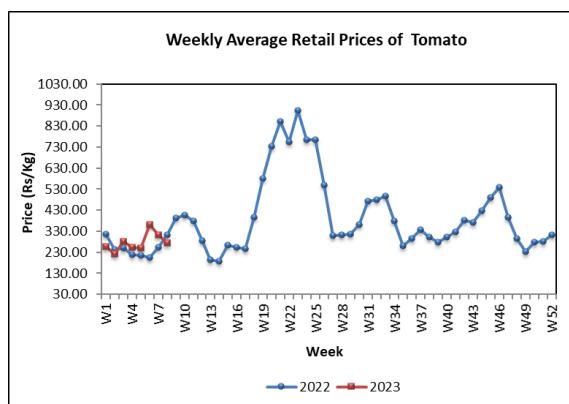
Wholesale

Prices of most of the vegetable varieties have increased due to high quality stocks received with the commencement of maha vegetable harvesting season.

Considering up country vegetables prices of most of the vegetable varieties have increased. The highest price increase was reported for beetroot by 42% due to decreased market supply from Puttalam and most of the up country and low country producing areas. Price of knolkhol has increased by 18% due to high quality stocks received from Talawakele area. Further, prices of carrot, leeks and raddish have increased by 17%, 11% and 6% respectively due to high quality stocks received from Nuwara Eliya area. However, price of cabbage has decreased by 20% due to increased market supply from most of the main producing areas.



Meanwhile, price of tomato has decreased by 8% due to increased market supply from Balangoda area. Further, price of capsicum has decreased by 6% due to increased supply from Nuwara Eliya and Thalawakele area.



Considering low country vegetables prices of most of the vegetable varieties have increased. The highest price increase was reported for brinjal by 57% due to decreased market supply from Embilipitiya area. The second highest price increase was reported for long beans by 24% due to high-quality stocks received from Blangoda area. Fruther, prices of cucumber, bitter gourd, snake gourd and luffa have increased in the range of 9%-11%. However, price of pumpkin has decreased by 11% due to increased supply from Dambulla, Monaragala and most of the main producing areas. Meanwhile, prices of green chilies and lime have increased by 5% and 4% respectively.

Compared to the same period of last year, prices of most of the vegetable varieties have increased with the highest price increase of 177% reported for ash plantain.

Retail

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

Considering up-country varieties, the highest price increase was reported for knolkhol as Rs.23.00/kg, followed by beet root as Rs.20.00/kg. However, price of beans has decreased by Rs.54.00/kg.

Prices of tomato and capsicum have decreased by Rs.38.00/kg and Rs.12.00/kg respectively.

Considering low country varieties, the highest price increase was reported for both bitter gourd and brinjal as Rs.34.00/kg, followed by cucumber as Rs.25.00/kg.

Further, prices of green chilies and lime have increased by Rs.14.00/kg and Rs.9.00/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 decreased by 2% and 4% respectively. Prices ranged between Rs.95.00-98.00/nut for large nut and Rs.85.00-88.00/nut for small nut.

Compared to the same period of last year, prices of both large and small nuts have increased by 33% and 32% respectivley.

Retail

Prices of large and small nuts have increased by Rs.2.00/nut and Rs.4.00/nut respectively. Price ranged between Rs.110.00-130.00/nut for a large nut and Rs.95.00-100.00/nut for a small nut.

Compared to the same period of last year, prices of both large and small nuts have increased by 33%.

Fruits

Wholesale

Prices of most of fruit varieties increased with limited supply. The highest price increase of 40% reported for orange due to unavailability of sufficient stocks. Price of

wood apple has increased by 31% with limited supply. Price of all the mango varieties have increased in the range of 14% -20% due to unavailability of sufficient stocks due to off seasons. Further, prices of papaw and slime apple avocado have increased by 20%,16% and 12% respectively. Price of avocado has increased by 12% due to availability of limited stocks. In addition to that, price of anamalu and ambun banana have increased by 7% and 5% respectively as unavailability of sufficient stocks. The price of all the sizes of pineapple have increased in the range of 3%-7% as availability of quality stocks. Further, price of passion fruit has increased by 4% as availability of limited stocks while price of imported grapes (1%) increased slightly.

However, price of king coconut (7%), ambul (6%) kolikuttu (7%) and seeni (2%) banana have decreased as low demand and availability of small fruits.

Compared to the same period of last year, prices of most of the fruit varieties have increased with the highest price increase of 140% reported for banana-ambul.

Retail

Prices of most of fruits have increased in line with the increased wholesale prices. The highest price increase of Rs.35.00/kg was reported for papaw due to limited

supply. The price of mango karthakolomban has increased by Rs.19.00/fruit due to unavailability of sufficient stocks. Further, prices of imported grapes and avocado has increased by Rs.13.00/kg and Rs.4.00/fruit due to limited supply. Prices of orange, passion fruit, wood apple and slime apple have increased in the range of Rs.1.00-2.00/fruit.

Meanwhile, prices of banana kolikuttu, ambul and seeni have decreased in the range of Rs.1.00-24.00/kg due to low demand. Prices of all the sizes of pineapple have decreased in the range of Rs.7.00-15.00/fruit due to low demand. The price of king coconut has decreased by Rs.6.00/fruit.

Compared to the same period of last year, retail prices of all the fruits have increased and the highest price increase of 133% was reported for mango- karthakolomban.

Fresh Fish

Wholesale

Prices of all of the fresh fish types except shrimps have decreased due to increased supply compared to demand. The highest price decrease of 28% was noted for mora due to high supply from Northern areas, and the price ranged Rs.600.00-

1000.00/kg. The price decrease of 27% and 23% were noted for balaya and hurulla due to high supply from Beruwala, Kalpitiya and Mullaitivu areas and their prices ranged Rs.450.00-650.00/kg and Rs.500.00-650.00/kg respectively. Likewise, the price decrease of 20% was noted for kelawalla due to high supply from Galle and Matara areas, and the price ranged between Rs.840.00-1150.00/kg. Also, the price decrease of 19% were noted for both paraw and thora due to high supply from Northern areas, and their prices ranged Rs.750.00-1300.00/kg and Rs.1500.00-2300.00/kg respectively. In addition, the prices of salaya and thlapath have decreased by 5% and 13% respectively.

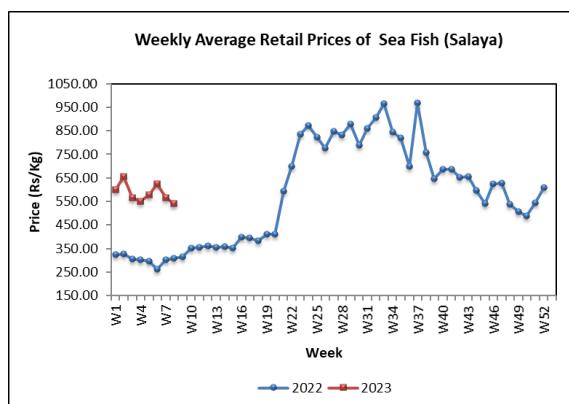
However, the price increase of 2% was noted for shrimps due to low supply from Jaffna area, and the price ranged between Rs.1450.00-1650.00/kg.

Compared to the same period of last year, prices of all of the fresh fish types except balaya have increased in the range of 4%-94% and the highest price increase was noted for salaya.

Retail

Prices of all types of fresh fish have decreased significantly in line with decreased wholesale prices due to

increased supply. The highest price decrease of Rs.383.00/kg was reported for kelawalla followed by Rs.353.00/kg for thora. Price of thalaphath has decreased by Rs.294.00/kg. Further, prices of paraw, balaya and hurulla have decreased in the range of Rs.139.00-180.00/kg.



Compared to the same period of last year, prices of all types of fresh fish have increased in the range of 12%-75% and the highest price increase was reported for salaya.

Dried Fish

Wholesale

Due to increase of local dried fish supply, prices of most of the local and imported dried fish types have decreased. The highest price decrease of 4% was noted for local salaya due to high supply from Mannar and Chilaw area, and the price ranged Rs.700.00-800.00/kg. Likewise, a

price decrease of 3% was noted for local sprats due to high supply from Trincomalee and Negombo areas, and the price ranged Rs.1100.00-1300.00/kg. Also, the prices of imported kattawa, imported sprats, local maduwa and imported anguluwa have decreased by 1%-3%.

However, the price of local balaya has increased by 4% due to low supply from Negombo and Beruwala areas, and the price ranged Rs.800.00-920.00/kg. In addition, price of local mora has increased by 1%.

Compared to the same period of last year, prices of all dried fish types have increased in the range of 22%-56% and the highest price increase was reported for imported kattawa.

Retail

In line with decreased wholesale prices, retail prices of most types of dried fish have further decreased. The highest price decrease was reported for kattawa and imported sprats in the range of Rs.20.00-21.00/kg. Prices of local sprats and salaya have also decreased by Rs.10.00/kg and Rs.4.00/kg respectively.

However, prices of anguluwa and mora have increased in the range of Rs.53.00-63.00/kg. Also, price of balaya has increased by Rs.23.00/kg.

Compared to the same period of last year, prices of all types of dried fish have increased in the range of 33%-66% and the highest price increase was reported for salaya.

Eggs

Wholesale

The price of brown egg has not changed significantly, while the price of white egg has increased by 1%. A brown egg average price was Rs.46.00 and white egg average price was Rs.44.00.

Compared to the same period of last year, prices of both brown and white eggs have increased by 116% and 124% respectively.

Retail

Prices of both brown eggs and white eggs have increased by Rs.2.00/egg in line with increased wholesale prices due to insufficient supply in the market. Price range of a brown egg was between Rs.46.00-50.00 and Rs.44.00-50.00 for a white egg.

Compared to the same period of last year, prices of both brown and white eggs have increased by 118% and 128% respectively.

Meat

Retail

Prices of most types of meat have increased due to insufficient supply due to low production. The highest price increase was reported for pork as Rs.125.00/kg. Prices of beef, skin-less curry chicken and skinless broiler chicken have increased in the range of Rs.4.00-8.00/kg.

Compared to the same period of last year, prices of all types of meat have increased in the range of 42%-113% and the highest price increase was reported for pork.

EXPLANATORY NOTE

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

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

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

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

Week 08: 17 - 23 February 2023

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

Week 08: 17 - 23 February 2023

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

Week 08: 17 - 23 February 2023

LOCATION	Dried Chillies	Red Onion				Big Onion	Potato						Pulses								
	Imported	Imported		Local			Imported	Welimada		Nuwara Eliya		Green Gram	Cowpea		Red Dhal						
Colombo	55000 - 65000	10000 - 12500	19000 - 20000	5000 - 5500	6250 - 7750	10000 - 11500	11500 - 13000	70000 - 73750	43750 - 50000	16750 - 17000	Kurunegala	55000 - 59000	-	16500 - 18000	5500 - 6000	8500 - 8750	-	72500 - 73750	39000 - 45000	16750 - 17250	
Nikaweratiya	52500 - 64000	15000 - 17000	-	5500 - 5750	8000 - 8500	-	-	72500 - 75000	47500 - 47500	16900 - 17000	Dehiattakandiya	56500 - 70000	13000 - 16500	-	5750 - 7250	8500 - 10500	-	14500 - 14500	-	55000 - 55000	17000 - 18250
Dambulla (DEC)	64000 - 65000	11000 - 11500	12000 - 12500	5000 - 5500	6000 - 6500	10750 - 11000	12500 - 13000	60000 - 62500	40000 - 42500	17150 - 17500	Anuradhapura	65000 - 74000	13000 - 13000	20000 - 20000	6500 - 7250	8500 - 9500	-	67500 - 73500	52500 - 57500	17500 - 18500	
Thambuththegama	60000 - 67500	12000 - 12000	17500 - 18500	5400 - 5500	8100 - 8500	11000 - 11500	-	67500 - 67500	-	17000 - 17250	Polonnaruwa	84000 - 84500	17000 - 17500	-	7000 - 7250	10250 - 10500	-	15250 - 15500	62000 - 62500	57500 - 58000	18250 - 18400
Kaluthara	62500 - 64000	10750 - 11000	-	5500 - 5750	6000 - 6500	11000 - 11500	12500 - 13000	73000 - 73500	50000 - 52500	17000 - 17250	Puttalam	60000 - 67500	-	15000 - 17500	6000 - 6500	8000 - 8500	-	13500 - 15000	57500 - 61000	50000 - 55000	16750 - 17250
Kandy	60000 - 65000	14000 - 15000	-	5500 - 5750	8000 - 8500	-	12500 - 13000	69000 - 70000	50000 - 52500	17250 - 17500	Matara	63000 - 65000	14500 - 16000	-	6000 - 6250	8750 - 9250	-	15000 - 15500	65000 - 69000	52500 - 55000	18000 - 18500
Hambantota	60000 - 65000	14000 - 16000	-	5750 - 6000	8250 - 8750	-	-	57500 - 60000	-	17250 - 17750	Kegalle	67500 - 70000	16000 - 16500	-	5500 - 6000	8000 - 8250	-	12800 - 13000	68500 - 70000	57000 - 57500	17700 - 19500
Galle	67500 - 77500	16000 - 19000	-	5500 - 5750	8500 - 8750	-	16500 - 18000	62500 - 67500	-	17500 - 18000	Tissamaharama	60000 - 62500	15000 - 17500	-	5750 - 6500	8500 - 9000	-	-	65000 - 65000	-	17500 - 18500
Meegoda (DEC)	60000 - 72500	11000 - 11500	-	5000 - 5500	7400 - 8250	10000 - 10500	12000 - 12500	65000 - 72500	47500 - 52500	16750 - 17250	Jaffna	77500 - 82500	-	14000 - 15000	7500 - 7500	8750 - 10000	-	13000 - 13500	-	-	18000 - 20000
Vavuniya	70000 - 70500	12500 - 14000	-	6000 - 6500	8000 - 9000	-	-	67500 - 68000	-	17400 - 17500	Mannar	60000 - 65000	15000 - 16000	25000 - 25500	6250 - 6500	7250 - 7500	-	-	70000 - 71000	-	17500 - 17750
Killinochchi	65000 - 67500	-	-	6500 - 7000	9000 - 9500	-	-	70000 - 72000	-	17500 - 18000	Mullattivu	65000 - 67500	-	-	6000 - 6500	8500 - 10000	-	-	62500 - 70000	47500 - 52500	17000 - 18000
Batticaloa	66500 - 67500	-	21500 - 22000	6450 - 6500	8750 - 9000	-	16000 - 16250	72500 - 72750	49000 - 49250	17650 - 18000	Trincomalee	67500 - 69000	-	24000 - 24500	6500 - 7250	9250 - 10250	-	-	79000 - 80250	-	18000 - 18500
Galenbindunuwewa	62500 - 65000	18000 - 20000	-	6500 - 7750	9000 - 9250	-	-	67500 - 72500	41000 - 45000	17250 - 18000	Matale	-	-	-	-	-	-	-	-	-	

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

Week 08: 17 - 23 February 2023

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

Week 08: 17 - 23 February 2023

Locations	Butter Beans	Green Beans	Carrot	Leeks	Beetroot	Knolkhol
Colombo	-	330.00 - 380.00	100.00 - 150.00	150.00 - 200.00	140.00 - 210.00	130.00 - 160.00
Meegoda (DEC)	-	280.00 - 320.00	150.00 - 180.00	190.00 - 280.00	150.00 - 190.00	180.00 - 200.00
Dambulla (DEC)	-	300.00 - 350.00	130.00 - 160.00	180.00 - 220.00	140.00 - 170.00	120.00 - 130.00
Keppetipola (DEC)	-	280.00 - 300.00	110.00 - 120.00	150.00 - 160.00	110.00 - 120.00	100.00 - 120.00
Norochchhole (DEC)	-	-	-	-	130.00 - 160.00	-
Nuwara Eliya	-	280.00 - 300.00	130.00 - 140.00	150.00 - 160.00	120.00 - 130.00	110.00 - 120.00
Kandy	-	300.00 - 330.00	140.00 - 160.00	160.00 - 180.00	160.00 - 170.00	130.00 - 150.00
Hambantota	-	300.00 - 350.00	150.00 - 180.00	220.00 - 250.00	180.00 - 200.00	160.00 - 200.00
Thambuththegama (DEC)	-	300.00 - 330.00	140.00 - 160.00	180.00 - 200.00	165.00 - 180.00	110.00 - 140.00
Jaffna		350.00 - 390.00	320.00 - 360.00	230.00 - 260.00	200.00 - 240.00	-
Bandarawela		-	-	-	-	-
Veyangoda	-	280.00 - 320.00	140.00 - 180.00	180.00 - 220.00	160.00 - 200.00	140.00 - 190.00

Locations	Raddish	Cabbage	Tomato	Ladies Fingers	Brinjal	Capsicum
Colombo	50.00 - 60.00	30.00 - 60.00	140.00 - 200.00	190.00 - 220.00	120.00 - 200.00	420.00 - 550.00
Meegoda (DEC)	60.00 - 90.00	80.00 - 90.00	180.00 - 200.00	220.00 - 250.00	170.00 - 200.00	480.00 - 550.00
Moneragala	80.00 - 100.00	70.00 - 90.00	180.00 - 220.00	240.00 - 260.00	180.00 - 220.00	550.00 - 650.00
Dambulla (DEC)	40.00 - 60.00	40.00 - 60.00	150.00 - 180.00	180.00 - 200.00	150.00 - 170.00	380.00 - 450.00
Keppetipola (DEC)	30.00 - 40.00	30.00 - 40.00	180.00 - 190.00	180.00 - 200.00	150.00 - 160.00	400.00 - 450.00
Norochchhole (DEC)	20.00 - 30.00	20.00 - 30.00	120.00 - 160.00	170.00 - 220.00	70.00 - 110.00	400.00 - 450.00
Nuwara Eliya	45.00 - 50.00	40.00 - 50.00	190.00 - 200.00	190.00 - 210.00	160.00 - 170.00	400.00 - 430.00
Kandy	50.00 - 60.00	40.00 - 80.00	170.00 - 180.00	200.00 - 220.00	150.00 - 180.00	450.00 - 480.00
Hambantota	80.00 - 110.00	80.00 - 100.00	140.00 - 180.00	200.00 - 250.00	150.00 - 200.00	450.00 - 500.00
Thambuththegama (DEC)	50.00 - 70.00	35.00 - 50.00	180.00 - 200.00	160.00 - 180.00	80.00 - 120.00	450.00 - 550.00
Tissamaharama	50.00 - 70.00	90.00 - 110.00	160.00 - 190.00	170.00 - 190.00	200.00 - 230.00	450.00 - 500.00
Jaffna	130.00 - 160.00	-	180.00 - 210.00	180.00 - 200.00	250.00 - 280.00	550.00 - 620.00
Bandarawela	-	-	-	-	-	-
Veyangoda	50.00 - 60.00	45.00 - 60.00	170.00 - 200.00	210.00 - 250.00	140.00 - 180.00	480.00 - 530.00

Locations	Pumpkin	Cucumber	Bitter Gourd	Snake Gourd	Drumstick	Luffa
Colombo	50.00 - 80.00	120.00 - 150.00	250.00 - 300.00	140.00 - 170.00	-	240.00 - 280.00
Meegoda (DEC)	65.00 - 90.00	120.00 - 140.00	340.00 - 400.00	120.00 - 140.00	-	240.00 - 260.00
Moneragala	60.00 - 80.00	140.00 - 180.00	400.00 - 420.00	200.00 - 250.00	-	280.00 - 300.00
Dambulla (DEC)	45.00 - 70.00	90.00 - 110.00	300.00 - 360.00	120.00 - 140.00	-	170.00 - 200.00
Keppetipola (DEC)	60.00 - 70.00	150.00 - 160.00	290.00 - 300.00	140.00 - 160.00	-	240.00 - 260.00
Norochchhole (DEC)	100.00 - 130.00	80.00 - 120.00	280.00 - 350.00	140.00 - 160.00	-	130.00 - 180.00
Nuwara Eliya	70.00 - 80.00	160.00 - 170.00	300.00 - 320.00	150.00 - 170.00	-	250.00 - 260.00
Kandy	65.00 - 80.00	120.00 - 130.00	240.00 - 260.00	160.00 - 180.00	-	230.00 - 250.00
Hambantota	80.00 - 110.00	150.00 - 170.00	350.00 - 400.00	200.00 - 260.00	-	280.00 - 350.00
Thambuththegama (DEC)	35.00 - 60.00	80.00 - 110.00	270.00 - 320.00	120.00 - 150.00	-	230.00 - 260.00
Tissamaharama	60.00 - 80.00	100.00 - 130.00	350.00 - 370.00	180.00 - 200.00	-	150.00 - 180.00
Jaffna	120.00 - 160.00	120.00 - 140.00	530.00 - 600.00	180.00 - 225.00	320.00 - 550.00	-
Bandarawela	-	-	-	-	-	-
Veyangoda	65.00 - 80.00	130.00 - 150.00	300.00 - 350.00	170.00 - 190.00	-	230.00 - 280.00

Table 06 (Contd.)

	Long Beans	Ash Plantain	Green Chillies	Lime	Sweet Potaoe	Manioc
Colombo	150.00 - 200.00	200.00 - 220.00	180.00 - 260.00	90.00 - 130.00	100.00 - 130.00	130.00 - 160.00
Meegoda (DEC)	210.00 - 250.00	220.00 - 230.00	300.00 - 350.00	130.00 - 150.00	100.00 - 110.00	-
Moneragala	200.00 - 250.00	100.00 - 130.00	300.00 - 350.00	100.00 - 150.00	120.00 - 160.00	-
Dambulla (DEC)	130.00 - 160.00	180.00 - 220.00	230.00 - 270.00	85.00 - 120.00	60.00 - 75.00	110.00 - 130.00
Keppetipola (DEC)	140.00 - 150.00	180.00 - 190.00	240.00 - 260.00	100.00 - 120.00	100.00 - 110.00	120.00 - 130.00
Norochchhole (DEC)	150.00 - 200.00	140.00 - 160.00	200.00 - 300.00	60.00 - 90.00	120.00 - 150.00	120.00 - 160.00
Nuwara Eliya	150.00 - 160.00	190.00 - 200.00	260.00 - 280.00	120.00 - 140.00	100.00 - 120.00	120.00 - 140.00
Kandy	130.00 - 170.00	180.00 - 200.00	250.00 - 270.00	120.00 - 130.00	90.00 - 100.00	120.00 - 130.00
Hambantota	170.00 - 200.00	140.00 - 160.00	300.00 - 350.00	100.00 - 150.00	150.00 - 180.00	120.00 - 170.00
Thambuththegama (DEC)	170.00 - 200.00	150.00 - 180.00	250.00 - 300.00	70.00 - 100.00	80.00 - 110.00	120.00 - 150.00
Tissamaharama	60.00 - 90.00	160.00 - 180.00	260.00 - 280.00	80.00 - 100.00	140.00 - 150.00	130.00 - 140.00
Jaffna	180.00 - 250.00	120.00 - 160.00	200.00 - 280.00	250.00 - 350.00	-	220.00 - 280.00
Bandarawela	-	-	-	-	-	-
Veyangoda	180.00 - 200.00	200.00 - 240.00	320.00 - 350.00	130.00 - 150.00	90.00 - 110.00	130.00 - 160.00

Locations	Leafy Vegetables (Rs/Bundle)			Coconut (Rs/Nut)	
	Mukunuwenna	Kankun	Gotukola	Large	Small
Colombo	40.00 - 50.00	40.00 - 50.00	220.00 - 230.00	95.00 - 98.00	85.00 - 88.00
Meegoda (DEC)	60.00 - 70.00	60.00 - 70.00	-	90.00 - 100.00	70.00 - 80.00
Norochchhole (DEC)	60.00 - 60.00	50.00 - 60.00	120.00 - 140.00	90.00 - 105.00	80.00 - 100.00
Nuwara Eliya	-	-	-	-	-
Dambulla (DEC)	25.00 - 30.00	25.00 - 35.00	20.00 - 25.00	80.00 - 90.00	68.00 - 75.00
Kandy	40.00 - 45.00	45.00 - 50.00	200.00 - 220.00	95.00 - 98.00	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	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 - 85.00	30.00 - 35.00	100.00 - 120.00	65.00 - 80.00	58.00 - 65.00
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	51.00 - 60.00	90.00 - 90.00	-

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

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

Week 08: 17 - 23 February 2023

LOCATIONS	Up Country Varieties											
	Butter Beans	Green Beans	Carrot	Leeks	Beetroot	Knol Khol	Raddish	Cabbage	Tomato			
Colombo	-	360.00 - 520.00	150.00 - 320.00	220.00 - 320.00	200.00 - 320.00	200.00 - 320.00	80.00 - 240.00	80.00 - 200.00	200.00 - 320.00			
Gampaha	-	400.00 - 480.00	200.00 - 240.00	280.00 - 320.00	200.00 - 320.00	240.00 - 320.00	160.00 - 160.00	120.00 - 160.00	240.00 - 320.00			
Kurunegala	-	460.00 - 480.00	260.00 - 320.00	280.00 - 340.00	240.00 - 320.00	280.00 - 320.00	200.00 - 240.00	120.00 - 160.00	280.00 - 320.00			
Nikaweratiya	-	480.00 - 480.00	280.00 - 320.00	280.00 - 360.00	240.00 - 320.00	240.00 - 320.00	160.00 - 200.00	120.00 - 160.00	320.00 - 320.00			
Dambulla	-	400.00 - 440.00	240.00 - 260.00	340.00 - 360.00	240.00 - 280.00	240.00 - 280.00	120.00 - 160.00	100.00 - 120.00	340.00 - 380.00			
Anuradhapura	-	480.00 - 520.00	240.00 - 320.00	320.00 - 360.00	240.00 - 320.00	200.00 - 240.00	120.00 - 180.00	120.00 - 180.00	300.00 - 360.00			
Thambuththegama	-	360.00 - 440.00	200.00 - 240.00	240.00 - 280.00	230.00 - 260.00	160.00 - 200.00	120.00 - 160.00	100.00 - 160.00	250.00 - 300.00			
Polonnaruwa	-	440.00 - 460.00	190.00 - 200.00	280.00 - 310.00	260.00 - 280.00	220.00 - 240.00	140.00 - 150.00	100.00 - 130.00	260.00 - 280.00			
Kaluthara	-	420.00 - 440.00	220.00 - 240.00	300.00 - 330.00	200.00 - 240.00	200.00 - 220.00	140.00 - 160.00	140.00 - 160.00	260.00 - 280.00			
Badulla	-	400.00 - 440.00	200.00 - 240.00	280.00 - 320.00	240.00 - 280.00	200.00 - 240.00	120.00 - 140.00	100.00 - 120.00	280.00 - 320.00			
Keppetipola	-	360.00 - 380.00	190.00 - 200.00	260.00 - 280.00	220.00 - 240.00	180.00 - 200.00	80.00 - 100.00	100.00 - 120.00	300.00 - 320.00			
Moneragala	-	400.00 - 480.00	200.00 - 240.00	300.00 - 320.00	280.00 - 320.00	-	100.00 - 180.00	120.00 - 160.00	280.00 - 320.00			
Kegalle	-	450.00 - 480.00	300.00 - 320.00	340.00 - 360.00	300.00 - 320.00	300.00 - 320.00	170.00 - 200.00	140.00 - 160.00	300.00 - 320.00			
16 Ampara	-	400.00 - 440.00	240.00 - 280.00	280.00 - 320.00	240.00 - 300.00	-	140.00 - 160.00	140.00 - 180.00	280.00 - 320.00			
Dehiattakandiya	-	400.00 - 480.00	220.00 - 320.00	280.00 - 320.00	240.00 - 320.00	300.00 - 320.00	120.00 - 200.00	100.00 - 160.00	240.00 - 320.00			
Nuwaraeliya	-	390.00 - 400.00	220.00 - 240.00	260.00 - 280.00	220.00 - 240.00	210.00 - 220.00	110.00 - 120.00	150.00 - 160.00	280.00 - 300.00			
Kandy	-	480.00 - 500.00	200.00 - 240.00	280.00 - 320.00	240.00 - 280.00	240.00 - 260.00	120.00 - 140.00	120.00 - 160.00	240.00 - 260.00			
Puttalam	-	480.00 - 520.00	280.00 - 320.00	320.00 - 380.00	200.00 - 320.00	-	150.00 - 200.00	120.00 - 200.00	320.00 - 380.00			
Hambantota	-	380.00 - 420.00	200.00 - 240.00	280.00 - 320.00	200.00 - 240.00	200.00 - 250.00	120.00 - 140.00	110.00 - 130.00	200.00 - 240.00			
Rathnapura	-	400.00 - 420.00	200.00 - 220.00	310.00 - 330.00	260.00 - 300.00	180.00 - 200.00	110.00 - 130.00	120.00 - 130.00	280.00 - 300.00			
Matara	-	420.00 - 480.00	200.00 - 220.00	280.00 - 320.00	200.00 - 220.00	200.00 - 240.00	100.00 - 140.00	100.00 - 140.00	200.00 - 240.00			
Galle	-	400.00 - 440.00	240.00 - 280.00	300.00 - 340.00	240.00 - 280.00	280.00 - 280.00	160.00 - 180.00	140.00 - 160.00	220.00 - 280.00			
Tissamaharama	-	430.00 - 450.00	160.00 - 230.00	250.00 - 280.00	200.00 - 230.00	170.00 - 200.00	90.00 - 120.00	100.00 - 140.00	240.00 - 280.00			
Meegoda (DEC)	-	400.00 - 480.00	240.00 - 280.00	240.00 - 320.00	240.00 - 320.00	300.00 - 320.00	160.00 - 200.00	160.00 - 200.00	240.00 - 320.00			
Embilipitiya	-	380.00 - 450.00	200.00 - 240.00	240.00 - 280.00	200.00 - 250.00	200.00 - 240.00	150.00 - 200.00	140.00 - 200.00	160.00 - 240.00			
Jaffna	-	380.00 - 420.00	350.00 - 400.00	260.00 - 270.00	240.00 - 280.00	-	150.00 - 180.00	-	200.00 - 240.00			
Vavuniya	-	400.00 - 450.00	300.00 - 340.00	350.00 - 400.00	300.00 - 320.00	300.00 - 340.00	150.00 - 200.00	100.00 - 150.00	240.00 - 320.00			
Mannar	-	560.00 - 600.00	300.00 - 340.00	320.00 - 360.00	320.00 - 360.00	-	180.00 - 200.00	180.00 - 220.00	300.00 - 340.00			
Killinochchi	-	460.00 - 500.00	260.00 - 300.00	300.00 - 340.00	200.00 - 240.00	-	150.00 - 170.00	100.00 - 120.00	240.00 - 280.00			
Mullaittivu	-	400.00 - 440.00	240.00 - 280.00	280.00 - 320.00	240.00 - 280.00	-	150.00 - 160.00	100.00 - 140.00	240.00 - 280.00			
Batticaloa	-	460.00 - 600.00	260.00 - 280.00	300.00 - 320.00	320.00 - 330.00	300.00 - 320.00	120.00 - 140.00	100.00 - 120.00	300.00 - 320.00			
Trincomalee	-	420.00 - 450.00	210.00 - 240.00	250.00 - 280.00	200.00 - 230.00	-	140.00 - 160.00	100.00 - 120.00	260.00 - 300.00			
Hanguranketha	-	350.00 - 380.00	140.00 - 180.00	200.00 - 220.00	190.00 - 210.00	150.00 - 180.00	50.00 - 80.00	60.00 - 80.00	180.00 - 200.00			
Veyangoda	-	440.00 - 480.00	240.00 - 280.00	280.00 - 320.00	240.00 - 280.00	240.00 - 260.00	120.00 - 160.00	120.00 - 140.00	280.00 - 320.00			
Galenbindunuwewa	-	480.00 - 520.00	240.00 - 260.00	320.00 - 340.00	240.00 - 260.00	220.00 - 240.00	120.00 - 140.00	100.00 - 120.00	280.00 - 320.00			
Bandarawela	-	-	-	-	-	-	-	-	-			
Matale	-	-	-	-	-	-	-	-	-			

Table 07 (Contd.)

Table 07 (Contd.)

LOCATIONS	Low Country Varieties								Leafy Vegetable				Coconut (Rs/Nut)		
	Ash Plantain	Green Chillies	Lime	Sweet Potato	Manioc	Mukunuwenna	Kankun	Gotukola	Large		Small				
Colombo	220.00 - 360.00	280.00 - 600.00	180.00 - 400.00	150.00 - 240.00	180.00 - 240.00	60.00 - 90.00	60.00 - 90.00	80.00 - 150.00	110.00 - 130.00	95.00 - 100.00					
Gampaha	160.00 - 160.00	500.00 - 600.00	200.00 - 300.00	200.00 - 240.00	180.00 - 180.00	60.00 - 70.00	60.00 - 70.00	30.00 - 30.00	110.00 - 120.00	80.00 - 100.00					
Kurunegala	280.00 - 320.00	400.00 - 500.00	160.00 - 200.00	200.00 - 240.00	180.00 - 240.00	50.00 - 50.00	50.00 - 50.00	30.00 - 30.00	100.00 - 110.00	90.00 - 90.00					
Nikaweratiya	200.00 - 240.00	400.00 - 500.00	200.00 - 300.00	160.00 - 200.00	150.00 - 200.00	40.00 - 50.00	40.00 - 50.00	60.00 - 60.00	90.00 - 95.00	80.00 - 85.00					
Dambulla	280.00 - 300.00	450.00 - 500.00	200.00 - 300.00	180.00 - 200.00	180.00 - 220.00	50.00 - 60.00	50.00 - 60.00	40.00 - 50.00	90.00 - 100.00	70.00 - 80.00					
Anuradhapura	240.00 - 360.00	400.00 - 500.00	200.00 - 300.00	180.00 - 240.00	200.00 - 240.00	50.00 - 60.00	50.00 - 60.00	50.00 - 60.00	90.00 - 110.00	70.00 - 85.00					
Thambuththegama	-	350.00 - 450.00	150.00 - 200.00	160.00 - 200.00	180.00 - 200.00	40.00 - 40.00	40.00 - 40.00	-	90.00 - 100.00	70.00 - 85.00					
Polonnaruwa	280.00 - 300.00	400.00 - 420.00	200.00 - 250.00	200.00 - 220.00	180.00 - 200.00	50.00 - 50.00	50.00 - 50.00	50.00 - 50.00	85.00 - 90.00	75.00 - 80.00					
Kaluthara	260.00 - 280.00	350.00 - 400.00	200.00 - 220.00	220.00 - 240.00	180.00 - 200.00	80.00 - 100.00	80.00 - 100.00	100.00 - 120.00	110.00 - 120.00	90.00 - 100.00					
Badulla	300.00 - 320.00	400.00 - 500.00	160.00 - 200.00	200.00 - 240.00	220.00 - 240.00	70.00 - 70.00	70.00 - 70.00	70.00 - 80.00	110.00 - 120.00	85.00 - 90.00					
Keppetipola	240.00 - 250.00	400.00 - 450.00	220.00 - 240.00	180.00 - 190.00	200.00 - 220.00	40.00 - 45.00	40.00 - 45.00	30.00 - 35.00	106.00 - 110.00	95.00 - 98.00					
Moneragala	160.00 - 200.00	400.00 - 500.00	180.00 - 200.00	200.00 - 240.00	-	60.00 - 70.00	60.00 - 70.00	60.00 - 70.00	90.00 - 100.00	70.00 - 80.00					
Kegalle	260.00 - 280.00	460.00 - 500.00	180.00 - 220.00	180.00 - 200.00	200.00 - 240.00	70.00 - 80.00	70.00 - 80.00	50.00 - 70.00	110.00 - 120.00	90.00 - 100.00					
Ampara	180.00 - 280.00	400.00 - 500.00	150.00 - 200.00	200.00 - 240.00	-	60.00 - 60.00	50.00 - 60.00	50.00 - 60.00	90.00 - 100.00	80.00 - 85.00					
Dehiattakandiya	200.00 - 240.00	500.00 - 600.00	200.00 - 300.00	160.00 - 200.00	120.00 - 160.00	50.00 - 60.00	50.00 - 60.00	50.00 - 60.00	80.00 - 85.00	55.00 - 70.00					
Nuwaraeliya	280.00 - 300.00	450.00 - 500.00	250.00 - 260.00	190.00 - 200.00	240.00 - 250.00	45.00 - 50.00	45.00 - 50.00	30.00 - 35.00	106.00 - 110.00	95.00 - 100.00					
Kandy	260.00 - 280.00	480.00 - 500.00	300.00 - 320.00	140.00 - 160.00	230.00 - 240.00	50.00 - 60.00	50.00 - 60.00	40.00 - 50.00	100.00 - 110.00	80.00 - 85.00					
Puttalam	150.00 - 240.00	400.00 - 500.00	70.00 - 120.00	200.00 - 240.00	180.00 - 220.00	70.00 - 70.00	70.00 - 70.00	40.00 - 40.00	100.00 - 110.00	85.00 - 95.00					
Rathnapura	190.00 - 210.00	550.00 - 620.00	200.00 - 250.00	200.00 - 210.00	150.00 - 170.00	80.00 - 90.00	80.00 - 85.00	90.00 - 100.00	110.00 - 125.00	90.00 - 100.00					
Hambanthota	160.00 - 200.00	420.00 - 500.00	200.00 - 240.00	200.00 - 240.00	150.00 - 200.00	60.00 - 60.00	50.00 - 60.00	70.00 - 80.00	100.00 - 120.00	70.00 - 80.00					
Matara	240.00 - 300.00	400.00 - 550.00	200.00 - 240.00	180.00 - 200.00	200.00 - 230.00	55.00 - 60.00	55.00 - 60.00	80.00 - 90.00	110.00 - 125.00	70.00 - 90.00					
Galle	200.00 - 240.00	350.00 - 400.00	200.00 - 260.00	160.00 - 200.00	160.00 - 200.00	60.00 - 70.00	60.00 - 60.00	80.00 - 100.00	100.00 - 120.00	85.00 - 95.00					
Tissamaharama	200.00 - 230.00	300.00 - 400.00	100.00 - 130.00	180.00 - 200.00	160.00 - 170.00	45.00 - 50.00	45.00 - 50.00	55.00 - 60.00	90.00 - 95.00	65.00 - 70.00					
Meegoda (DEC)	280.00 - 300.00	500.00 - 500.00	260.00 - 300.00	180.00 - 200.00	180.00 - 180.00	80.00 - 90.00	80.00 - 90.00	-	115.00 - 120.00	90.00 - 110.00					
Embilipitiya	160.00 - 200.00	440.00 - 520.00	200.00 - 250.00	180.00 - 220.00	120.00 - 160.00	60.00 - 80.00	50.00 - 70.00	70.00 - 100.00	90.00 - 110.00	60.00 - 80.00					
Jaffna	160.00 - 180.00	250.00 - 300.00	300.00 - 400.00	-	260.00 - 300.00	85.00 - 90.00	35.00 - 40.00	30.00 - 35.00	70.00 - 85.00	50.00 - 65.00					
Vavuniya	200.00 - 240.00	400.00 - 500.00	150.00 - 200.00	220.00 - 250.00	200.00 - 240.00	55.00 - 65.00	55.00 - 65.00	55.00 - 65.00	70.00 - 80.00	50.00 - 70.00					
Mannar	200.00 - 240.00	400.00 - 500.00	150.00 - 200.00	180.00 - 200.00	200.00 - 240.00	50.00 - 60.00	50.00 - 60.00	45.00 - 55.00	70.00 - 80.00	60.00 - 65.00					
Killinochchi	200.00 - 220.00	380.00 - 420.00	180.00 - 220.00	200.00 - 230.00	200.00 - 240.00	50.00 - 60.00	40.00 - 50.00	40.00 - 50.00	80.00 - 90.00	50.00 - 60.00					
Mullaittivu	180.00 - 200.00	360.00 - 400.00	180.00 - 200.00	200.00 - 220.00	220.00 - 240.00	50.00 - 60.00	-	40.00 - 50.00	75.00 - 80.00	50.00 - 60.00					
Batticaloa	280.00 - 320.00	380.00 - 400.00	240.00 - 250.00	200.00 - 220.00	200.00 - 220.00	70.00 - 70.00	-	50.00 - 50.00	75.00 - 75.00	50.00 - 50.00					
Trincomalee	260.00 - 300.00	360.00 - 390.00	160.00 - 190.00	260.00 - 300.00	260.00 - 300.00	50.00 - 55.00	45.00 - 50.00	45.00 - 55.00	80.00 - 100.00	50.00 - 70.00					
Hanguranketha	240.00 - 260.00	300.00 - 400.00	160.00 - 200.00	120.00 - 150.00	120.00 - 140.00	40.00 - 40.00	40.00 - 40.00	40.00 - 40.00	97.00 - 105.00	70.00 - 95.00					
Veyangoda	280.00 - 320.00	400.00 - 500.00	200.00 - 300.00	160.00 - 220.00	180.00 - 200.00	60.00 - 70.00	60.00 - 70.00	30.00 - 30.00	120.00 - 130.00	90.00 - 110.00					
Galenbindunuwewa	120.00 - 140.00	400.00 - 500.00	-	160.00 - 200.00	-	50.00 - 60.00	50.00 - 60.00	-	80.00 - 90.00	60.00 - 70.00					
Bandarawela	-	-	-	-	-	-	-	-	-	-					
Matale	-	-	-	-	-	-	-	-	-	-					

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

Week 08: 17 - 23 February 2023

LOCATIONS	Banana								Pineapple					Mango	
	Ambul (Rs/Kg)	Kolikuttu (Rs/Kg)	Seeni (Rs/Kg)	Anamalu	Ambun	Large		Medium		Small		Betti	Karthakolomban		
Colombo	170.00 - 280.00	350.00 - 480.00	160.00 - 240.00	25.00 - 35.00	31.00 - 44.00	500.00 - 560.00	400.00 - 480.00	300.00 - 390.00	-	-	350.00 - 500.00				
Gampaha	200.00 - 230.00	380.00 - 400.00	170.00 - 180.00	25.00 - 30.00	31.00 - 38.00	380.00 - 400.00	280.00 - 350.00	180.00 - 250.00	-	-	-				
Kurunegala	200.00 - 250.00	450.00 - 500.00	150.00 - 180.00	20.00 - 25.00	42.00 - 43.00	500.00 - 600.00	300.00 - 400.00	180.00 - 200.00	-	-	-				
Nikaweratiya	180.00 - 200.00	400.00 - 450.00	180.00 - 200.00	-	38.00 - 42.00	480.00 - 500.00	350.00 - 400.00	150.00 - 200.00	-	-	-				
Dambulla	200.00 - 220.00	400.00 - 450.00	160.00 - 180.00	-	40.00 - 43.00	500.00 - 550.00	400.00 - 450.00	200.00 - 220.00	80.00 - 100.00	330.00 - 350.00					
Anuradhapura	180.00 - 240.00	400.00 - 500.00	170.00 - 200.00	24.00 - 28.00	33.00 - 45.00	630.00 - 700.00	540.00 - 600.00	350.00 - 450.00	-	-	-				
Thambuththegama	220.00 - 250.00	400.00 - 450.00	160.00 - 220.00	30.00 - 35.00	42.00 - 43.00	650.00 - 750.00	550.00 - 600.00	400.00 - 480.00	-	-	-				
Polonaruwa	180.00 - 200.00	450.00 - 460.00	120.00 - 150.00	19.00 - 21.00	-	600.00 - 650.00	400.00 - 450.00	320.00 - 350.00	-	-	-				
Kaluthara	280.00 - 300.00	380.00 - 400.00	200.00 - 220.00	30.00 - 32.00	36.00 - 40.00	480.00 - 500.00	370.00 - 400.00	-	-	-	350.00 - 400.00				
Badulla	200.00 - 220.00	400.00 - 440.00	130.00 - 140.00	18.00 - 21.00	30.00 - 32.00	-	380.00 - 420.00	240.00 - 260.00	-	-	-				
Keppetipola	180.00 - 200.00	400.00 - 420.00	140.00 - 160.00	18.00 - 22.00	42.00 - 45.00	-	420.00 - 450.00	340.00 - 360.00	-	-	-				
Moneragala	160.00 - 180.00	350.00 - 380.00	100.00 - 140.00	20.00 - 22.00	25.00 - 28.00	525.00 - 570.00	-	-	-	-	-				
Kegalle	180.00 - 200.00	480.00 - 520.00	180.00 - 200.00	30.00 - 40.00	35.00 - 40.00	650.00 - 680.00	350.00 - 550.00	150.00 - 220.00	-	-	-				
Ampara	160.00 - 170.00	350.00 - 390.00	100.00 - 130.00	20.00 - 30.00	25.00 - 38.00	580.00 - 600.00	480.00 - 500.00	380.00 - 400.00	-	-	-				
Dehiwakkandiya	160.00 - 220.00	380.00 - 400.00	160.00 - 180.00	-	50.00 - 60.00	600.00 - 700.00	350.00 - 480.00	250.00 - 300.00	-	-	-				
Nuwaraeliya	170.00 - 190.00	430.00 - 450.00	150.00 - 160.00	18.00 - 22.00	44.00 - 46.00	-	440.00 - 460.00	340.00 - 360.00	-	240.00 - 250.00					
Kandy	230.00 - 250.00	480.00 - 500.00	180.00 - 200.00	24.00 - 25.00	35.00 - 45.00	650.00 - 680.00	400.00 - 450.00	180.00 - 200.00	-	240.00 - 250.00					
Puttalam	160.00 - 180.00	350.00 - 450.00	160.00 - 180.00	20.00 - 24.00	-	600.00 - 700.00	300.00 - 350.00	200.00 - 280.00	-	-	-				
Rathnapura	190.00 - 200.00	340.00 - 360.00	180.00 - 200.00	-	-	650.00 - 700.00	400.00 - 500.00	150.00 - 200.00	-	150.00 - 200.00					
Hambantota	180.00 - 200.00	380.00 - 400.00	150.00 - 170.00	23.00 - 25.00	25.00 - 29.00	550.00 - 600.00	450.00 - 500.00	220.00 - 300.00	-	-	-				
Matara	190.00 - 220.00	370.00 - 400.00	180.00 - 190.00	22.00 - 23.00	33.00 - 35.00	600.00 - 670.00	450.00 - 520.00	300.00 - 350.00	-	200.00 - 225.00					
Galle	200.00 - 260.00	380.00 - 400.00	150.00 - 200.00	28.00 - 35.00	35.00 - 40.00	-	450.00 - 500.00	350.00 - 400.00	100.00 - 150.00	250.00 - 350.00					
Tissamaharama	160.00 - 180.00	370.00 - 400.00	120.00 - 140.00	-	-	520.00 - 540.00	380.00 - 400.00	280.00 - 300.00	-	150.00 - 160.00					
Meegoda (DEC)	200.00 - 230.00	380.00 - 400.00	150.00 - 180.00	25.00 - 30.00	22.00 - 30.00	-	-	290.00 - 320.00	-	-	-				
Embiliptiya	160.00 - 190.00	280.00 - 350.00	120.00 - 140.00	25.00 - 30.00	30.00 - 45.00	500.00 - 550.00	350.00 - 450.00	180.00 - 250.00	-	-	-				
Jaffna	200.00 - 220.00	250.00 - 280.00	120.00 - 130.00	-	-	620.00 - 680.00	480.00 - 580.00	300.00 - 350.00	-	150.00 - 300.00					
Vavuniya	150.00 - 200.00	250.00 - 280.00	100.00 - 160.00	26.00 - 30.00	-	480.00 - 520.00	400.00 - 450.00	320.00 - 350.00	-	550.00 - 600.00					
Mannar	150.00 - 160.00	350.00 - 400.00	120.00 - 150.00	20.00 - 22.00	-	480.00 - 500.00	320.00 - 350.00	280.00 - 300.00	-	-	-				
Killinochchi	160.00 - 200.00	350.00 - 380.00	160.00 - 180.00	26.00 - 28.00	26.00 - 28.00	600.00 - 660.00	480.00 - 520.00	400.00 - 440.00	-	440.00 - 460.00					
Mullaithivu	160.00 - 200.00	280.00 - 300.00	180.00 - 200.00	22.00 - 25.00	22.00 - 25.00	520.00 - 550.00	440.00 - 460.00	360.00 - 380.00	-	-	-				
Batticaloa	180.00 - 200.00	370.00 - 400.00	160.00 - 180.00	25.00 - 30.00	-	-	400.00 - 440.00	300.00 - 380.00	-	-	-				
Trincomalee	190.00 - 220.00	380.00 - 420.00	160.00 - 180.00	28.00 - 29.00	24.00 - 27.00	-	400.00 - 450.00	250.00 - 350.00	-	-	-				
Veyangoda	220.00 - 280.00	400.00 - 500.00	180.00 - 220.00	18.00 - 22.00	35.00 - 44.00	500.00 - 600.00	350.00 - 400.00	280.00 - 300.00	-	180.00 - 225.00					
Galenbindunuwewa	180.00 - 200.00	350.00 - 400.00	120.00 - 150.00	30.00 - 35.00	35.00 - 40.00	685.00 - 720.00	570.00 - 600.00	450.00 - 480.00	-	-	-				
Bandarawela	-	-	-	-	-	-	-	-	-	-	-				
Matale	-	-	-	-	-	-	-	-	-	-	-				

Table 08 (Contd.)

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

Week 08: 17 - 23 February 2023

Locations	Sea Fish										
	Salaya		Hurulla		Balaya		Kelawalla		Thora		Paraw
Colombo	250.00 –	450.00	500.00 –	650.00	450.00 –	650.00	840.00 –	1150.00	1500.00 –	2300.00	750.00 – 1300.00
Kandy	400.00 –	450.00	750.00 –	800.00	750.00 –	800.00	1200.00 –	1400.00	2100.00 –	2200.00	1200.00 – 1320.00
Kaluthara	320.00 –	340.00	740.00 –	780.00	630.00 –	650.00	900.00 –	950.00	–	–	900.00 – 950.00
Puttalam	450.00 –	500.00	820.00 –	950.00	670.00 –	900.00	1550.00 –	1800.00	2300.00 –	2420.00	1250.00 – 1300.00
Matara	–	–	650.00 –	680.00	700.00 –	750.00	1450.00 –	1550.00	–	–	1400.00 – 1450.00
Hambantota	–	–	700.00 –	750.00	750.00 –	800.00	1200.00 –	1300.00	1600.00 –	1650.00	1500.00 – 1600.00
Galle	–	–	–	–	750.00 –	800.00	1200.00 –	1400.00	1800.00 –	2000.00	1000.00 – 1200.00
Batticaloa	300.00 –	400.00	700.00 –	800.00	700.00 –	800.00	1100.00 –	1200.00	1600.00 –	1700.00	1600.00 – 1650.00
Trincomalee	300.00 –	380.00	–	–	450.00 –	550.00	750.00 –	850.00	1350.00 –	1450.00	700.00 – 850.00
Mannar	250.00 –	280.00	450.00 –	550.00	700.00 –	750.00	–	–	–	–	850.00 – 1000.00

Locations	Sea Fish					Eggs				
	Mora		Shrimps		Thalapath	Teppeli	Brown	White		
Colombo	600.00 –	1000.00	1450.00 –	1650.00	1300.00 –	1850.00	–	46.00 –	46.00	44.00 – 44.00
Kandy	1100.00 –	1200.00	1600.00 –	1700.00	1750.00 –	1900.00	–	46.00 –	47.00	42.00 – 43.00
Kaluthara	–	–	–	–	1300.00 –	1400.00	–	–	–	–
Puttalam	1750.00 –	1870.00	1200.00 –	1400.00	2200.00 –	2400.00	–	50.00 –	50.00	48.00 – 49.00
Matara	–	–	1800.00 –	1900.00	–	–	–	–	–	–
Hambantota	–	–	1900.00 –	1900.00	–	–	–	–	–	–
Galle	1000.00 –	1200.00	–	–	–	–	47.50 –	48.00	45.00 –	46.00
Batticaloa	–	–	1400.00 –	1500.00	1700.00 –	1800.00	–	48.00 –	49.00	48.00 – 48.00
Trincomalee	700.00 –	800.00	700.00 –	850.00	1100.00 –	1250.00	–	45.00 –	46.00	42.00 – 46.00
Mannar	–	–	1000.00 –	1100.00	–	–	–	–	–	44.00 – 44.00

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

Week 08: 17 - 23 February 2023

Locations	Local Dried Fish						
	Sprats	Kattawa	Thora	Mora	Balaya	Anguluwa	
Colombo	55000 –	65000	–	–	80000 –	87500	40000 – 46000
Kandy	65000 –	67500	–	–	90000 –	92500	47500 – 48000
Batticaloa	60000 –	63500	11500 – 115000	–	92500 –	95000	–
Trincomalee	40000 –	41250	69000 – 70500	83750 – 85000	69000 –	70500	29750 – 31000
Mannar	50000 –	52500	95000 – 100000	–	70000 –	72500	42500 – 45000

Locations	Local Dried Fish			Imported Dried Fish		
	Maduwa	Koduwa	Salaya	Sprats	Kattawa	Thora
Colombo	55000 –	65000	–	35000 – 40000	43000 – 47500	84000 – 87000
Kandy	65000 –	67500	–	42500 – 45000	47500 – 50000	90000 – 92500
Batticaloa	64500 –	66500	–	45000 – 46000	62500 – 65000	–
Trincomalee	49350 –	50000	54000 – 54000	27500 – 28750	45000 – 46000	76500 – 77500
Mannar	50000 –	52500	70000 – 72500	37500 – 40000	52500 – 55000	–

Locations	Imported Dried Fish					
	Mora	Balaya	Anguluwa	Maduwa	Koduwa	Salaya
Colombo	–	–	79000 – 85000	–	–	–
Kandy	–	–	–	–	–	–
Batticaloa	–	–	–	–	–	–
Trincomalee	80000 –	81500	–	–	–	–
Mannar	–	–	–	–	–	–

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

Week 08: 17 - 23 February 2023

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

Week 08: 17 - 23 February 2023

LOCATIONS	Dried Fish											
	Sprats-Imported	Kattawa	Thora	Mora	Balaya	Anguluwa	Salaya					
23	Colombo	1200.00 – 1600.00	2200.00 – 2600.00	–	2000.00 – 2600.00	1200.00 – 1800.00	2200.00 – 2600.00	1000.00 – 1400.00				
	Gampaha	1100.00 – 1400.00	2400.00 – 2400.00	2800.00 – 2800.00	2400.00 – 2500.00	1200.00 – 1400.00	2200.00 – 2200.00	1000.00 – 1200.00				
	Kurunegala	1200.00 – 1300.00	2000.00 – 2400.00	2500.00 – 2500.00	2000.00 – 2400.00	1200.00 – 1400.00	2200.00 – 2200.00	980.00 – 1100.00				
	Nikaweratiya	1200.00 – 1300.00	2200.00 – 2200.00	–	2000.00 – 2200.00	1200.00 – 1400.00	2400.00 – 2400.00	1000.00 – 1000.00				
	Dambulla	1200.00 – 1300.00	2500.00 – 2600.00	–	2500.00 – 2600.00	1250.00 – 1300.00	2200.00 – 2400.00	–				
	Anuradhapura	1200.00 – 1500.00	2400.00 – 2500.00	–	2400.00 – 2800.00	1400.00 – 1600.00	2400.00 – 2600.00	1000.00 – 1200.00				
	Thambuththegama	1000.00 – 1200.00	2400.00 – 2500.00	–	1650.00 – 2000.00	1150.00 – 1400.00	–	1000.00 – 1000.00				
	Polonnaruwa	1350.00 – 1400.00	2200.00 – 2400.00	–	2200.00 – 2400.00	1200.00 – 1400.00	2200.00 – 2300.00	1200.00 – 1300.00				
	Kaluthara	1600.00 – 1700.00	2400.00 – 2600.00	–	2200.00 – 2400.00	1300.00 – 1450.00	–	1200.00 – 1300.00				
	Badulla	1200.00 – 1400.00	2400.00 – 2500.00	–	2200.00 – 2300.00	1300.00 – 1400.00	–	1100.00 – 1200.00				
	Keppetipola	1200.00 – 1350.00	2500.00 – 2600.00	–	2200.00 – 2300.00	1200.00 – 1300.00	2400.00 – 2500.00	1200.00 – 1300.00				
	Moneragala	1200.00 – 1300.00	2200.00 – 2400.00	2000.00 – 2200.00	2200.00 – 2400.00	1200.00 – 1300.00	2000.00 – 2300.00	1000.00 – 1200.00				
	Kegalle	1150.00 – 1250.00	2200.00 – 2350.00	–	2000.00 – 2200.00	1100.00 – 1200.00	–	–				
	Ampara	1100.00 – 1200.00	2200.00 – 2600.00	–	2000.00 – 2200.00	1200.00 – 1200.00	1000.00 – 2100.00	–				
	Dehiattakandiya	1200.00 – 1500.00	2600.00 – 2800.00	2200.00 – 2200.00	2000.00 – 2200.00	1200.00 – 1600.00	–	1200.00 – 1200.00				
	Nuwaraeliya	1260.00 – 1320.00	2400.00 – 2500.00	–	2300.00 – 2400.00	1200.00 – 1300.00	2400.00 – 2600.00	1100.00 – 1200.00				
	Kandy	1000.00 – 1300.00	2400.00 – 2500.00	–	2300.00 – 2400.00	1400.00 – 1500.00	2400.00 – 2500.00	1100.00 – 1200.00				
	Puttalam	1050.00 – 1120.00	2100.00 – 2600.00	2300.00 – 2800.00	2000.00 – 2400.00	1000.00 – 1200.00	1000.00 – 1200.00	800.00 – 880.00				
	Hambantota	1300.00 – 1500.00	2200.00 – 2500.00	–	–	1200.00 – 1300.00	2000.00 – 2200.00	–				
	Rathnapura	1080.00 – 1400.00	2000.00 – 2300.00	3000.00 – 3000.00	1920.00 – 2100.00	–	2160.00 – 2400.00	1000.00 – 1100.00				
	Matara	1200.00 – 1400.00	2200.00 – 2400.00	–	2000.00 – 2250.00	1150.00 – 1400.00	–	–				
	Galle	1400.00 – 1500.00	2300.00 – 2600.00	2600.00 – 2800.00	2400.00 – 2600.00	1200.00 – 1300.00	1800.00 – 2000.00	1100.00 – 1300.00				
	Tissamaharama	1100.00 – 1300.00	–	–	–	1000.00 – 1300.00	–	–				
	Meegoda	1120.00 – 1200.00	2200.00 – 2200.00	–	2000.00 – 2200.00	1280.00 – 1400.00	–	920.00 – 920.00				
	Embilipitiya	1200.00 – 1600.00	2300.00 – 2500.00	2300.00 – 2450.00	2200.00 – 2400.00	1300.00 – 1600.00	2300.00 – 2500.00	950.00 – 1200.00				
	Jaffna	1750.00 – 1900.00	–	–	–	–	–	–				
	Vavuniya	1200.00 – 1400.00	–	–	1900.00 – 2000.00	1150.00 – 1250.00	950.00 – 1050.00	880.00 – 950.00				
	Mannar	1100.00 – 1200.00	2100.00 – 2300.00	–	1600.00 – 1800.00	950.00 – 1100.00	900.00 – 1000.00	850.00 – 900.00				
	Killinochchi	1200.00 – 1300.00	2800.00 – 3000.00	–	2700.00 – 2900.00	1500.00 – 1600.00	1200.00 – 1400.00	1000.00 – 1200.00				
	Mullaitivu	1400.00 – 1500.00	2000.00 – 2500.00	–	2000.00 – 2300.00	1000.00 – 1400.00	1000.00 – 1200.00	900.00 – 1000.00				
	Batticaloa	1300.00 – 1450.00	2200.00 – 2400.00	–	2000.00 – 2000.00	1300.00 – 1400.00	1100.00 – 1200.00	1000.00 – 1200.00				
	Trincomalee	1100.00 – 1200.00	–	1800.00 – 1900.00	1500.00 – 1650.00	–	900.00 – 1000.00	–				
	Veyangoda	1000.00 – 1200.00	2000.00 – 2200.00	–	2100.00 – 2300.00	1200.00 – 1400.00	–	1000.00 – 1200.00				
	Galenbindunuwewa	1200.00 – 1300.00	2200.00 – 2600.00	–	2200.00 – 2400.00	1400.00 – 1500.00	2400.00 – 2600.00	1000.00 – 1200.00				
	Bandarawela	–	–	–	–	–	–	–				
	Matale	–	–	–	–	–	–	–				

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

Week 08: 17 - 23 February 2023

LOCATIONS	Meat		Meat (Chicken)		Meat	
	Beef	Broiler	Curry	Mutton	Pork	
Colombo	2200.00 – 2300.00	1150.00 – 1300.00	1300.00 – 1600.00	2800.00 – 3200.00	1600.00 – 2000.00	
Gampaha	–	1250.00 – 1280.00	1500.00 – 1500.00	3000.00 – 3000.00	1500.00 – 1500.00	
Kurunegala	1900.00 – 2000.00	1200.00 – 1300.00	–	2600.00 – 2700.00	1500.00 – 1600.00	
Nikaweratiya	1800.00 – 1800.00	1150.00 – 1190.00	–	–	–	
Dambulla	–	1200.00 – 1260.00	–	–	1600.00 – 1700.00	
Anuradhapura	1900.00 – 2000.00	1200.00 – 1300.00	–	3000.00 – 3100.00	1500.00 – 1650.00	
Thambuththegama	1800.00 – 2000.00	1000.00 – 1120.00	1200.00 – 1300.00	–	1550.00 – 1600.00	
Polonnaruwa	2000.00 – 2000.00	1100.00 – 1250.00	–	–	1600.00 – 1800.00	
Kaluthara	–	1150.00 – 1200.00	1300.00 – 1400.00	–	–	
Badulla	1800.00 – 2000.00	1300.00 – 1380.00	1500.00 – 1600.00	2600.00 – 2800.00	–	
Keppetipola	2000.00 – 2100.00	1150.00 – 1180.00	1250.00 – 1280.00	2900.00 – 3000.00	–	
Moneragala	1900.00 – 1900.00	1250.00 – 1350.00	–	2700.00 – 2700.00	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	–	1100.00 – 1300.00	–	1750.00 – 2000.00	
Dehiattakandiya	1850.00 – 1850.00	1020.00 – 1200.00	–	–	1450.00 – 1650.00	
Nuwaraeliya	2000.00 – 2200.00	1150.00 – 1200.00	1250.00 – 1280.00	2800.00 – 2900.00	1800.00 – 1900.00	
Kandy	1800.00 – 1900.00	1130.00 – 1140.00	1450.00 – 1500.00	2600.00 – 2700.00	1550.00 – 1600.00	
Puttalam	2000.00 – 2000.00	1200.00 – 1300.00	1700.00 – 1800.00	2800.00 – 3000.00	–	
Hambantota	–	1280.00 – 1300.00	–	–	–	
Rathnapura	2000.00 – 2100.00	1160.00 – 1250.00	1480.00 – 1550.00	2900.00 – 3000.00	1560.00 – 1600.00	
Matara	–	1260.00 – 1280.00	–	–	–	
Galle	2000.00 – 2100.00	1150.00 – 1250.00	1550.00 – 1550.00	3000.00 – 3200.00	–	
Tissamaharama	–	1120.00 – 1150.00	–	2800.00 – 2800.00	1700.00 – 1800.00	
Meegoda	–	1080.00 – 1100.00	–	–	1600.00 – 1650.00	
Embilipitiya	2100.00 – 2200.00	1050.00 – 1080.00	1100.00 – 1200.00	2800.00 – 2900.00	1550.00 – 1750.00	
Jaffna	1450.00 – 1500.00	1500.00 – 1600.00	1400.00 – 1500.00	2500.00 – 2600.00	–	
Vavuniya	1750.00 – 1900.00	1350.00 – 1450.00	–	2850.00 – 2950.00	–	
Mannar	1500.00 – 1600.00	1400.00 – 1400.00	1800.00 – 2000.00	–	–	
Killinochchi	1800.00 – 1900.00	1500.00 – 1600.00	1550.00 – 1600.00	2800.00 – 2900.00	–	
Mullaittivu	1700.00 – 1800.00	1500.00 – 1600.00	–	–	–	
Batticaloa	1700.00 – 1800.00	1500.00 – 1600.00	1600.00 – 1700.00	–	–	
Trincomalee	1750.00 – 1850.00	1200.00 – 1250.00	1500.00 – 1600.00	–	–	
Veyangoda	1900.00 – 1900.00	1150.00 – 1160.00	–	2600.00 – 2600.00	1600.00 – 1600.00	
Galenbindunuwewa	1800.00 – 1800.00	1200.00 – 1200.00	–	–	–	
Bandarawela	–	–	–	–	–	
Matale	–	–	–	–	–	

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

Week 08: 17 - 23 February 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 (%)
Rice							Coconut						
Local							Large	95.00 - 98.00	96.60	98.60	72.40	-2.03	33.43
Samba 1	210.00 - 220.00	212.00	210.50	160.56	0.71	32.04	Small	85.00 - 88.00	87.00	90.20	66.09	-3.55	31.64
Samba 2	195.00 - 210.00	206.00	205.10	155.91	0.44	32.13							
Keeri Samba	220.00 - 240.00	227.00	219.36	208.50	3.48	8.87	Fruits (Rs/Fruit)						
Nadu 1	185.00 - 190.00	187.50	186.90	154.00	0.32	21.75	Plantain						
Nadu 2	170.00 - 180.00	177.50	176.82	148.60	0.39	19.45	Ambul (Rs/Kg)	140.00 - 200.00	161.82	171.54	67.50	-5.67	139.73
Raw (Red)	155.00 - 185.00	169.50	170.90	155.45	-0.82	9.04	Kolikuttu (Rs/Kg)	280.00 - 350.00	317.27	340.77	165.00	-6.90	92.29
Raw (White)	160.00 - 185.00	171.00	172.70	147.80	-0.98	15.70	Seeni (Rs/Kg)	100.00 - 150.00	128.18	130.83	72.50	-2.03	76.80
Imported							Anamalu	22.00 - 26.00	23.67	22.17	12.75	6.77	85.62
Samba	188.00 - 195.00	191.10	189.90	119.70	0.63	59.65	Ambun	27.00 - 32.00	29.17	27.67	15.75	5.42	85.19
Nadu	160.00 - 175.00	167.50	163.60	111.20	2.38	50.63	Papaw(Rs/Kg)	170.00 - 280.00	221.67	185.45	231.67	19.53	-4.32
Raw (Red)	-	-	-	-	-	-	Passion Fruit	60.00 - 75.00	70.00	67.50	33.17	3.70	111.06
Raw (White)	155.00 - 160.00	158.40	157.10	108.40	0.83	46.13	Pineapple Large	400.00 - 420.00	413.33	402.50	354.55	2.69	16.58
Dried Chillies							Pineapple Medium	340.00 - 380.00	357.14	333.33	256.00	7.14	39.51
Imported	1100.00 - 1300.00	1208.00	1219.00	913.64	-0.90	32.22	Pineapple Small	250.00 - 300.00	280.00	269.00	188.00	4.09	48.94
Onion							Mango						
Sinnan	-	-	-	206.67	-	-	Betti	70.00 - 75.00	72.14	60.00	-	20.24	-
Vedalan	380.00 - 400.00	390.00	-	351.67	-	10.90	Karthakolomban	250.00 - 350.00	312.00	273.64	110.00	14.02	183.64
Imported	200.00 - 250.00	225.00	300.50	289.00	-25.12	-22.15	Vilad	-	-	-	-	-	-
Big Onion							Kohu	-	-	-	-	-	-
Imported	100.00 - 110.00	105.50	120.80	119.00	-12.67	-11.34	Other						
Local	-	-	-	-	-	-	Wood Apple	45.00 - 60.00	53.18	40.50	30.33	31.31	75.32
Potato							Orange	40.00 - 55.00	46.27	33.00	42.00	40.22	10.17
Wellimada	200.00 - 230.00	215.00	225.00	-	-4.44	-	Avocado	120.00 - 220.00	163.33	146.36	108.00	11.59	51.23
N'Eliya	230.00 - 260.00	245.00	270.00	232.00	-9.26	5.60	Slime Apple	18.00 - 22.00	20.00	17.22	22.67	16.13	-11.76
Imported	125.00 - 155.00	140.50	164.00	108.50	-14.33	29.49	Grapes (Imp., Rs/Kg)	1900.00 - 2000.00	1971.43	1962.50	1050.00	0.45	87.76
Pulses							King Coconut	100.00 - 130.00	115.00	123.33	70.00	-6.76	64.29
Green Gram	1400.00 - 1475.00	1440.00	1415.50	535.00	1.73	169.16	Sea Fish						
Cowpea (White)	875.00 - 1000.00	949.17	1003.13	560.00	-5.38	69.49	Salaya	250.00 - 450.00	349.00	367.00	180.00	-4.90	93.89
Cowpea (Red)	950.00 - 1000.00	974.17	1007.50	489.50	-3.31	99.01	Hurulla	500.00 - 650.00	581.00	757.00	557.50	-23.25	4.22
Red Dhal	335.00 - 340.00	337.50	337.60	298.30	-0.03	13.14	Bayala	450.00 - 650.00	546.00	752.00	620.00	-27.39	-11.94
Vegetable							Kelawalla	840.00 - 1150.00	982.00	1229.00	860.00	-20.10	14.19
Beans (Butter)	-	-	-	-	-	-	Thora	1500.00 - 2300.00	1940.00	2395.00	1433.33	-19.00	35.35
Beans(Green)	330.00 - 380.00	350.00	354.00	183.00	-1.13	91.26	Paraw	750.00 - 1300.00	990.00	1228.00	793.33	-19.38	24.79
Carrot	100.00 - 150.00	122.00	104.00	340.00	17.31	-64.12	Mora	600.00 - 1000.00	782.86	1090.00	-	-	-
Leeks	150.00 - 200.00	176.00	159.00	95.00	10.69	85.26	Shrimps	1450.00 - 1650.00	1536.00	1508.00	1136.67	1.86	35.13
Beetroot	140.00 - 210.00	170.00	120.00	186.36	41.67	-8.78	Thalapath	1300.00 - 1850.00	1545.00	1770.00	1178.75	-12.71	31.07
Knolkhol	130.00 - 160.00	146.00	124.00	89.00	17.74	64.04	Eggs						
Raddish	50.00 - 60.00	58.18	55.00	28.00	5.79	107.79	Brown	46.00 - 46.00	46.00	46.00	21.25	0.00	116.47
Cabbage	30.00 - 60.00	43.00	54.00	89.00	-20.37	-51.69	White	44.00 - 44.00	44.00	43.75	19.63	0.57	124.20
Tomato	140.00 - 200.00	164.00	178.00	218.00	-7.87	-24.77	Dried Fish						
Ladies Fingers	190.00 - 220.00	203.00	206.00	142.50	-1.46	42.46	Sprats	1100.00 - 1300.00	1228.00	1271.00	966.00	-3.38	27.12
Brinjal	120.00 - 200.00	155.00	99.00	240.00	56.57	-35.42	Sprats (Imported)	860.00 - 950.00	915.00	928.33	706.00	-1.44	29.60
Capsicum	420.00 - 550.00	486.00	516.00	461.00	-5.81	5.42	Kattawa	-	-	-	1288.00	-	-
Pumpkin	50.00 - 80.00	62.00	70.00	177.00	-11.43	-64.97	Kattawa (Imported)	1680.00 - 1740.00	1709.00	1728.00	1097.14	-1.10	55.77
Cucumber	120.00 - 150.00	137.00	126.00	66.00	8.73	107.58	Thora	-	-	-	-	-	-
Bitter Gourd	250.00 - 300.00	282.00	259.00	276.36	8.88	2.04	Mora	1600.00 - 1750.00	1691.00	1674.00	1388.75	1.02	21.76
Snake Gourd	140.00 - 170.00	151.00	136.00	152.00	11.03	-0.66	Thora (Imported)	-	-	-	-	-	-
Drumstick	-	-	-	-	-	-	Kattawa	-	-	-	-	-	-
Luffa	240.00 - 280.00	253.00	229.00	188.00	10.48	34.57	Mora (Imported)	-	-	-	-	-	-
Long Beans	150.00 - 200.00	172.00	139.00	111.67	23.74	54.03	Bayala	800.00 - 920.00	871.00	836.00	673.75	4.19	29.28
Ash Plantain	200.00 - 220.00	208.00	211.00	75.00	-1.42	177.33	Bayala (Imported)	-	-	-	-	-	-
Green Chillies	180.00 - 260.00	233.64	222.00	472.00	5.24	-50.50	Anguluwa	-	-	-	-	-	-
Lime	90.00 - 130.00	102.00	98.00	70.00	4.08	45.71	Anguluwa (Imported)	1580.00 - 1700.00	1640.00	1685.00	1120.00	-2.67	46.43
Root Crops							Maduwa	1100.00 - 1300.00	1205.00	1235.00	873.00	-2.43	38.03
Sweet Potato	100.00 - 130.00	116.00	129.00	74.00	-10.08	56.76	Maduwa (Imported)	-	-	-	-	-	-
Manioc	130.00 - 160.00	143.00	157.00	33.00	-8.92	333.33	Koduwa	-	-	-	-	-	-
Leafy Vegetable							Koduwa (Imported)	-	-	-	-	-	-
Mukunuwenna	40.00 - 50.00	43.50	41.50	43.00	4.82	1.16	Salaya	700.00 - 800.00	759.00	792.00	497.00	-4.17	52.72
Kankun	40.00 - 50.00	43.50	41.50	43.00	4.82	1.16	Salaya (Imported)	-	-	-	-	-	-
Gotukola (Rs/Kg)	220.00 - 230.00	225.00	222.00	192.00	1.35	17.19	-	-	-	-	-	-	-

This Week: Week 08: 17 - 23 February 2023

Last Week: Week 07: 10 - 16 February 2023

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

Week 08: 17 - 23 February 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 (%)	
Rice														
Local														
Samba 1	220.00 - 230.00	227.97	229.29	172.78	-1.31	31.95	Coconut	Large	110.00 - 130.00	117.22	115.50	88.39	1.72	32.62
Samba 2	210.00 - 220.00	218.21	218.17	161.03	0.05	35.51	Small	95.00 - 100.00	99.38	95.00	74.83	4.38	32.81	
Keeri Samba	240.00 - 260.00	254.74	253.71	236.67	1.02	7.64	Fruits (Rs/Fruit)							
Nadu 1	210.00 - 225.00	217.50	218.33	164.55	-0.83	32.18	Plantain	Ambul (Rs/Kg)	170.00 - 280.00	239.71	250.31	112.37	-10.60	113.33
Nadu 2	180.00 - 210.00	201.94	205.76	154.22	-3.81	30.95	Kolikuttu (Rs/Kg)	350.00 - 480.00	425.00	448.71	234.12	-23.71	81.53	
Raw (Red)	170.00 - 210.00	196.18	198.14	165.66	-1.96	18.43	Seeni (Rs/Kg)	160.00 - 240.00	209.43	210.33	125.14	-0.90	67.36	
Raw (White)	170.00 - 210.00	194.95	198.57	164.72	-3.62	18.35	Anamalu	25.00 - 35.00	29.85	30.16	18.88	-0.32	58.06	
Imported							Ambun	31.00 - 44.00	37.62	38.03	23.76	-0.41	58.30	
Samba	200.00 - 220.00	217.36	216.50	135.28	0.86	60.68	Papaw(Rs/Kg)	280.00 - 400.00	337.93	303.33	307.42	34.60	9.93	
Nadu	180.00 - 200.00	193.79	189.42	131.62	4.36	47.24	Passion Fruit	75.00 - 100.00	90.31	89.00	43.93	1.31	105.58	
Raw (Red)	-	-	-	-	-	-	Pineapple Large	500.00 - 560.00	536.33	543.55	398.15	-7.22	34.71	
Raw (White)	165.00 - 190.00	182.63	180.57	126.62	2.06	44.23	Pineapple Medium	400.00 - 480.00	447.74	456.67	326.33	-8.92	37.20	
Dried Chillies							Pineapple Small	300.00 - 390.00	340.80	355.93	254.38	-15.13	33.98	
Imported	1300.00 - 1800.00	1616.94	1646.67	1120.75	-29.73	44.27	Mango							
Onion							Betti	-						
Sinnan	-	-	-	-	-	-	Karthakolomban	350.00 - 500.00	420.00	400.67	180.00	19.33	133.33	
Vedalan	520.00 - 600.00	560.00	-	-	-	-	Vilad	-						
Imported	300.00 - 500.00	417.74	518.75	347.85	-101.01	20.09	Kohu	-						
Big Onion							Other							
Imported	120.00 - 180.00	157.30	163.03	168.98	-5.73	-6.91	Wood Apple	70.00 - 120.00	92.69	92.14	56.52	0.55	64.01	
Local	-	-	-	-	-	-	Orange	60.00 - 100.00	81.38	79.60	69.69	1.78	16.78	
Potato							Avocado	140.00 - 250.00	190.00	185.71	127.50	4.29	49.02	
Welimada	280.00 - 280.00	280.00	-	260.00	-	-	Slime Apple	40.00 - 120.00	79.57	78.70	59.69	0.87	33.30	
N'Eliya	300.00 - 400.00	361.67	363.04	311.88	-1.38	15.97	Grapes (Imp., Rs/Kg)	2000.00 - 3000.00	2446.67	2433.33	1388.89	13.33	76.16	
Imported	150.00 - 240.00	194.29	195.29	159.73	-1.01	21.63	King Coconut	110.00 - 160.00	143.68	149.41	90.23	-5.73	59.25	
Pulses							Sea Fish							
Green Gram	1500.00 - 1600.00	1551.79	1486.15	624.84	65.63	148.35	Salaya	400.00 - 650.00	541.92	566.40	309.09	-24.48	75.33	
Cowpea (White)	1200.00 - 1400.00	1352.00	1360.00	701.03	-8.00	92.86	Hurulla	700.00 - 1300.00	895.33	1034.00	701.11	-138.67	27.70	
Cowpea (Red)	1200.00 - 1400.00	1352.08	1371.43	566.66	-19.35	138.61	Balaya	800.00 - 1600.00	1247.14	1388.75	1025.88	-141.61	21.57	
Red Dhal	350.00 - 380.00	373.24	373.64	322.63	-0.39	15.69	Kelawalla	1100.00 - 2600.00	1663.85	2047.27	1487.00	-383.43	11.89	
Vegetable							Thora	2300.00 - 3800.00	2890.53	3244.00	2085.45	-353.47	38.60	
Beans (Butter)	-	-	-	-	-	-	Paraw	1400.00 - 2400.00	1904.55	2084.35	1543.75	-179.80	23.37	
Beans(Green)	360.00 - 520.00	448.70	503.08	263.44	-54.38	70.32	Mora	-						
Carrot	150.00 - 320.00	238.85	227.69	452.26	11.15	-47.19	Shrimps	1560.00 - 2300.00	1835.20	1864.55	1296.36	-29.35	41.57	
Leeks	220.00 - 320.00	294.17	291.20	207.50	2.97	41.77	Thalapath	1920.00 - 2600.00	2264.80	2558.33	1799.13	-293.53	25.88	
Beetroot	200.00 - 320.00	268.85	249.23	326.25	19.62	-17.60	Eggs							
Knolkhol	200.00 - 320.00	288.26	265.00	243.93	23.26	18.17	Brown	46.00 - 50.00	47.50	46.00	21.76	1.50	118.26	
Raddish	80.00 - 240.00	169.62	156.00	124.06	13.62	36.72	White	44.00 - 50.00	46.17	44.00	20.24	2.17	128.15	
Cabbage	80.00 - 200.00	143.08	149.23	215.94	-6.15	-33.74	Ladies Fingers	200.00 - 320.00	293.08	311.54	237.14	-18.46	23.59	
Tomato	200.00 - 320.00	273.60	311.60	313.13	-38.00	-12.62	Brinjal	270.77 - 326.30	268.06	34.47	1.01			
Ladies Fingers	200.00 - 320.00	293.08	311.54	237.14	-18.46	23.59	Capiscum	1500.00 - 2000.00	1795.24	1805.56	1348.28	-10.32	33.15	
Brinjal	180.00 - 320.00	270.77	268.06	34.47	1.01		Pumpkin	1200.00 - 1600.00	1317.39	1337.50	840.29	-20.11	56.78	
Capiscum	500.00 - 900.00	698.75	711.11	715.36	-12.36	-2.32	Cucumber	2200.00 - 2600.00	2392.00	2412.50	1690.00	-20.50	41.54	
Pumpkin	100.00 - 200.00	156.15	177.69	260.00	-21.54	-39.94	Bitter Gourd	2000.00 - 2600.00	2347.83	2295.24	1669.41	52.59	40.64	
Cucumber	160.00 - 320.00	239.23	214.17	129.09	25.06	85.32	Snake Gourd	200.00 - 320.00	379.09	401.33	34.11			
Bitter Gourd	320.00 - 480.00	413.20	379.09	401.33	34.11	2.96	Drumstick	2200.00 - 2600.00	1463.64	1440.91	1068.06	22.73	37.04	
Snake Gourd	200.00 - 320.00	299.60	309.23	313.10	-9.63	-4.31	Luffa	1200.00 - 1800.00	1463.64	1440.91	1068.06	22.73	37.04	
Drumstick	-	-	-	-	-	-	Long Beans	2200.00 - 2600.00	2362.50	2300.00	1150.00			
Luffa	280.00 - 480.00	392.00	380.43	347.93	11.57	12.67	Ash Plantain	1000.00 - 1400.00	1208.33	1212.50	726.54	-4.17	66.31	
Long Beans	180.00 - 360.00	293.33	283.21	206.90	10.12	41.78	Green Chillies	1000.00 - 1400.00	1208.33	1212.50	726.54	-4.17	66.31	
Ash Plantain	220.00 - 360.00	290.80	299.09	141.29	-8.29	105.82	Lime	1000.00 - 1400.00	1208.33	1212.50	726.54	-4.17	66.31	
Green Chillies	280.00 - 600.00	463.20	449.26	697.10	13.94	-33.55	Root Crops							
Lime	180.00 - 400.00	316.15	306.92	201.56	9.23	56.85	Sweet Potato	2200.00 - 2300.00	2233.33	2225.00	1416.67	8.33	57.65	
Leafy Vegetable							Manioc	150.00 - 240.00	211.54	213.20	154.00	-1.66	37.36	
Mukunuwenna	60.00 - 90.00	77.22	73.57	63.64	3.65	21.35	Chicken (Broiler)	1150.00 - 1300.00	1215.00	1211.25	824.44	3.75	47.37	
Kankun	60.00 - 90.00	77.22	73.57	63.64	3.65	21.35	Chicken (Curry)	1300.00 - 1600.00	1430.00	1425.00	766.67	5.00	86.52	
Gotukola	80.00 - 150.00	117.78	115.63	69.09	2.15	70.47	Mutton	2800.00 - 3200.00	2971.43	2971.43	2087.50	0.00	42.34	
							Pork	1600.00 - 2000.00	1845.00	1720.00	866.67	125.00	112.88	

This Week:

Week 08: 17 - 23 February 2023

Last Week:

Week 07: 10 - 16 February 2023

Table 16: Farmgate/Producer Prices of Food Commodities in Selected Producing Areas (Rs/Kg)
Week 08: 17 - 23 February 2023

COMMODITY	Range	Average Price	COMMODITY	Range	Average Price	COMMODITY	Range	Average Price
Paddy			Vegetable (Up Country)			Snake Gourd		
Short Grain			Beans			Dambulla	120.00 – 125.00	123.00
A'pura	100.00 – 105.00	102.00	Dambulla	290.00 – 330.00	312.00	Hambantota	160.00 – 190.00	176.00
P'naruwa	104.00 – 105.00	104.42	Welimada	240.00 – 250.00	246.00	Embilipitiya	140.00 – 150.00	145.00
Kalawewa	100.00 – 105.00	101.40	Badulla	220.00 – 250.00	232.00	Matara	–	
Kurunegala	90.00 – 108.00	100.20	Carrot			A'pura	120.00 – 130.00	124.00
Dehiattakandiya	96.00 – 103.00	100.67	N'Eliya	105.00 – 115.00	109.00	Luffa		
Nikaweratiya	100.00 – 105.00	101.00	Welimada	80.00 – 100.00	92.00	Dambulla	172.50 – 187.50	177.50
Ampara	100.00 – 105.00	103.33	Hanguranketha	60.00 – 80.00	70.00	Hambantota	180.00 – 220.00	198.00
Long Grain (White)			Leeks			Embilipitiya	250.00 – 270.00	258.00
A'pura	95.00 – 100.00	97.00	N'Eliya	130.00 – 135.00	133.00	Matara	–	
P'naruwa	103.00 – 103.50	103.17	Welimada	145.00 – 155.00	149.00	A'pura	140.00 – 170.00	152.00
Kalawewa	95.00 – 100.00	98.60	Beetroot			Green Chillies		
Kurunegala	85.00 – 103.00	95.20	N'Eliya	90.00 – 105.00	97.00	Dambulla	220.00 – 260.00	240.00
Dehiattakandiya	96.00 – 101.00	97.67	Dambulla	145.00 – 162.50	154.50	Hambantota	–	
Embilipitiya	–		Kurunegala	–		Embilipitiya	280.00 – 310.00	296.00
Nikaweratiya	95.00 – 100.00	98.40	Welimada	75.00 – 90.00	80.00	Puttalam	150.00 – 200.00	176.00
Hambantota	–		Hanguranketha	55.00 – 80.00	67.00	A'pura	160.00 – 200.00	176.00
Ampara	92.00 – 100.00	95.75	Knol Khol			Pumpkin		
Long Grain (Red)			N'Eliya	75.00 – 85.00	79.00	Dambulla	43.00 – 52.00	48.20
Matara	95.00 – 100.00	96.50	Welimada	70.00 – 80.00	76.00	Hambantota	40.00 – 60.00	52.00
Hambantota	95.00 – 100.00	97.50	Hanguranketha	70.00 – 100.00	84.00	Embilipitiya	70.00 – 110.00	85.83
Embilipitiya	90.00 – 95.00	92.20	Raddish			Matara	45.00 – 60.00	52.50
Keeri Samba			N'Eliya	20.00 – 25.00	23.20	A'pura	45.00 – 50.00	47.00
A'pura	110.00 – 117.00	112.80	Welimada	16.00 – 20.00	18.40	Moneragala	–	
P'naruwa	123.00 – 124.00	123.33	Hambantota	40.00 – 50.00	45.00	Cucumber		
Kalawewa	105.00 – 110.00	107.60	Hanguranketha	10.00 – 30.00	18.00	A'pura	70.00 – 80.00	74.00
Kurunegala	–		Cabbage			Dambulla	90.00 – 100.00	96.00
Dehiattakandiya	104.00 – 125.00	111.33	N'Eliya	25.00 – 30.00	27.40	Hambantota	80.00 – 120.00	100.00
Red Onion			Welimada	16.00 – 20.00	18.00	Matara	100.00 – 120.00	110.00
Puttalam	250.00 – 300.00	276.00	Badulla	25.00 – 40.00	34.00	Long Beans		
Jaffna	260.00 – 300.00	283.33	Hanguranketha	15.00 – 35.00	24.00	Dambulla	125.00 – 145.00	135.00
Big Onion			Tomato			Hambantota	100.00 – 130.00	116.00
Dambulla	–		Welimada	150.00 – 165.00	159.00	Embilipitiya	170.00 – 190.00	180.00
Kalawewa	–		Hambantota	–		Matara	120.00 – 130.00	126.25
A'pura	–		Dambulla	145.00 – 162.50	156.00	A'pura	110.00 – 130.00	118.00
Potato			Hanguranketha	120.00 – 140.00	131.00	Ash Plantain		
N'Eliya	215.00 – 225.00	221.00	Vegetable (Low Country)			Hambantota	100.00 – 130.00	114.00
Badulla	–		Ladies Fingers			Embilipitiya	140.00 – 150.00	145.00
Welimada	165.00 – 175.00	169.00	A'pura	150.00 – 160.00	154.00	Matara	135.00 – 155.00	145.00
Pulses			Dambulla	152.50 – 167.50	161.50	Lime		
Green Gram			Hambantota	140.00 – 160.00	146.00	Hambantota	–	
Hambantota	–		Embilipitiya	170.00 – 190.00	179.00	Embilipitiya	90.00 – 110.00	100.00
Moneragala	1000.00 – 1100.00	1040.00	Matara	150.00 – 160.00	156.25	Moneragala	80.00 – 90.00	84.00
Embilipitiya	1000.00 – 1020.00	1010.00	Brinjal			Fruits (Rs/Kg)		
Nikaweratiya	1100.00 – 1100.00	1100.00	A'pura	100.00 – 110.00	104.00	Banana		
A'pura	1000.00 – 1050.00	1020.00	Dambulla	135.00 – 157.50	146.00	Ambul		
Cowpea			Hambantota	–		Moneragala	80.00 – 90.00	84.00
Hambantota	–		Embilipitiya	120.00 – 130.00	125.00	Embilipitiya	120.00 – 140.00	132.00
Nikaweratiya	650.00 – 700.00	675.00	Matara	90.00 – 100.00	96.25	Hambantota	120.00 – 150.00	134.00
Moneragala	700.00 – 780.00	732.00	Welimada	125.00 – 140.00	132.00	Kolikuttu		
Embilipitiya	970.00 – 980.00	975.00	Capsicum			Moneragala	250.00 – 280.00	262.00
Maize			Badulla	–		Embilipitiya	250.00 – 280.00	264.00
A'pura	130.00 – 145.00	136.00	Welimada	340.00 – 360.00	348.00	Hambantota	–	
Kalawewa	100.00 – 130.00	116.00	Bitter Gourd			Papaw		
Gingelly	520.00 – 570.00	540.00	A'pura	240.00 – 260.00	248.00	Moneragala	100.00 – 120.00	108.00
A'pura	–		Dambulla	290.00 – 320.00	310.00	Embilipitiya	220.00 – 240.00	232.00
Kalawewa	–		Hambantota	–		Hambantota	130.00 – 150.00	137.50
Black Gram			Embilipitiya	300.00 – 350.00	328.00	Pineapple		
A'pura	500.00 – 550.00	520.00	Matara	280.00 – 300.00	290.00	Divulapitiya	–	
Kalawewa	450.00 – 500.00	476.67						

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

Week 08: 17 - 23 February 2023

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
Rice									
Local									
Samba 1	225.00	-	230.00	230.00	-	230.00	220.00	-	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	240.00	-	260.00
Nadu 1	215.00	-	225.00	220.00	-	220.00	210.00	-	220.00
Nadu 2	190.00	-	210.00	210.00	-	210.00	200.00	-	200.00
Raw (Red)	185.00	-	210.00	200.00	-	210.00	190.00	-	200.00
Raw (White)	185.00	-	210.00	210.00	-	210.00	180.00	-	190.00
Imported									
Samba	210.00	-	220.00	220.00	-	220.00	210.00	-	220.00
Nadu	180.00	-	190.00	200.00	-	200.00	190.00	-	200.00
Raw (Red)	-	-	-	-	-	-	-	-	-
Raw (White)	165.00	-	180.00	180.00	-	180.00	190.00	-	190.00
Dried Chillies									
Imported	1300.00	-	1500.00	1800.00	-	1800.00	1600.00	-	1800.00
Red Onion									
Sinnan	-	-	-	-	-	-	-	-	-
Vedalan	-	-	-	-	-	-	-	520.00	-
Imported	350.00	-	440.00	500.00	-	500.00	480.00	-	400.00
Big Onion									
Imported	120.00	-	140.00	180.00	-	180.00	160.00	-	180.00
Local	-	-	-	-	-	-	-	-	-
Potato									
Welimada	-	-	-	-	-	-	-	-	280.00
N'Eliya	300.00	-	340.00	400.00	-	400.00	360.00	-	400.00
Imported	150.00	-	200.00	200.00	-	200.00	220.00	-	240.00
Pulses									
Green Gram	1500.00	-	1600.00	1500.00	-	1500.00	1500.00	-	1500.00
Cowpea (White)	1200.00	-	1300.00	1400.00	-	1400.00	1400.00	-	1400.00
Cowpea (Red)	1200.00	-	1300.00	1400.00	-	1400.00	1200.00	-	1400.00
Red Dhal	350.00	-	370.00	380.00	-	380.00	370.00	-	370.00

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

Week 08: 17 - 23 February 2023

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<u>Vegetable</u>									
Beans	360.00	- 380.00	480.00	- 520.00	480.00	- 520.00	480.00	- 520.00	360.00
Carrot	150.00	- 160.00	320.00	- 320.00	280.00	- 280.00	240.00	- 240.00	240.00
Leeks	220.00	- 230.00	320.00	- 320.00	280.00	- 320.00	320.00	- 320.00	260.00
Beetroot	200.00	- 240.00	280.00	- 320.00	320.00	- 320.00	240.00	- 280.00	320.00
Knolkhok	240.00	- 250.00	280.00	- 320.00	320.00	- 320.00	320.00	- 320.00	280.00
Raddish	80.00	- 120.00	200.00	- 240.00	200.00	- 240.00	220.00	- 240.00	160.00
Cabbage	80.00	- 100.00	200.00	- 200.00	160.00	- 200.00	160.00	- 160.00	120.00
Tomato	200.00	- 240.00	320.00	- 320.00	320.00	- 320.00	300.00	- 320.00	200.00
Ladies Fingers	200.00	- 240.00	320.00	- 320.00	320.00	- 320.00	320.00	- 320.00	280.00
Brinjal	180.00	- 220.00	280.00	- 320.00	300.00	- 320.00	240.00	- 320.00	240.00
Capsicum	500.00	- 550.00	700.00	- 800.00	600.00	- 800.00	800.00	- 800.00	500.00
Pumpkin	100.00	- 120.00	180.00	- 200.00	160.00	- 200.00	200.00	- 200.00	100.00
Cucumber	160.00	- 180.00	240.00	- 280.00	240.00	- 240.00	240.00	- 240.00	200.00
Bitter Gourd	350.00	- 380.00	400.00	- 480.00	440.00	- 480.00	400.00	- 480.00	400.00
Snake Gourd	200.00	- 230.00	280.00	- 320.00	320.00	- 320.00	320.00	- 320.00	280.00
Drumstick	-	-	-	-	-	-	-	-	-
Luffa	280.00	- 320.00	400.00	- 440.00	400.00	- 480.00	480.00	- 480.00	400.00
Long Beans	180.00	- 220.00	320.00	- 360.00	320.00	- 320.00	300.00	- 320.00	240.00
Ash Plantain	220.00	- 260.00	320.00	- 360.00	320.00	- 360.00	260.00	- 320.00	240.00
Green Chillies	280.00	- 350.00	500.00	- 600.00	500.00	- 600.00	400.00	- 600.00	350.00
Lime	180.00	- 200.00	400.00	- 400.00	400.00	- 400.00	250.00	- 320.00	200.00
<u>Root Crops</u>									
Sweet Potato	150.00	- 160.00	240.00	- 240.00	240.00	- 240.00	200.00	- 240.00	160.00
Manioc	180.00	- 200.00	240.00	- 240.00	240.00	- 240.00	240.00	- 240.00	180.00
<u>Leafy Vegetable</u>									
Mukunuwenna	60.00	- 60.00	80.00	- 80.00	80.00	- 80.00	80.00	- 80.00	70.00
Kankun	60.00	- 60.00	80.00	- 80.00	80.00	- 80.00	80.00	- 80.00	70.00
Gotukola	80.00	- 80.00	100.00	- 100.00	150.00	- 150.00	150.00	- 150.00	100.00
<u>Coconut</u>									
Large	120.00	- 120.00	120.00	- 130.00	110.00	- 120.00	110.00	- 110.00	110.00
Small	100.00	- 100.00	100.00	- 100.00	95.00	- 100.00	100.00	- 100.00	100.00

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

Week 08: 17 - 23 February 2023

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<i>Plantain</i>									
Ambul (Rs/Kg)	170.00	-	180.00	240.00	-	280.00	250.00	-	250.00
Kolikuttu (Rs/Kg)	360.00	-	400.00	440.00	-	460.00	450.00	-	480.00
Seenii (Rs/Kg)	160.00	-	180.00	220.00	-	240.00	220.00	-	240.00
Anamalu	25.00	-	28.00	30.00	-	32.00	30.00	-	32.00
Ambun	31.00	-	35.00	38.00	-	40.00	38.00	-	40.00
<i>Pineapple</i>									
Large	500.00	-	550.00	500.00	-	550.00	520.00	-	560.00
Medium	400.00	-	450.00	450.00	-	480.00	450.00	-	480.00
Small	300.00	-	380.00	380.00	-	390.00	300.00	-	350.00
<i>Mango</i>									
Betti	-	-	-	-	-	-	-	-	-
Karthakolomban	350.00	-	500.00	-	-	-	-	-	350.00
Vilad	-	-	-	-	-	-	-	-	-
Kohu	-	-	-	-	-	-	-	-	-
<i>Other Fruits</i>									
Wood Apple	70.00	-	80.00	100.00	-	120.00	100.00	-	120.00
Orange	60.00	-	70.00	100.00	-	100.00	80.00	-	100.00
Avocado	140.00	-	150.00	200.00	-	240.00	-	-	220.00
Slime Apple	40.00	-	50.00	100.00	-	120.00	80.00	-	100.00
Grapes (Rs/Kg)	2000.00	-	2200.00	2600.00	-	3000.00	2500.00	-	3000.00
Papaw (Rs/Kg)	300.00	-	330.00	380.00	-	400.00	350.00	-	360.00
Passion	75.00	-	75.00	100.00	-	100.00	83.00	-	83.00
King Coconut	110.00	-	130.00	150.00	-	160.00	150.00	-	150.00

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

Week 08: 17 - 23 February 2023

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA							
<i>Sea Fish</i>																
Salaya	560.00	650.00	520.00	520.00	600.00	600.00	520.00	520.00	500.00	600.00						
Hurulla	700.00	750.00	1000.00	1000.00	-	1300.00	1300.00	800.00	800.00	800.00						
Balaya	800.00	840.00	1300.00	1320.00	1600.00	1600.00	-	1000.00	1400.00	-						
Kelawalla	1100.00	1160.00	1800.00	1800.00	2000.00	2600.00	2600.00	1400.00	1400.00	1960.00	2000.00					
Thora	2300.00	2640.00	2520.00	2560.00	3000.00	3200.00	3400.00	3800.00	2400.00	2600.00	3100.00	3200.00				
Paraw	1400.00	1560.00	1920.00	1920.00	2400.00	2400.00	1600.00	1600.00	1600.00	1800.00	2100.00	2200.00				
Mora	-	-	-	-	-	-	-	-	-	-	-					
Shrimps Small	2080.00	2200.00	1720.00	1760.00	2200.00	2300.00	1800.00	1800.00	1800.00	1800.00	1800.00	1960.00				
Talapath	1920.00	2300.00	2000.00	2000.00	2400.00	2400.00	2600.00	2600.00	2000.00	2200.00	2400.00	2400.00				
<i>Eggs (Rs/Egg)</i>																
Brown	46.00	46.00	-	-	50.00	50.00	-	48.00	48.00	-	46.00	46.00				
White	44.00	44.00	-	-	47.00	47.00	44.00	44.00	46.00	46.00	50.00	50.00				
<i>Dried Fish</i>																
Sprats	1500.00	1600.00	1800.00	1800.00	1800.00	2000.00	1800.00	2000.00	-	1800.00	2000.00	1800.00	1800.00			
Kattawa	2200.00	2400.00	2600.00	2600.00	2400.00	2400.00	2400.00	2500.00	2200.00	2200.00	2400.00	2500.00	2600.00	2600.00		
Thora	-	-	-	-	-	-	-	-	-	-	-	-	-			
Mora	2000.00	2400.00	2400.00	2400.00	2200.00	2400.00	2200.00	2500.00	-	2400.00	2500.00	2300.00	2500.00	2600.00	2600.00	
Balaya	1200.00	1400.00	1400.00	1400.00	1400.00	1600.00	1600.00	1700.00	1400.00	1400.00	1300.00	1400.00	1400.00	1600.00	1800.00	
Anguluwa	2200.00	2200.00	2400.00	2400.00	2500.00	2600.00	2600.00	2600.00	-	-	-	-	-	-	-	
Salaya	1000.00	1200.00	1000.00	1000.00	1200.00	1200.00	1200.00	1400.00	-	1200.00	1300.00	1000.00	1300.00	1200.00	1400.00	
<i>Meat</i>																
Beef (without Bones)	-	-	-	-	2300.00	2300.00	-	2200.00	2200.00	-	2200.00	2200.00	-	-		
Chicken (Broiler)	1160.00	1160.00	1230.00	1230.00	1240.00	1240.00	1240.00	1150.00	1150.00	-	1200.00	1200.00	1200.00	1200.00	1300.00	1300.00
Chicken (Curry)	1300.00	1300.00	1300.00	1300.00	1500.00	1500.00	1500.00	-	1300.00	1300.00	1300.00	1300.00	1600.00	1600.00	1400.00	1500.00
Mutton	-	-	2800.00	2800.00	3000.00	3000.00	-	3000.00	3000.00	2800.00	2800.00	2800.00	3200.00	3200.00	3200.00	3200.00
Pork	-	-	1800.00	1800.00	2000.00	2000.00	-	-	-	-	-	1600.00	1600.00	1980.00	1980.00	

Annex 05 : Food Composition of Selected Food Commodities

Commodity	Energy (kcal/100g)	Protein (g/100g)	Total fat (g/100g)	Retinol Eq (μ g/100g)	Vit B2 (mg/100g)	Vit B6 (mg/100g)	Folate (μg/100g)	Vit C (mg/100g)	Calcium (mg/100g)	Magnesium (mg/100g)	Iron (mg/100g)	Zinc (mg/100g)
Rice												
Rice - (white Kekulu - normal)	361	9.88	1.52	-	0.03	0.09	10.67	-	6.94	26.29	1.22	1.5
Rice - (white Kekulu Samba)	355	8.81	1.53	-	0.03	0.09	8.11	-	9.82	30.48	0.92	1.7
Rice - (Red Kekulu - normal)	366	8.64	2.12	-	0.05	0.1	8.39	-	4.73	31.7	0.88	1.84
Rice -Samba	369	6.86	2.45	-	0.05	0.13	12.79	-	8.71	37.26	1.18	1.49
Rice - Nadu White	366	7.76	1.48	-	0.03	0.12	9.35	-	4.57	20.1	0.64	1.61
Dried chilies												
Onion												
Big onions	48	1.67	0.24	0.16	0.01	0.1	32.99	7.58	14.82	16.94	0.45	0.25
Red onions	55	2.13	0.15	0.18	0.02	0.13	30.15	14.26	20.37	19.32	0.31	0.28
Potatoes												
	71	1.67	0.25		0.01	0.09	14.31	20.5	9.83	23.84	0.46	0.29
Pulses												
Green gram	290	21.97	0.93	19.5	0.28	0.33	135	NA	98.96	146	4.15	2.86
White cowpea	320	21.25	1.14	1.36	0.09	0.26	249	NA	84.1	213	5.04	3.57
Red cowpea	320	20.24	1.08	0.96	0.11	0.27	273	NA	81.83	194	4.95	3.4
Red Dhal	319	23.09	0.77	1.06	1.6	0.22	55	NA	41.27	66.63	7.45	3.34
Vegetables												
Beans	46	3.95	0.15	6.64	0.1	0.3	45.2	7.02	35.68	45.56	0.7	0.59
Carrot	30	0.85	0.45	1240	0.03	0.1	24.71	5.93	27.65	11.7	0.59	0.25
Leeks	30	1.74	0.49	18.56	0.02	0.19	42.63	4.65	29.28	11.77	1.49	0.43
Beetroot	31	2.12	0.15	1.52	0.01	0.09	108	4.51	20.29	34.88	0.77	0.29
Knolkhol	16	1.69	0.34		0.05	0.19	12.7	77.64	40.09	19.35	0.23	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	-				

Root Crop												
Sweet potato	108	1.27	0.33	NA	0.04	0.09	14.44	22.2	28.93	21.05	0.51	0.14
Manioc	78	0.92	0.19	NA	0.07	0.2	0.1	1.95	25.31	19.08	19.78	23.73
Nelum ala/Lotus root	79	1.94	0.93	NA	0.05	0.19	26.49	26.63	37.71	26.58	3.34	0.35
Kiriala	87	3.96	0.15	1.19	0.03	0.16	20.17	2.71	30.79	41.52	0.6	0.42
Iniala	103	3.2	0.3	33.14	0.01	0.22	22.19	13.03	40.99	28.98	1.31	0.29
Leafy Vegetables												
Mukunuwanna	28	3.15	0.55	92.25	0.09	0.27	96.14	3.24	135	45.38	1.7	1.03
Gotukola	15	0.64	0.47	226	0.07	0.23	70.11	6.74	96.31	41.42	1.25	0.66
Kankun	15	0.47	0.37	1614	0.08	0.4	33.69	19.82	49.21	18.35	1.32	0.44
Kathurumurunga	70	8.01	1.35	2097	0.33	0.22	120	121	901	96.64	4.36	0.53
Nivithi	22	2.2	0.47	959	0.06	0.11	74.05	10.26	163	61.37	1.49	0.67
Thampala	32	3.55	0.72	1474	0.21	0.22	74.27	82	258	209	3.5	1.4
Sarana	20	2.42	0.21	1149	0.03	0.13	58.54	9.89	59.57	42.93	0.13	0.75
Kohila leaves	33	4.1	0.83	300	0.02	0.17	56.76	5.56	19.5	20.32	0.25	0.3
Onion leaves	27	2.01	0.26	NA	0.04	0.18	56.8	23.38	35.21	74.95	3.15	0.77
Cabbage leaves	30	3.63	0.27	8.66	0.05	0.24	63.46	40.76	170	18.47	2.67	0.35
Salad leaves	19	1.05	0.24	NA	0.1	0.06	37.48	11.64	58.23	36.89	2.07	0.27
Cauliflower	23	2.09	0.48	0.14	0.06	0.11	46.67	50.17	22.44	18.52	0.76	0.27
Jackfruit pods	25	2.14	0.34	NA	0.03	0.04	30.7	24.77	37.32	26.08	0.3	0.17
Jackfruit seeds	77	5.66	0.44	NA	0.02	0.08	58.91	15.24	40.87	50.14	0.52	0.42
Meat												
Chicken	176	23.14	9.24	6.88	0.07	0.49	10.09	-	15.06	20.18	0.75	0.64
Beef	160	23.3	7.45	2.15	0.08	0.32	1.93	-	4.8	28.54	2.41	3.31
Mutton	138	20.37	6.23	2.7	0.13	0.28	1.73	-	7.58	19.5	1.62	5.05
Pork	161	18.83	9.5	1.9	0.09	0.28	8.15	-	6.58	8.9	0.79	0.8
Fish												
Balaya	96	21.28	1.12	21.01	0.15	0.12	7.89		6.45	26.02	0.68	0.46
Seer	136	22.28	5.18	81.9	0.07	0.16	15.45		9.85	36.73	0.41	0.74

Shark	95	21.6	0.83	1.11	0.04	0.11	8.57		8.44	32.58	0.41	0.74
Paraw	87	20.02	0.7	1.49	0.02	0.16	6.77		8.17	31.68	0.67	0.41
Thalapath	91	16.04	2.88	12.03	0.1	0.13	78.22		7.64	24.89	0.71	0.67
Kelawalla	109	21.47	2.55	15.95	0.17	0.73	77.39		13.35	33.82	0.68	0.64
Haedaella	87	19.88	0.78	12.18	0.04	0.06	11.7		36.6	53	0.54	0.65
Hurulla	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	100	19.5	2.39	15.41	0.18	1.39	60.87		435	42.83	1.4	2.3
Theppli / Telapiya /Korali	83	18.48	1.08	17.14	0.18	0.18	8.29		99.39	24.96	2.84	0.88
Prawns	65	14.85	0.56	1.24	0.03	0.1	15.37		37.81	30.5	0.73	1.1
Crabs	45	10	0.55	8.33	0.14	0.18	13.83		37.81	45.93	0.73	1.1
Cuttle fish	76	16.82	0.93	1.93	0.02	0.04	6.22		8.73	35.46	0.62	1.3
Linna	112	20.3	3.37	15.78	0.23	0.68	59.78					
Coppara	97	22.89	0.56	21.51	0.04	0.12	8.08		7.2	30.08	1.2	0.58
Ray (Maduwa)	97	23.98	0.68	7.55	0.02	0.21	25.59		9.16	24.61	0.74	0.44

Dried Fish

Dried sprats	259	51.16	5.92	12.83	0.25	0.62	438		1178	162	3.06	4.2
Dried keeramin	311	49.6	12.42	12.92	0.13	2.41	144		555	166	2.58	3.19
Dried thalapath	289	54.68	8.04	9.38	0.04	0.43	97.8		62.75	110	1.96	1.45
Dried katta	275	50.04	8.31	2.48	0.03	0.35	80.4		86.55	92.17	1.47	1.16
Dried balaya	282	63.79	3.37	14.32	0.12	1.98	213		83.48	83.45	3.6	1.44
Dried shark / keelan	267	55.03	5.25	10.31	0.04	0.32	187		42.24	92.94	1.48	0.66

Eggs

Hen eggs (Country)	170	13.14	13	208	0.08	0.18	54.6		50.14	11.04	1.64	1.12
Hen eggs (Table)	135	13.55	9.03	200	0.19	0.19	49.46		63.3	12	2.39	1.73
Quail eggs	153	12.39	11.46	153	0.11	0.17	54.86		60.67	11.21	2.55	1.51

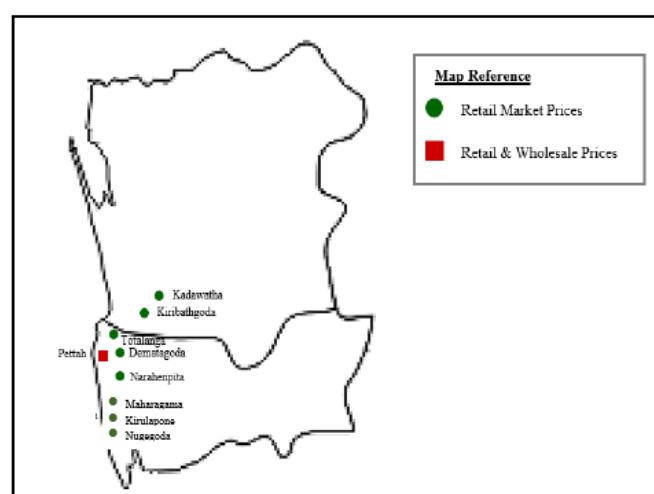
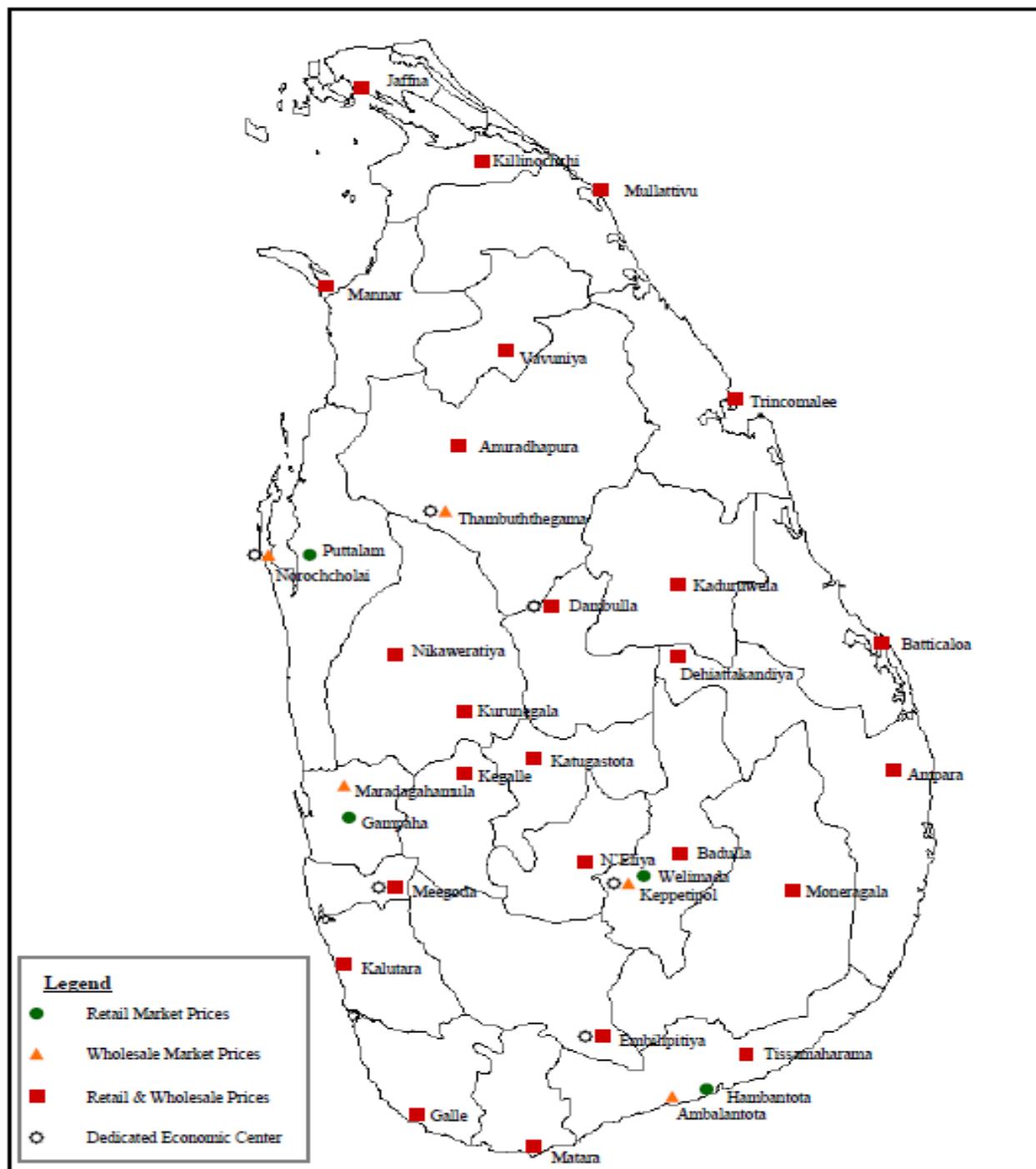
Fruits

Banana Embul	109	1.11	1.09	9.68	0.05	0.64	32.98	13.61	9.39	25.67	0.51	0.23
Anamaalu	102	1.04	0.72	16.4	0.04	0.65	21.07	3.66	8.06	27.02	0.51	0.23

Koli kuttu	107	1.38	0.34	8.8	0.03	0.47	18.12	7.71	8.56	38	0.32	0.14
Pineapple	37	0.41	0.17	5.76	0.04	0.12	17.86	39.36	10.37	10.71	0.3	0.09
Papaya	26	0.42	0.16	171	0.11	0.04	54.85	48.62	16.77	8.9	0.23	0.08
Mangoes (Karthakolomban)	79	0.8	0.92	259	0.01	0.1	35.52	17.74	3.12	6.72	0.1	0.08
Mangoes (Vilad)	44	0.76	0.58	146	0.05	0.26	67.6	29.97	16.93	14.79	0.65	0.19
Apple	62	0.29	0.64	0.36	0.02	0.08	3.43	2.9	3.12	6.72	0.1	0.08
Avacado	144	2.95	13.86	2	0.08	0.18	67.17	9.36	28.48	48.14	0.81	0.75
Wood apple	78	3.09	3.62	0.46	0.01	0.14	6.07	13.58	59.15	25.16	0.45	0.32
Orange	46	1.07	0.37	23.44	0.01	0.28	14.46	20.19	31.18	20.36	0.81	0.35
Guava	39	1.53	0.38	19.67	0.01	0.11	25.24	30.88	6.59	12.02	0.53	0.33
Grapes	49	0.95	10.69	3.22	0.04	0.1	7.07	20.51	7.27	6.86	0.28	0.07
Melon	19	0.65	0.16	130	0.02	0.11	6	8.24	4.05	9.76	0.15	0.1

Source: Sri Lanka Food Composition Tables, Ministry of Health - 2021.

Price Collecting Areas





HARTI



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