

RETAIL MARKET AT A GLANCE

Summary

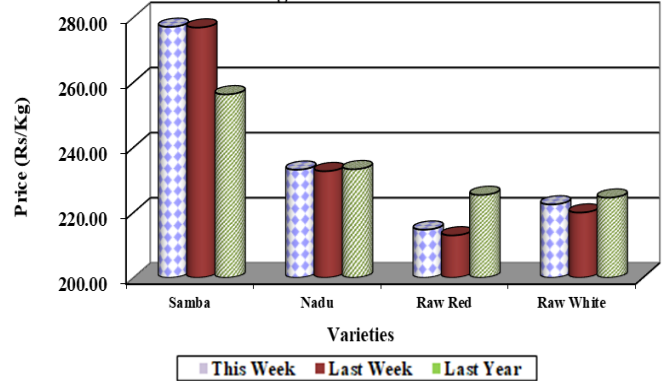
Paddy/Rice

Prices of keeri samba, raw red and raw white have increased. Prices of other rice varieties have not changed significantly.

The average farmgate prices of major paddy varieties in most of the producing areas have decreased.

(Page No.01)

Average Retail Prices of Rice

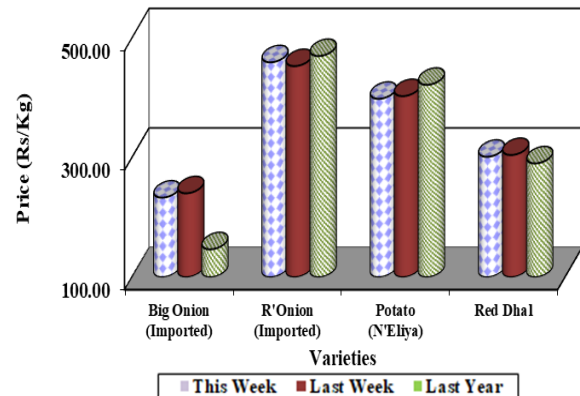


Other Field Crops

Price of imported red onion has increased while the price of imported big onion has decreased. Price of Nuwara Eliya potato has decreased. Prices of most of the pulses varieties have increased significantly.

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Average Retail Prices of Other Field Crops

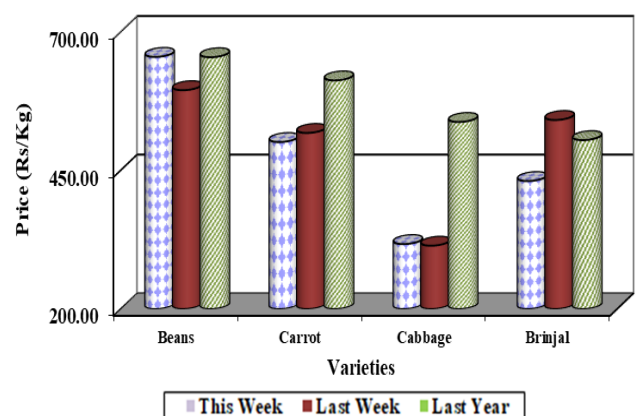


Vegetables

Prices of most of the up country and low country vegetable varieties have decreased. Considering the up-country vegetables, the highest price decrease reported for knolkhol, followed by carrot and beetroot. Among the low country vegetable, the highest price decreased reported for brinjal by Rs.110.00/kg.

(Page No.04-05)

Average Retail Prices of Vegetables



Coconut

Prices of both large and small nuts have decreased. Prices ranged Rs.150.00-200.00 for large nut and Rs.130.00-150.00 for small nut.

(Page No.05)

Eggs

Prices of both brown and white eggs have decreased by about Rs.1.00/egg. Prices ranged Rs.38.00-43.00 for brown eggs and Rs.36.00-41.00 for white eggs.

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Rice

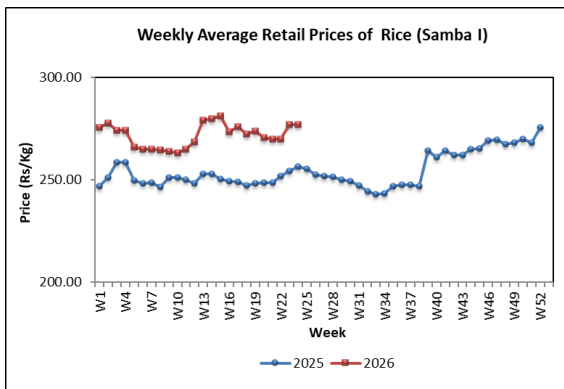
Wholesale

Price of raw red has decreased by 2% and price ranged Rs.170.00-180.00/kg. Prices of raw white and keeri samba have also decreased slightly by about Rs.1.00/kg. Prices of all other local rice varieties have not changed significantly.

Compared to same period of last year, the highest price increase of 16% has recorded for keeri samba while the highest price decrease of 18% recorded for raw red.

Retail

Prices of keeri samba, raw red and raw white have increased by Rs.4.00/kg, Rs.2.00/kg and Rs.3.00/kg respectively. Prices of other local rice varieties have not changed significantly. price of imported ponni samba has also increased by Rs.17.00/kg.



Compared to same period of last year, the highest price increase of 27% was recorded

for keeri samba while the highest price decrease of 5% recorded for raw-red.

Paddy

The average farmgate prices of major paddy varieties in most of the paddy-producing areas have decreased over the previous weeks. Accordingly, the price of short grain (samba) paddy has decreased by Rs. 4.00/kg in Polonnaruwa. Prices ranged Rs.120.00-128.00/kg for samba paddy in major producing areas. The price of keeri samba paddy varied between Rs.140.00-167.00/kg, recording a significant price decrease of Rs. 24.00/kg in the Polonnaruwa region. Price of long grain white paddy varied between Rs.90.00-105.00/kg in major producing areas. Additionally, the price of long grain red paddy ranged between Rs.95.00-96.00/kg in Embilipitiya and price has decreased by Rs.4.00/kg.

Compared to the same time period last year, the average prices major paddy varieties in most of the producing areas have decreased with the highest price decreased was recorded for long grain white in Ampara.

Dried Chilies

Wholesale

Price of imported dried chilies has increased by 3% and price ranged Rs.950.00-1100.00/kg.

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

Retail

Price of imported dried chilies has increased by Rs.5.00 and price ranged Rs.1100.00-1400.00/kg.

Compared to same period of last year price of dried chilies has increased by Rs.56.00/kg.

Onion

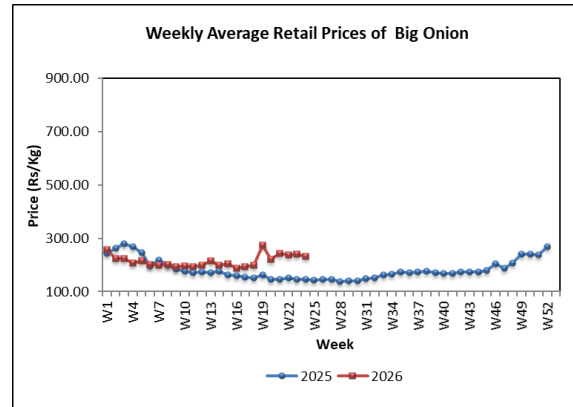
Wholesale

Price of imported big onion has decreased by 15% due to availability of sufficient stocks and price ranged Rs.135.00-180.00/kg. Stocks of imported red onion also were available at the market and price ranged Rs.300.00-360.00/kg

Compared to same period of last year, price of imported big onion has increased by 66%.

Retail

Price of imported red onion has increased by Rs.6.00/kg due to unavailability of local red onion stocks and price of imported big onion has decreased by Rs.7.00/kg.



Compared to same period of last year, price of imported big onion has increased by Rs.59.00/kg.

Potato

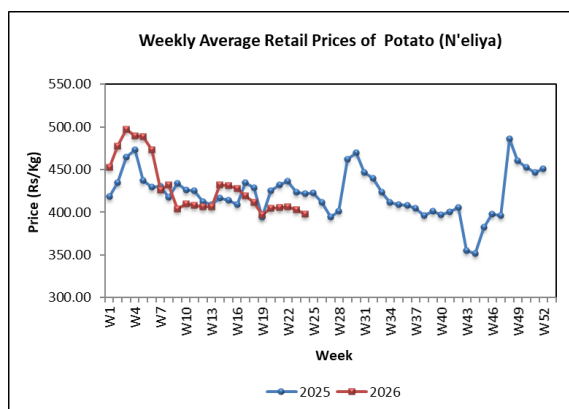
Wholesale

Price of Nuwara Eliya potato has decreased by 3% and price ranged Rs.280.00-300.00/kg. Price of imported potato has increased by 5% and price ranged Rs.160.00-210.00/kg

Compared to same period of last year, Nuwara Eliya potato has decreased by 5% while imported potato has increased by 22%.

Retail

Price of Nuwara Eliya potato has decreased by Rs. 2.00/kg and price of imported potato has increased slightly by about Rs.1.00/kg.



Compared to same period of last year, prices of imported potato has increased by 9% while the price of Nuwara Eliya potato has decreased by 5%.

Pulses

Wholesale

Price of white cowpea has decreased by 4% and price ranged Rs.650.00-700.00/kg. Price of all other pulses varieties have not changed significantly and price ranged Rs.225.00-240.00/kg for red dhal.

Compared to same period of last year, prices of all the pulses varieties except for green gram have decreased, with the highest price decreased recorded for red dhal.

Retail

Price of most of the pulses varieties have increased significantly, and the highest price increase of Rs.47.00/kg recorded for red cowpea. Prices ranged Rs.880.00-1200.00/kg for both white and red cowpea and Rs.880.00-1100.00/kg for green gram. While price of red dhal has decreased by Rs.3.00/kg and price ranged Rs.260.00-340.00/kg.

Compared to same period of last year, highest price increase of Rs. 27.00/kg recorded for white cowpea.

Vegetables

Wholesale

Prices of most of the upcountry vegetables and most of the low country vegetables have decreased, with increased supply from most of producing areas.

Among the upcountry vegetable varieties, the highest price decrease of 35% reported for raddish, with increased supply from Nuwara Eliya and Puttalam. Similarly, the prices of carrot and knolkhol have also decreased by 15%, due to increased supply from Nuwara Eliya (carrot and knolkhol) Melsiripura and Dambulla (knolkhol). As well prices of beetroot have decreased by 7%, with increased supply from Puttalam. However, the prices of

Weekly Food Commodities Bulletin

beans have increased by 18%, with decreased supply from Balangoda and Welimada.

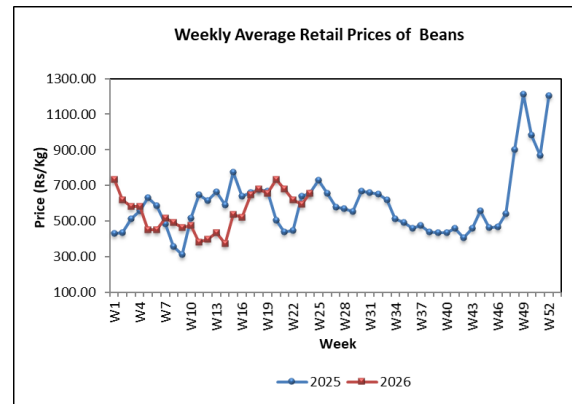
Considering the low-country vegetables, the highest price decrease was reported for brinjals as 43%, due to increased supply from Embilipitiya, Welimada, Hanguranketha, Balangoda and Anuradhapuaara. In addition, prices of snakegourd have also decreased by 29%, with increased supply from Embilipitiya and Hambanthota. While, the price of luffa have decreased further by 7%, with increased supply from Kandy. Meanwhile, the Prices of drumstick have increased by 30%, with decreased supply from Embilipitiya and kinniya. Prices of lime have decreased by 14%, due to increased supply from Monaragala.

Compared to the same period of last year, the prices of most of the vegetables have increased, with the highest price increase of 136% reported for tomato.

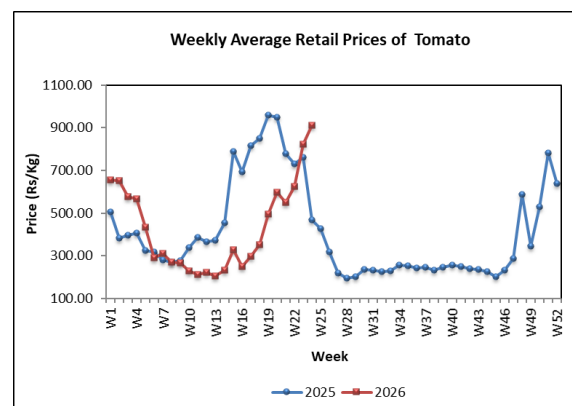
Retail

Prices of most of vegetable varieties have decreased. Considering the up- country vegetables, the highest price decrease was reported for knolkhol by Rs.41.00/kg, while price of carrot has also decreased by Rs.16.00/kg and price of beetroot has decreased by Rs.14.00/kg. However, the

prices of tomato and beans have increased by Rs.90.00/kg and Rs.60.00/kg respectively.



Considering low country vegetable varieties, the highest price decrease reported for brinjal by Rs.110.00/kg and price of snake gourd has also decreased by Rs.66.00/kg. However, the prices of drumstick and ash plantains have increased by Rs.436.00/kg and Rs.61/kg respectively. Also, the price of lime has decreased by Rs.70.00/kg while price of green chilies has increased by Rs.113.00/kg.



Compared to the same period of last year, prices of most of the vegetable varieties

have increased with the highest price increase of 95% reported for tomato.

**Coconut
Wholesale**

Prices of both large and small coconut have decreased by 3% with increased supply from major producing areas. Price ranged were Rs.140.00-150.00 for a large nut and Rs.120.00-130.00 for a small nut.

Compared to the same period of last year, the current wholesale prices of both large and small nuts have decreased by 20%

Retail

Prices of both large and small nuts have decreased by around Rs.1.00/nut. Prices ranged Rs.150.00-200.00 for a large nut and Rs.130.00-150.00 for a small nut.

Compared to the same period of last year, the current retail price of both large and small nuts have decreased by 20% and 27% respectively.

**Fruits
Wholesale**

Prices of most of the fruit varieties have increased due to low supply to the market. The highest price increase of 37% reported for ambul banana. Further, prices of kolikuttu banana, wood apple and vilad

mango have increased by 29%,19% and 15% respectively due to limited supply. Moreover, prices of seeni banana and papaw have increased by 12% due to low supply to the market. However, prices of betti mango, pineapple and karthakolomban mango have decreased by 16%,15% and 13% respectively due to high supply.

Compared to the same period of last year, prices of most of the fruit varieties have increased with the highest price increase of 75% was noted for papaw.

Retail

In line with the increased wholesale prices, retail prices of most of the fruits have also increased. The highest price increase of Rs.87.00/kg reported for wood apple. Price of kolikuttu banana, ambul banana and seeni banana have increased by Rs.84.00/kg, Rs.32.00/kg and Rs.19.00/kg respectively. Also, prices of orange and imported grapes have increased by Rs. 15.00/kg each. However, the price of slime apple has decreased by Rs.99.00/kg.

Compared to the same period of last year, current prices of most of the fruits have increased with the highest price increase reported for ambul banana 48%.

Fresh Fish

Wholesale

Prices of for most fresh fish types have increased in the range of 9% to 82%. The highest price increase noted for salaya with a price range of Rs.800.00-1000.00/kg. The second highest price increase of 36% reported for paraw with a price range of Rs.1700.00-2200.00/kg. The price of shrimps has decreased by 3% with a price range of Rs.1500.00-1700.00/kg.

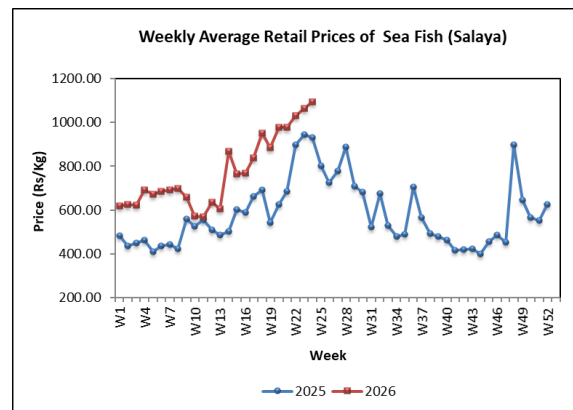
Compared to the same period of last year, current wholesale prices of most of the fresh fish types have increased and the highest price increase noted for salaya by 50%.

Retail

Prices of all fish species except balaya and shrimp have increased. The highest price increase reported for thora by Rs.199.00/kg. Prices of paraw and hurulla have increased by Rs.185.00/kg and Rs.48.00/kg respectively. Meanwhile,

price of balaya has decreased by Rs.440.00/kg.

Compared to the same period last year, retail prices of all the fish types have increased in the range of 3%-21% with the highest price increase recorded for kelawalla.



Dried Fish

Wholesale

Prices of most of the local and dried fish types have increased. The highest price increase of 15% noted for imported sprat with a price range of Rs.1280.00-1500.00/kg. The second highest price increase of 14% was noted for local salaya with a price range of Rs.1000.00-1200.00/kg. While the price of imported kattawa has decreased by 8% with a price range of Rs.2200.00-2400/kg.

Compared to the same period of last year, the current wholesale prices of most of the dried fish types have increased with the

highest price increase noted for both imported and local sprats.

Retail

Prices of most of the dried fish varieties have increased. The highest price increase recorded for anguluwa as Rs.177.00/kg. Prices of thora and salaya have also increased by Rs.114.00/kg and Rs.33.00/kg respectively. While the price of kattawa has decreased by Rs.119.00/kg.

Compared to the same period last year, prices of all the dried fish varieties except for balaya and salaya have increased with the highest Price increase recorded for kattawa.

Eggs

Wholesale

Prices of both brown and white eggs have decreased by 5% and 4% respectively. Price ranged Rs.37.00-38.00 for brown eggs and Rs. 35.00-36.00 for white eggs.

Compared to the same period of last year, current wholesale price of brown and white eggs have increased by 3% and 2% respectively.

Retail

Price of both brown eggs and white eggs have decreased by about Rs.1.00/egg. Price ranged Rs.38.00-43.00.00 for brown eggs and Rs.36.00-41.00 for white eggs.

Compared to the same period of last year, retail prices of both brown and white eggs have increased by 1%.

Meat

Retail

Retail prices of all the meat varieties except for beef have decreased. The highest price decrease reported for pork as Rs.125.00/kg. Meanwhile, price of beef has increased by Rs. 34.00/kg.

Compared to the same period last year, prices of all meat varieties have increased. The highest price increase noted for pork as 18%.

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.

Weekly Food Commodities Bulletin

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

Week 24: 12 - 18 June 2026

LOCATIONS	Rice Varieties													
	Samba 1		Samba 2		Keeri Samba		Nadu 1		Nadu 2		Raw Red		Raw White	
Colombo	270.00	285.00	-	-	360.00	390.00	230.00	240.00	-	-	200.00	220.00	220.00	230.00
Gampaha	-	-	240.00	240.00	-	-	230.00	230.00	220.00	225.00	215.00	220.00	212.00	220.00
Kurunegala	-	-	240.00	240.00	-	-	230.00	230.00	220.00	225.00	220.00	220.00	215.00	220.00
Nikaweratiya	-	-	240.00	245.00	380.00	390.00	230.00	235.00	190.00	195.00	-	-	180.00	190.00
Dambulla	285.00	290.00	245.00	255.00	370.00	380.00	228.00	230.00	210.00	220.00	210.00	215.00	210.00	215.00
Anuradhapura	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Thambuththegama	285.00	300.00	240.00	265.00	390.00	400.00	230.00	235.00	205.00	218.00	215.00	230.00	205.00	215.00
Polonnaruwa	-	-	240.00	240.00	-	-	230.00	230.00	-	-	216.00	220.00	220.00	220.00
Kaluthara	270.00	280.00	240.00	260.00	380.00	380.00	230.00	230.00	205.00	215.00	178.00	218.00	190.00	220.00
Badulla	-	-	-	-	370.00	370.00	228.00	230.00	-	-	175.00	185.00	190.00	210.00
Keppetipola	-	-	250.00	260.00	-	-	228.00	232.00	224.00	225.00	168.00	172.00	190.00	195.00
Moneragala	-	-	240.00	245.00	385.00	395.00	230.00	240.00	-	-	170.00	180.00	180.00	190.00
Kegalle	-	-	240.00	250.00	-	-	230.00	230.00	215.00	220.00	215.00	220.00	215.00	220.00
Ampara	-	-	240.00	250.00	360.00	360.00	230.00	230.00	200.00	215.00	180.00	200.00	180.00	220.00
Dehiattakandiya	290.00	290.00	-	-	350.00	380.00	220.00	230.00	210.00	215.00	220.00	220.00	185.00	220.00
Nuwaraeliya	-	-	250.00	260.00	370.00	380.00	226.00	230.00	215.00	218.00	180.00	185.00	195.00	200.00
Kandy	275.00	280.00	245.00	250.00	370.00	380.00	228.00	230.00	215.00	220.00	195.00	210.00	210.00	215.00
Puttalam	290.00	295.00	240.00	245.00	380.00	390.00	230.00	230.00	210.00	220.00	220.00	220.00	215.00	220.00
Hambantota	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Rathnapura	295.00	300.00	-	-	380.00	384.00	224.00	230.00	210.00	216.00	180.00	186.00	185.00	195.00
Matara	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Galle	280.00	300.00	260.00	260.00	380.00	400.00	230.00	240.00	-	-	180.00	210.00	200.00	220.00
Tissamaharama	-	-	240.00	240.00	-	-	230.00	230.00	-	-	160.00	165.00	200.00	205.00
Meegoda (DEC)	-	-	240.00	240.00	-	-	225.00	230.00	210.00	220.00	185.00	200.00	190.00	220.00
Embilipitiya	-	-	240.00	250.00	375.00	380.00	228.00	230.00	-	-	155.00	165.00	195.00	210.00
Jaffna	-	-	-	-	-	-	230.00	235.00	-	-	185.00	190.00	215.00	220.00
Vavuniya	-	-	-	-	-	-	230.00	235.00	-	-	200.00	205.00	200.00	204.00
Mannar	-	-	250.00	255.00	350.00	360.00	230.00	235.00	-	-	200.00	210.00	220.00	225.00
Killinochchi	-	-	-	-	-	-	-	-	215.00	220.00	180.00	185.00	210.00	215.00
Mullaittivu	-	-	-	-	-	-	218.00	223.00	-	-	185.00	190.00	212.00	218.00
Batticaloa	-	-	250.00	255.00	-	-	-	-	220.00	220.00	200.00	200.00	200.00	200.00
Trincomalee	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Hanguranketha	-	-	-	-	-	-	229.00	230.00	-	-	170.00	215.00	198.00	216.00
Veyangoda	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Galenbindunuwewa	290.00	290.00	240.00	240.00	390.00	390.00	230.00	230.00	210.00	220.00	220.00	220.00	195.00	215.00
Bandarawela	-	-	-	-	365.00	375.00	230.00	230.00	216.00	218.00	180.00	185.00	190.00	195.00
Matale	-	-	-	-	-	-	-	-	-	-	-	-	-	-

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

Week 24: 12 - 18 June 2026

LOCATION	Dried Chillies	Red Onion		Big Onion	Potato			Pulses		
	Imported	Imported	Local		Imported	Welimada	Nuwara Eliya	Green Gram	Cowpea	Red Dhal
Colombo	950.00 - 1100.00	300.00 - 360.00	-	135.00 - 180.00	160.00 - 210.00	-	280.00 - 300.00	780.00 - 850.00	650.00 - 700.00	225.00 - 240.00
Kurunegala	1020.00 - 1080.00	350.00 - 380.00	-	170.00 - 185.00	185.00 - 192.00	-	-	840.00 - 860.00	735.00 - 760.00	240.00 - 246.00
Nikaweratiya	1020.00 - 1040.00	360.00 - 380.00	-	175.00 - 185.00	185.00 - 195.00	-	-	825.00 - 860.00	-	235.00 - 240.00
Dehiattakandiya	1000.00 - 1100.00	340.00 - 380.00	-	175.00 - 190.00	175.00 - 185.00	-	300.00 - 350.00	650.00 - 850.00	700.00 - 850.00	225.00 - 245.00
Dambulla (DEC)	-	-	-	150.00 - 170.00	-	240.00 - 250.00	260.00 - 280.00	-	-	-
Anuradhapura	-	-	-	-	-	-	-	-	-	-
Thambuththegama	-	-	-	155.00 - 175.00	170.00 - 190.00	-	-	-	-	-
Polonnaruwa	980.00 - 1020.00	390.00 - 440.00	-	200.00 - 265.00	197.00 - 230.00	-	330.00 - 385.00	850.00 - 885.00	780.00 - 800.00	255.00 - 258.00
Kaluthara	1000.00 - 1100.00	350.00 - 380.00	-	200.00 - 220.00	190.00 - 210.00	-	-	800.00 - 860.00	700.00 - 800.00	230.00 - 250.00
Puttalam	980.00 - 1050.00	330.00 - 340.00	230.00 - 330.00	200.00 - 205.00	195.00 - 205.00	-	260.00 - 270.00	750.00 - 820.00	830.00 - 880.00	240.00 - 245.00
Kandy	1040.00 - 1080.00	360.00 - 380.00	-	165.00 - 190.00	185.00 - 220.00	250.00 - 270.00	290.00 - 310.00	820.00 - 880.00	750.00 - 780.00	235.00 - 240.00
Matara	-	-	-	-	-	-	-	-	-	-
Hambantota	-	-	-	-	-	-	-	-	-	-
Kegalle	990.00 - 1000.00	380.00 - 390.00	-	190.00 - 200.00	170.00 - 180.00	-	320.00 - 330.00	840.00 - 860.00	800.00 - 802.00	240.00 - 245.00
Galle	1000.00 - 1020.00	350.00 - 380.00	-	180.00 - 220.00	180.00 - 200.00	-	340.00 - 360.00	800.00 - 850.00	800.00 - 850.00	255.00 - 260.00
Tissamaharama	1000.00 - 1020.00	400.00 - 410.00	-	195.00 - 200.00	195.00 - 200.00	-	295.00 - 300.00	790.00 - 800.00	-	245.00 - 250.00
Meegoda (DEC)	-	-	-	165.00 - 175.00	170.00 - 180.00	-	290.00 - 300.00	-	-	-
Jaffna	1000.00 - 1050.00	-	-	185.00 - 190.00	170.00 - 175.00	-	-	780.00 - 780.00	-	250.00 - 250.00
Vavuniya	1020.00 - 1050.00	-	-	180.00 - 190.00	220.00 - 240.00	-	350.00 - 380.00	850.00 - 950.00	-	260.00 - 265.00
Mannar	1000.00 - 1020.00	-	-	165.00 - 185.00	175.00 - 180.00	-	-	680.00 - 700.00	-	250.00 - 255.00
Killinochchi	1020.00 - 1040.00	340.00 - 360.00	-	160.00 - 180.00	190.00 - 210.00	-	-	800.00 - 830.00	-	250.00 - 260.00
Mullattivu	980.00 - 1030.00	-	-	180.00 - 210.00	170.00 - 190.00	-	-	740.00 - 800.00	-	-
Batticaloa	1100.00 - 1100.00	-	-	170.00 - 180.00	170.00 - 170.00	-	300.00 - 300.00	800.00 - 800.00	-	260.00 - 260.00
Trincomalee	-	-	-	-	-	-	-	-	-	-
Galenbindunuwewa	980.00 - 1110.00	350.00 - 415.00	-	200.00 - 225.00	185.00 - 220.00	-	-	795.00 - 915.00	700.00 - 805.00	235.00 - 260.00
Matale	-	-	-	-	-	-	-	-	-	-

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

Week 24: 12 - 18 June 2026

LOCATIONS	Dried Chillies	Red Onion		Big Onion	Potato			Pulses		
	Imported	Imported	Local		Imported	Welimada	Nuwara Eliya	Green Gram	Cowpea	Red Dhal
Colombo	1100.00 - 1400.00	360.00 - 520.00	-	200.00 - 260.00	200.00 - 260.00	-	380.00 - 440.00	880.00 - 1100.00	880.00 - 1200.00	260.00 - 340.00
Gampaha	1060.00 - 1200.00	480.00 - 520.00	-	240.00 - 260.00	240.00 - 260.00	-	420.00 - 440.00	920.00 - 1100.00	770.00 - 1000.00	280.00 - 300.00
Kurunegala	1050.00 - 1200.00	460.00 - 500.00	-	230.00 - 260.00	230.00 - 250.00	-	400.00 - 440.00	900.00 - 1000.00	800.00 - 950.00	270.00 - 280.00
Nikaweratiya	1020.00 - 1045.00	370.00 - 400.00	-	180.00 - 190.00	190.00 - 210.00	-	-	840.00 - 900.00	-	240.00 - 260.00
Dambulla	1100.00 - 1200.00	400.00 - 440.00	-	180.00 - 220.00	200.00 - 240.00	320.00 - 340.00	-	850.00 - 900.00	850.00 - 880.00	260.00 - 270.00
Anuradhapura	-	-	-	-	-	-	-	-	-	-
Thambuththegama	1200.00 - 1300.00	420.00 - 480.00	-	180.00 - 220.00	200.00 - 240.00	-	-	850.00 - 1000.00	780.00 - 900.00	250.00 - 260.00
Polonnaruwa	1000.00 - 1150.00	400.00 - 480.00	-	220.00 - 280.00	200.00 - 240.00	-	350.00 - 400.00	860.00 - 900.00	850.00 - 900.00	260.00 - 270.00
Kaluthara	1100.00 - 1200.00	440.00 - 500.00	-	240.00 - 260.00	240.00 - 280.00	-	360.00 - 400.00	850.00 - 900.00	750.00 - 1000.00	240.00 - 260.00
Badulla	1050.00 - 1200.00	400.00 - 450.00	-	200.00 - 240.00	210.00 - 220.00	-	400.00 - 480.00	850.00 - 850.00	750.00 - 800.00	260.00 - 280.00
Keppetipola	1100.00 - 1150.00	380.00 - 400.00	330.00 - 340.00	200.00 - 220.00	200.00 - 210.00	320.00 - 340.00	-	850.00 - 900.00	840.00 - 850.00	300.00 - 340.00
Moneragala	1050.00 - 1100.00	460.00 - 480.00	-	240.00 - 260.00	200.00 - 240.00	360.00 - 400.00	-	800.00 - 900.00	700.00 - 800.00	270.00 - 300.00
Kegalle	1100.00 - 1160.00	400.00 - 440.00	-	240.00 - 260.00	200.00 - 220.00	340.00 - 360.00	-	880.00 - 920.00	840.00 - 880.00	280.00 - 300.00
Ampara	1050.00 - 1100.00	450.00 - 480.00	-	200.00 - 230.00	205.00 - 230.00	350.00 - 380.00	-	860.00 - 950.00	850.00 - 870.00	245.00 - 255.00
Dehiattakandiya	1050.00 - 1200.00	380.00 - 450.00	-	200.00 - 200.00	180.00 - 210.00	-	350.00 - 400.00	750.00 - 950.00	800.00 - 880.00	240.00 - 260.00
Nuwaraeliya	1100.00 - 1200.00	420.00 - 440.00	350.00 - 360.00	230.00 - 250.00	200.00 - 220.00	-	330.00 - 350.00	900.00 - 950.00	800.00 - 850.00	265.00 - 290.00
Kandy	1140.00 - 1160.00	520.00 - 540.00	-	240.00 - 260.00	240.00 - 260.00	320.00 - 340.00	350.00 - 360.00	900.00 - 1000.00	920.00 - 1000.00	270.00 - 280.00
Puttalam	1200.00 - 1250.00	360.00 - 370.00	380.00 - 400.00	240.00 - 280.00	240.00 - 260.00	300.00 - 320.00	-	820.00 - 860.00	900.00 - 950.00	260.00 - 280.00
Rathnapura	1080.00 - 1160.00	420.00 - 460.00	-	210.00 - 240.00	200.00 - 220.00	-	-	840.00 - 900.00	720.00 - 760.00	265.00 - 280.00
Hambantota	-	-	-	-	-	-	-	-	-	-
Matara	-	-	-	-	-	-	-	-	-	-
Galle	1100.00 - 1200.00	440.00 - 500.00	-	230.00 - 240.00	220.00 - 260.00	-	380.00 - 400.00	950.00 - 980.00	850.00 - 1000.00	280.00 - 320.00
Tissamaharama	1080.00 - 1150.00	440.00 - 460.00	-	220.00 - 240.00	220.00 - 230.00	330.00 - 350.00	-	840.00 - 860.00	-	260.00 - 270.00
Meegoda (DEC)	1100.00 - 1200.00	480.00 - 480.00	-	200.00 - 220.00	220.00 - 240.00	380.00 - 380.00	400.00 - 400.00	880.00 - 900.00	900.00 - 1000.00	270.00 - 300.00
Embilipitiya	1050.00 - 1150.00	-	400.00 - 450.00	195.00 - 240.00	200.00 - 240.00	370.00 - 400.00	-	850.00 - 900.00	700.00 - 900.00	270.00 - 340.00
Jaffna	1100.00 - 1150.00	-	-	210.00 - 230.00	180.00 - 200.00	-	-	850.00 - 860.00	-	275.00 - 280.00
Vavuniya	1100.00 - 1150.00	340.00 - 360.00	-	200.00 - 220.00	250.00 - 270.00	-	400.00 - 450.00	1000.00 - 1040.00	-	275.00 - 285.00
Mannar	1100.00 - 1160.00	-	-	240.00 - 260.00	220.00 - 240.00	-	-	750.00 - 800.00	-	275.00 - 280.00
Killinochchi	1060.00 - 1100.00	380.00 - 400.00	-	200.00 - 220.00	220.00 - 240.00	-	-	840.00 - 860.00	-	270.00 - 280.00
Mullaittivu	1000.00 - 1050.00	-	-	-	180.00 - 200.00	-	-	740.00 - 800.00	-	270.00 - 280.00
Batticaloa	1200.00 - 1200.00	-	-	200.00 - 220.00	200.00 - 200.00	-	400.00 - 420.00	900.00 - 950.00	-	300.00 - 320.00
Trincomalee	-	-	-	-	-	-	-	-	-	-
Hanguranketha	1100.00 - 1100.00	-	400.00 - 400.00	200.00 - 220.00	200.00 - 220.00	-	-	900.00 - 950.00	650.00 - 780.00	240.00 - 260.00
Veyangoda	-	-	-	-	-	-	-	-	-	-
Galenbindunuwewa	1000.00 - 1150.00	370.00 - 440.00	-	220.00 - 250.00	200.00 - 240.00	-	-	825.00 - 950.00	730.00 - 830.00	245.00 - 280.00
Bandarawela	1100.00 - 1150.00	420.00 - 440.00	440.00 - 460.00	200.00 - 220.00	200.00 - 220.00	300.00 - 330.00	-	900.00 - 950.00	800.00 - 850.00	260.00 - 270.00
Matale	-	-	-	-	-	-	-	-	-	-

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

Week 24: 12 - 18 June 2026

Locations	Butter Beans	Green Beans	Carrot	Leeks	Beetroot	Knolkhol
Colombo	-	400.00 - 600.00	280.00 - 350.00	260.00 - 350.00	320.00 - 420.00	200.00 - 350.00
Meegoda (DEC)	-	430.00 - 530.00	320.00 - 370.00	280.00 - 360.00	-	260.00 - 370.00
Dambulla (DEC)	-	400.00 - 500.00	280.00 - 390.00	250.00 - 350.00	350.00 - 400.00	250.00 - 330.00
Keppetipola (DEC)	-	350.00 - 500.00	250.00 - 280.00	220.00 - 300.00	280.00 - 330.00	230.00 - 300.00
Norochchole (DEC)	-	-	-	-	-	-
Nuwara Eliya	-	380.00 - 500.00	320.00 - 330.00	290.00 - 320.00	280.00 - 320.00	250.00 - 320.00
Kandy	-	450.00 - 550.00	300.00 - 350.00	250.00 - 330.00	330.00 - 380.00	250.00 - 300.00
Hambantota	-	-	-	-	-	-
Thambuththegama (DEC)	-	380.00 - 550.00	330.00 - 400.00	230.00 - 350.00	400.00 - 450.00	-
Jaffna	-	-	-	-	-	-
Bandarawela	-	350.00 - 520.00	270.00 - 320.00	260.00 - 300.00	320.00 - 340.00	270.00 - 310.00
Veyangoda	-	480.00 - 530.00	320.00 - 360.00	260.00 - 300.00	-	300.00 - 350.00

Locations	Raddish	Cabbage	Tomato	Ladies Fingers	Brinjal	Capsicum
Colombo	100.00 - 160.00	120.00 - 150.00	500.00 - 800.00	130.00 - 200.00	150.00 - 250.00	250.00 - 400.00
Meegoda (DEC)	140.00 - 170.00	130.00 - 170.00	530.00 - 750.00	150.00 - 240.00	200.00 - 270.00	300.00 - 450.00
Moneragala	180.00 - 200.00	190.00 - 200.00	650.00 - 680.00	200.00 - 260.00	200.00 - 250.00	450.00 - 500.00
Dambulla (DEC)	80.00 - 130.00	100.00 - 130.00	450.00 - 650.00	200.00 - 220.00	150.00 - 220.00	250.00 - 420.00
Keppetipola (DEC)	90.00 - 120.00	90.00 - 110.00	450.00 - 550.00	-	200.00 - 250.00	250.00 - 380.00
Norochchole (DEC)	40.00 - 80.00	-	-	120.00 - 180.00	130.00 - 230.00	300.00 - 400.00
Nuwara Eliya	120.00 - 140.00	130.00 - 140.00	480.00 - 560.00	-	-	300.00 - 380.00
Kandy	130.00 - 150.00	150.00 - 170.00	480.00 - 600.00	180.00 - 230.00	200.00 - 250.00	280.00 - 400.00
Hambantota	-	-	-	-	-	-
Thambuththegama (DEC)	130.00 - 170.00	100.00 - 150.00	480.00 - 650.00	170.00 - 210.00	180.00 - 250.00	260.00 - 430.00
Tissamaharama	240.00 - 250.00	190.00 - 210.00	650.00 - 670.00	250.00 - 270.00	240.00 - 260.00	450.00 - 460.00
Jaffna	-	-	-	-	-	-
Bandarawela	100.00 - 120.00	100.00 - 120.00	450.00 - 600.00	180.00 - 220.00	220.00 - 260.00	250.00 - 350.00
Veyangoda	130.00 - 160.00	140.00 - 170.00	600.00 - 650.00	180.00 - 220.00	280.00 - 340.00	350.00 - 380.00

Locations	Pumpkin	Cucumber	Bitter Gourd	Snake Gourd	Drumstick	Luffa
Colombo	80.00 - 100.00	100.00 - 150.00	500.00 - 600.00	160.00 - 220.00	400.00 - #####	250.00 - 350.00
Meegoda (DEC)	80.00 - 100.00	110.00 - 140.00	550.00 - 600.00	230.00 - 280.00	-	270.00 - 300.00
Moneragala	100.00 - 130.00	150.00 - 180.00	550.00 - 570.00	180.00 - 200.00	-	350.00 - 400.00
Dambulla (DEC)	60.00 - 90.00	70.00 - 110.00	500.00 - 600.00	180.00 - 280.00	-	250.00 - 350.00
Keppetipola (DEC)	70.00 - 100.00	100.00 - 120.00	-	-	-	-
Norochchole (DEC)	70.00 - 90.00	70.00 - 100.00	400.00 - 450.00	120.00 - 220.00	500.00 - 620.00	160.00 - 250.00
Nuwara Eliya	-	-	-	-	-	-
Kandy	80.00 - 90.00	110.00 - 130.00	500.00 - 550.00	180.00 - 250.00	-	220.00 - 250.00
Hambantota	-	-	-	-	-	-
Thambuththegama (DEC)	80.00 - 110.00	70.00 - 90.00	450.00 - 550.00	160.00 - 250.00	-	260.00 - 350.00
Tissamaharama	140.00 - 150.00	160.00 - 180.00	550.00 - 560.00	240.00 - 250.00	-	360.00 - 370.00
Jaffna	-	-	-	-	-	-
Bandarawela	80.00 - 110.00	130.00 - 150.00	520.00 - 550.00	220.00 - 280.00	650.00 - 720.00	320.00 - 340.00
Veyangoda	80.00 - 90.00	90.00 - 120.00	550.00 - 600.00	230.00 - 260.00	-	320.00 - 350.00

Table 06 (Contd.)

	Long Beans	Ash Plantain	Green Chillies	Lime	Sweet Potatoe	Manioc
Colombo	250.00 - 300.00	100.00 - 130.00	400.00 - 550.00	400.00 - 500.00	120.00 - 180.00	100.00 - 130.00
Meegoda (DEC)	260.00 - 330.00	100.00 - 130.00	530.00 - 650.00	400.00 - 470.00	120.00 - 150.00	100.00 - 130.00
Moneragala	230.00 - 250.00	60.00 - 70.00	600.00 - 700.00	450.00 - 500.00	180.00 - 200.00	100.00 - 130.00
Dambulla (DEC)	180.00 - 280.00	90.00 - 120.00	450.00 - 600.00	350.00 - 400.00	100.00 - 159.00	120.00 - 140.00
Keppetipola (DEC)	-	-	450.00 - 600.00	-	150.00 - 170.00	120.00 - 130.00
Norochchole (DEC)	240.00 - 280.00	90.00 - 120.00	450.00 - 500.00	-	-	120.00 - 150.00
Nuwara Eliya	-	-	-	-	-	-
Kandy	250.00 - 300.00	120.00 - 150.00	500.00 - 600.00	350.00 - 550.00	140.00 - 180.00	120.00 - 130.00
Hambantota	-	-	-	-	-	-
Thambuththegama (DEC)	180.00 - 280.00	70.00 - 100.00	470.00 - 650.00	250.00 - 330.00	130.00 - 170.00	100.00 - 130.00
Tissamaharama	220.00 - 230.00	90.00 - 110.00	740.00 - 750.00	550.00 - 570.00	200.00 - 220.00	160.00 - 170.00
Jaffna	-	-	-	-	-	-
Bandarawela	180.00 - 260.00	100.00 - 120.00	450.00 - 580.00	450.00 - 500.00	140.00 - 160.00	110.00 - 120.00
Veyangoda	280.00 - 320.00	120.00 - 230.00	600.00 - 650.00	470.00 - 500.00	130.00 - 160.00	120.00 - 140.00

Locations	Leafy Vegetables (Rs/kg)			Coconut (Rs/nut)	
	Mukunuwenna	Kankun	Gotukola	Large	Small
Colombo	100.00 - 120.00	100.00 - 120.00	300.00 - 320.00	140.00 - 150.00	120.00 - 130.00
Meegoda (DEC)	-	-	-	-	-
Norochchole (DEC)	-	-	-	-	-
Nuwara Eliya	-	-	-	-	-
Dambulla (DEC)	-	-	-	-	-
Kandy	150.00 - 160.00	150.00 - 160.00	280.00 - 300.00	130.00 - 140.00	85.00 - 100.00
Hambantota	-	-	-	-	-
Thambuththegama (DEC)	-	-	-	-	-
Tissamaharama	120.00 - 140.00	120.00 - 140.00	250.00 - 275.00	-	-
Jaffna	-	-	-	-	-
Bandarawela	150.00 - 180.00	150.00 - 180.00	260.00 - 300.00	-	-
Veyangoda	-	-	-	-	-

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

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

Week 24: 12 - 18 June 2026

LOCATIONS	Up Country Varieties																
	Butter Beans	Green Beans		Carrot		Leeks		Beetroot		Knol Khol		Raddish		Cabbage		Tomato	
Colombo	-	500.00	800.00	350.00	640.00	400.00	600.00	400.00	800.00	300.00	600.00	200.00	480.00	200.00	400.00	700.00	1200.00
Gampaha	-	560.00	620.00	480.00	540.00	430.00	540.00	440.00	540.00	480.00	600.00	280.00	340.00	-	-	700.00	800.00
Kurunegala	-	580.00	640.00	500.00	550.00	480.00	540.00	420.00	500.00	460.00	520.00	230.00	250.00	-	-	800.00	850.00
Nikaweratiya	-	600.00	680.00	460.00	560.00	460.00	540.00	550.00	600.00	340.00	400.00	240.00	280.00	300.00	360.00	850.00	1000.00
Dambulla	-	600.00	640.00	460.00	480.00	450.00	480.00	540.00	580.00	440.00	480.00	280.00	300.00	240.00	280.00	760.00	800.00
Anuradhapura	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Thambuththegama	-	600.00	720.00	450.00	580.00	440.00	500.00	-	-	-	-	200.00	250.00	180.00	250.00	720.00	850.00
Polonnaruwa	-	720.00	800.00	480.00	560.00	480.00	560.00	520.00	560.00	460.00	520.00	300.00	360.00	300.00	360.00	860.00	920.00
Kaluthara	-	600.00	640.00	400.00	560.00	480.00	600.00	480.00	640.00	400.00	520.00	240.00	320.00	320.00	320.00	800.00	1000.00
Badulla	-	520.00	600.00	450.00	600.00	400.00	480.00	480.00	600.00	480.00	520.00	240.00	320.00	240.00	320.00	680.00	800.00
Keppetipola	-	520.00	560.00	330.00	360.00	350.00	370.00	340.00	360.00	280.00	320.00	160.00	180.00	180.00	200.00	650.00	700.00
Moneragala	-	640.00	720.00	440.00	480.00	460.00	480.00	480.00	540.00	-	-	240.00	300.00	260.00	300.00	760.00	800.00
Kegalle	-	640.00	680.00	520.00	560.00	440.00	480.00	560.00	600.00	440.00	480.00	240.00	280.00	280.00	320.00	860.00	900.00
Ampara	-	500.00	560.00	420.00	480.00	420.00	440.00	480.00	540.00	280.00	320.00	260.00	280.00	240.00	340.00	780.00	960.00
Dehiattakandiya	-	600.00	600.00	600.00	600.00	400.00	500.00	400.00	480.00	400.00	400.00	300.00	300.00	200.00	300.00	800.00	800.00
Nuwaraeliya	-	560.00	600.00	400.00	420.00	380.00	400.00	400.00	420.00	360.00	380.00	230.00	250.00	240.00	260.00	680.00	700.00
Kandy	-	600.00	650.00	480.00	500.00	480.00	500.00	450.00	480.00	400.00	450.00	200.00	240.00	260.00	280.00	950.00	1000.00
Puttalam	-	650.00	720.00	680.00	720.00	550.00	600.00	-	-	500.00	520.00	240.00	300.00	-	-	800.00	880.00
Hambantota	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Rathnapura	-	530.00	600.00	380.00	460.00	450.00	480.00	500.00	570.00	-	-	240.00	280.00	220.00	300.00	700.00	800.00
Matara	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Galle	-	660.00	680.00	460.00	500.00	460.00	500.00	540.00	580.00	480.00	500.00	280.00	300.00	340.00	360.00	860.00	900.00
Tissamaharama	-	560.00	580.00	420.00	440.00	430.00	450.00	500.00	520.00	380.00	400.00	280.00	300.00	240.00	250.00	700.00	720.00
Meegoda (DEC)	-	640.00	720.00	480.00	520.00	480.00	480.00	-	-	480.00	540.00	320.00	360.00	320.00	360.00	900.00	1000.00
Embilipitiya	-	600.00	720.00	400.00	480.00	400.00	430.00	560.00	600.00	280.00	320.00	280.00	320.00	280.00	320.00	720.00	800.00
Jaffna	-	740.00	760.00	500.00	550.00	450.00	480.00	-	-	-	-	250.00	300.00	300.00	320.00	780.00	820.00
Vavuniya	-	800.00	850.00	600.00	680.00	500.00	540.00	500.00	540.00	400.00	450.00	300.00	340.00	-	-	900.00	940.00
Mannar	-	750.00	800.00	550.00	560.00	450.00	500.00	400.00	450.00	-	-	250.00	300.00	350.00	360.00	800.00	850.00
Killinochchi	-	750.00	780.00	500.00	540.00	460.00	500.00	480.00	520.00	-	-	220.00	240.00	360.00	400.00	800.00	840.00
Mullaittivu	-	720.00	760.00	550.00	600.00	460.00	500.00	380.00	420.00	-	-	280.00	350.00	280.00	320.00	780.00	820.00
Batticaloa	-	480.00	500.00	400.00	450.00	300.00	350.00	380.00	400.00	-	-	-	-	-	-	800.00	850.00
Trincomalee	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Hanguranketha	-	580.00	620.00	380.00	420.00	350.00	400.00	350.00	380.00	300.00	300.00	140.00	150.00	150.00	200.00	610.00	640.00
Veyangoda	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Galenbindunuwewa	-	700.00	800.00	520.00	600.00	520.00	600.00	480.00	560.00	320.00	400.00	240.00	320.00	240.00	320.00	720.00	800.00
Bandarawela	-	560.00	600.00	340.00	360.00	340.00	360.00	380.00	420.00	340.00	360.00	160.00	180.00	200.00	240.00	600.00	640.00
Matale	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Table 07 (Contd.)

LOCATIONS	Low Country Varieties											
	Ladies Fingers	Brinjal	Capsicum	Pumpkin	Cucumber	Bitter Gourd	Snake Gourd	Drumstick	Luffa	Long Beans		
Colombo	250.00 - 480.00	250.00 - 600.00	400.00 - 800.00	150.00 - 280.00	200.00 - 320.00	600.00 - 800.00	250.00 - 480.00	800.00 - 1600.00	300.00 - 600.00	300.00 - 600.00		
Gampaha	360.00 - 400.00	400.00 - 480.00	580.00 - 600.00	200.00 - 260.00	240.00 - 320.00	700.00 - 800.00	400.00 - 460.00	-	480.00 - 540.00	400.00 - 470.00		
Kurunegala	380.00 - 420.00	480.00 - 540.00	600.00 - 680.00	200.00 - 240.00	180.00 - 240.00	800.00 - 870.00	400.00 - 440.00	-	480.00 - 520.00	380.00 - 440.00		
Nikaweratiya	350.00 - 400.00	320.00 - 400.00	500.00 - 580.00	180.00 - 220.00	220.00 - 260.00	650.00 - 760.00	340.00 - 400.00	-	420.00 - 480.00	360.00 - 400.00		
Dambulla	300.00 - 340.00	400.00 - 440.00	650.00 - 700.00	160.00 - 200.00	200.00 - 240.00	760.00 - 800.00	400.00 - 460.00	-	440.00 - 480.00	380.00 - 440.00		
Anuradhapura	-	-	-	-	-	-	-	-	-	-		
Thambuththegama	350.00 - 450.00	300.00 - 400.00	560.00 - 720.00	160.00 - 220.00	150.00 - 220.00	650.00 - 750.00	300.00 - 380.00	-	440.00 - 550.00	350.00 - 450.00		
Polonnaruwa	360.00 - 480.00	480.00 - 520.00	600.00 - 600.00	180.00 - 240.00	240.00 - 280.00	850.00 - 880.00	400.00 - 480.00	850.00 - 900.00	480.00 - 560.00	420.00 - 480.00		
Kaluthara	320.00 - 400.00	300.00 - 400.00	600.00 - 800.00	180.00 - 240.00	180.00 - 280.00	600.00 - 800.00	300.00 - 480.00	-	400.00 - 600.00	300.00 - 400.00		
Badulla	320.00 - 400.00	320.00 - 480.00	550.00 - 600.00	200.00 - 260.00	240.00 - 320.00	600.00 - 720.00	480.00 - 600.00	700.00 - 800.00	480.00 - 600.00	320.00 - 400.00		
Keppetipola	280.00 - 300.00	280.00 - 300.00	450.00 - 500.00	140.00 - 160.00	160.00 - 180.00	650.00 - 700.00	300.00 - 330.00	-	380.00 - 400.00	340.00 - 360.00		
Moneragala	320.00 - 360.00	320.00 - 360.00	540.00 - 600.00	160.00 - 200.00	260.00 - 280.00	660.00 - 720.00	300.00 - 320.00	-	440.00 - 480.00	300.00 - 320.00		
Kegalle	360.00 - 400.00	440.00 - 480.00	560.00 - 600.00	200.00 - 240.00	200.00 - 240.00	680.00 - 700.00	320.00 - 360.00	760.00 - 800.00	-	360.00 - 400.00		
Ampara	320.00 - 340.00	360.00 - 600.00	460.00 - 520.00	180.00 - 200.00	220.00 - 240.00	560.00 - 580.00	340.00 - 440.00	-	300.00 - 340.00	280.00 - 340.00		
Dehiattakandiya	320.00 - 400.00	300.00 - 320.00	480.00 - 600.00	200.00 - 240.00	200.00 - 260.00	600.00 - 600.00	400.00 - 400.00	-	300.00 - 480.00	320.00 - 400.00		
Nuwaraeliya	300.00 - 320.00	320.00 - 340.00	460.00 - 480.00	220.00 - 240.00	240.00 - 260.00	660.00 - 680.00	320.00 - 340.00	-	520.00 - 550.00	380.00 - 420.00		
Kandy	360.00 - 400.00	400.00 - 450.00	550.00 - 600.00	160.00 - 180.00	180.00 - 200.00	650.00 - 700.00	300.00 - 320.00	-	400.00 - 450.00	360.00 - 400.00		
Puttalam	300.00 - 360.00	400.00 - 450.00	600.00 - 700.00	240.00 - 280.00	240.00 - 300.00	700.00 - 800.00	360.00 - 400.00	-	580.00 - 650.00	480.00 - 550.00		
Rathnapura	220.00 - 280.00	260.00 - 330.00	450.00 - 540.00	120.00 - 160.00	220.00 - 260.00	500.00 - 600.00	280.00 - 350.00	-	420.00 - 480.00	350.00 - 400.00		
Hambantota	-	-	-	-	-	-	-	-	-	-		
Matara	-	-	-	-	-	-	-	-	-	-		
Galle	360.00 - 400.00	380.00 - 440.00	680.00 - 760.00	180.00 - 220.00	200.00 - 260.00	760.00 - 800.00	380.00 - 420.00	1000.00 - 1200.00	480.00 - 540.00	460.00 - 480.00		
Tissamaharama	300.00 - 320.00	280.00 - 300.00	500.00 - 520.00	180.00 - 200.00	220.00 - 230.00	600.00 - 620.00	280.00 - 300.00	-	400.00 - 420.00	260.00 - 280.00		
Meegoda (DEC)	320.00 - 400.00	400.00 - 480.00	520.00 - 600.00	200.00 - 200.00	280.00 - 320.00	760.00 - 800.00	480.00 - 520.00	-	480.00 - 560.00	480.00 - 520.00		
Embilipitiya	280.00 - 320.00	200.00 - 300.00	480.00 - 600.00	160.00 - 240.00	160.00 - 200.00	700.00 - 800.00	280.00 - 320.00	-	450.00 - 500.00	360.00 - 400.00		
Jaffna	280.00 - 300.00	350.00 - 360.00	-	120.00 - 140.00	-	680.00 - 720.00	300.00 - 350.00	-	-	400.00 - 420.00		
Vavuniya	500.00 - 540.00	300.00 - 340.00	600.00 - 640.00	100.00 - 140.00	200.00 - 240.00	800.00 - 900.00	300.00 - 340.00	-	350.00 - 400.00	500.00 - 550.00		
Mannar	300.00 - 350.00	450.00 - 480.00	600.00 - 650.00	150.00 - 160.00	180.00 - 200.00	800.00 - 850.00	550.00 - 600.00	-	-	380.00 - 400.00		
Killinochchi	280.00 - 320.00	360.00 - 400.00	600.00 - 640.00	140.00 - 160.00	170.00 - 200.00	800.00 - 840.00	340.00 - 360.00	800.00 - 850.00	-	360.00 - 400.00		
Mullaittivu	280.00 - 320.00	300.00 - 350.00	600.00 - 650.00	130.00 - 150.00	180.00 - 220.00	750.00 - 800.00	340.00 - 380.00	900.00 - 960.00	-	380.00 - 450.00		
Batticaloa	250.00 - 250.00	250.00 - 250.00	450.00 - 500.00	150.00 - 150.00	300.00 - 300.00	700.00 - 750.00	300.00 - 320.00	900.00 - 950.00	-	250.00 - 250.00		
Trincomalee	-	-	-	-	-	-	-	-	-	-		
Hanguranketha	280.00 320.00	400.00 450.00	400.00 420.00	130.00 150.00	180.00 220.00	680.00 720.00	300.00 320.00	580.00 600.00	340.00 380.00	300.00 320.00		
Veyangoda	-	-	-	-	-	-	-	-	-	-		
Galenbindunuwewa	320.00 - 400.00	400.00 - 480.00	520.00 - 600.00	180.00 - 240.00	180.00 - 240.00	660.00 - 720.00	360.00 - 420.00	-	460.00 - 540.00	300.00 - 360.00		
Bandarawela	240.00 - 260.00	280.00 - 320.00	400.00 - 450.00	160.00 - 180.00	200.00 - 220.00	600.00 - 640.00	300.00 - 320.00	650.00 - 720.00	380.00 - 420.00	300.00 - 320.00		
Matale	-	-	-	-	-	-	-	-	-	-		

Table 07 (Contd.)

LOCATIONS	Low Country Varieties					Leafy Vegetable			Coconut (Rs/nut)	
	Ash Plantain	Green Chillies	Lime	Sweet Potato	Manioc	Mukunuwenna	Kankun	Gotukola	Large	Small
Colombo	200.00 - 400.00	600.00 - 1200.00	500.00 - 1200.00	240.00 - 400.00	180.00 - 250.00	150.00 - 250.00	150.00 - 250.00	320.00 - 450.00	150.00 - 200.00	130.00 - 150.00
Gampaha	240.00 - 260.00	700.00 - 860.00	700.00 - 850.00	300.00 - 320.00	190.00 - 220.00	180.00 - 210.00	180.00 - 210.00	150.00 - 180.00	140.00 - 160.00	100.00 - 130.00
Kurunegala	220.00 - 260.00	800.00 - 850.00	700.00 - 800.00	240.00 - 260.00	200.00 - 220.00	180.00 - 210.00	210.00 - 220.00	300.00 - 350.00	150.00 - 160.00	100.00 - 130.00
Nikaweratiya	200.00 - 240.00	780.00 - 840.00	600.00 - 650.00	240.00 - 280.00	160.00 - 200.00	300.00 - 400.00	300.00 - 400.00	280.00 - 320.00	140.00 - 160.00	110.00 - 130.00
Dambulla	240.00 - 260.00	700.00 - 800.00	500.00 - 600.00	240.00 - 280.00	200.00 - 240.00	350.00 - 400.00	350.00 - 490.00	300.00 - 350.00	140.00 - 150.00	110.00 - 130.00
Anuradhapura	-	-	-	-	-	-	-	-	-	-
Thambuththegama	120.00 - 200.00	720.00 - 880.00	450.00 - 560.00	220.00 - 280.00	180.00 - 250.00	-	-	-	-	100.00 - 120.00
Polonnaruwa	240.00 - 280.00	900.00 - 1000.00	700.00 - 800.00	240.00 - 280.00	240.00 - 280.00	200.00 - 240.00	200.00 - 240.00	200.00 - 240.00	140.00 - 150.00	100.00 - 120.00
Kaluthara	200.00 - 280.00	800.00 - 1000.00	700.00 - 1000.00	280.00 - 320.00	180.00 - 200.00	210.00 - 240.00	240.00 - 300.00	300.00 - 360.00	180.00 - 200.00	140.00 - 160.00
Badulla	240.00 - 320.00	760.00 - 800.00	600.00 - 800.00	240.00 - 320.00	240.00 - 260.00	320.00 - 400.00	320.00 - 400.00	360.00 - 400.00	150.00 - 170.00	100.00 - 120.00
Keppetipola	180.00 - 200.00	700.00 - 800.00	650.00 - 700.00	200.00 - 220.00	150.00 - 160.00	240.00 - 280.00	240.00 - 280.00	400.00 - 500.00	140.00 - 160.00	120.00 - 130.00
Moneragala	120.00 - 160.00	800.00 - 900.00	600.00 - 650.00	260.00 - 320.00	140.00 - 160.00	150.00 - 180.00	150.00 - 180.00	280.00 - 320.00	130.00 - 150.00	100.00 - 120.00
Kegalle	200.00 - 240.00	860.00 - 900.00	760.00 - 800.00	-	160.00 - 200.00	240.00 - 240.00	240.00 - 250.00	240.00 - 250.00	150.00 - 160.00	120.00 - 130.00
Ampara	200.00 - 240.00	640.00 - 720.00	580.00 - 800.00	260.00 - 300.00	140.00 - 150.00	240.00 - 280.00	240.00 - 280.00	300.00 - 350.00	160.00 - 170.00	120.00 - 140.00
Dehiattakandiya	150.00 - 200.00	800.00 - 1000.00	600.00 - 800.00	200.00 - 300.00	-	250.00 - 250.00	250.00 - 250.00	250.00 - 250.00	130.00 - 150.00	110.00 - 120.00
Nuwaraeliya	240.00 - 250.00	750.00 - 800.00	650.00 - 700.00	280.00 - 320.00	240.00 - 260.00	200.00 - 220.00	200.00 - 220.00	240.00 - 260.00	150.00 - 160.00	120.00 - 130.00
Kandy	200.00 - 240.00	950.00 - 1000.00	900.00 - 1000.00	240.00 - 260.00	240.00 - 260.00	210.00 - 240.00	210.00 - 240.00	400.00 - 480.00	150.00 - 160.00	110.00 - 120.00
Puttalam	240.00 - 260.00	900.00 - 1000.00	1000.00 - 1200.00	320.00 - 360.00	240.00 - 250.00	-	-	400.00 - 450.00	140.00 - 150.00	120.00 - 130.00
Rathnapura	200.00 - 250.00	800.00 - 880.00	600.00 - 700.00	250.00 - 300.00	120.00 - 160.00	240.00 - 240.00	240.00 - 240.00	300.00 - 300.00	150.00 - 170.00	100.00 - 135.00
Hambanthota	-	-	-	-	-	-	-	-	-	-
Matara	-	-	-	-	-	-	-	-	-	-
Galle	200.00 - 260.00	860.00 - 900.00	700.00 - 800.00	250.00 - 300.00	180.00 - 220.00	280.00 - 280.00	280.00 - 280.00	400.00 - 400.00	-	100.00 - 100.00
Tissamaharama	130.00 - 150.00	780.00 - 800.00	600.00 - 620.00	240.00 - 260.00	200.00 - 220.00	160.00 - 180.00	200.00 - 220.00	350.00 - 400.00	160.00 - 180.00	120.00 - 140.00
Meegoda (DEC)	240.00 - 320.00	900.00 - 1000.00	700.00 - 800.00	280.00 - 360.00	200.00 - 240.00	200.00 - 200.00	200.00 - 200.00	240.00 - 240.00	160.00 - 170.00	120.00 - 140.00
Embilipitiya	100.00 - 150.00	800.00 - 1000.00	800.00 - 900.00	280.00 - 320.00	140.00 - 180.00	300.00 - 350.00	250.00 - 300.00	-	160.00 - 180.00	120.00 - 150.00
Jaffna	120.00 - 130.00	480.00 - 520.00	450.00 - 500.00	250.00 - 260.00	200.00 - 200.00	320.00 - 330.00	240.00 - 250.00	310.00 - 330.00	140.00 - 150.00	100.00 - 120.00
Vavuniya	150.00 - 180.00	800.00 - 850.00	600.00 - 640.00	-	250.00 - 280.00	300.00 - 350.00	300.00 - 350.00	400.00 - 450.00	140.00 - 160.00	100.00 - 120.00
Mannar	180.00 - 200.00	750.00 - 800.00	800.00 - 850.00	250.00 - 260.00	200.00 - 220.00	240.00 - 250.00	200.00 - 240.00	320.00 - 360.00	140.00 - 145.00	100.00 - 120.00
Killinochchi	120.00 - 140.00	550.00 - 600.00	450.00 - 500.00	240.00 - 260.00	180.00 - 200.00	350.00 - 400.00	300.00 - 325.00	350.00 - 400.00	140.00 - 160.00	120.00 - 130.00
Mullaittivu	140.00 - 160.00	500.00 - 550.00	460.00 - 500.00	240.00 - 260.00	180.00 - 220.00	280.00 - 280.00	240.00 - 240.00	200.00 - 200.00	140.00 - 150.00	100.00 - 120.00
Batticaloa	250.00 - 250.00	700.00 - 750.00	750.00 - 750.00	200.00 - 200.00	250.00 - 250.00	-	320.00 - 320.00	320.00 - 320.00	160.00 - 170.00	140.00 - 150.00
Trincomalee										
Hanguranketha	210.00 - 250.00	780.00 - 820.00	610.00 - 650.00	200.00 - 220.00	-	200.00 - 250.00	200.00 - 200.00	210.00 - 210.00	135.00 - 145.00	110.00 - 110.00
Veyangoda	-	-	-	-	-	-	-	-	-	-
Galenbindunuwewa	160.00 - 200.00	720.00 - 800.00	600.00 - 700.00	200.00 - 280.00	200.00 - 240.00	250.00 - 280.00	200.00 - 240.00	280.00 - 340.00	-	100.00 - 120.00
Bandarawela	180.00 - 200.00	640.00 - 700.00	600.00 - 650.00	180.00 - 200.00	170.00 - 180.00	210.00 - 240.00	210.00 - 240.00	320.00 - 400.00	150.00 - 160.00	120.00 - 130.00
Matale	-	-	-	-	-	-	-	-	-	-

Table 08: Selected Markets: Retail Price of Fruits (Rs/kg)

Week 24: 12 - 18 June 2026

LOCATIONS	Banana					Pineapple			Mango	
	Ambul (Rs/kg)	Kolikuttu (Rs/kg)	Seeni (Rs/kg)	Anamalu	Ambun	Large	Medium	Small	Betti	Karthakolomban
Colombo	150.00 - 250.00	350.00 - 500.00	150.00 - 250.00	250.00 - 380.00	250.00 - 380.00	300.00 - 400.00	-	-	200.00 - 450.00	400.00 - 700.00
Gampaha	160.00 - 180.00	350.00 - 390.00	170.00 - 180.00	-	-	250.00 - 300.00	-	-	-	350.00 - 420.00
Kurunegala	140.00 - 160.00	370.00 - 400.00	140.00 - 170.00	-	300.00 - 350.00	300.00 - 350.00	-	-	-	300.00 - 340.00
Nikaweratiya	160.00 - 180.00	350.00 - 380.00	150.00 - 180.00	-	380.00 - 400.00	450.00 - 550.00	-	-	-	-
Dambulla	120.00 - 140.00	300.00 - 340.00	130.00 - 150.00	-	320.00 - 340.00	350.00 - 400.00	-	-	200.00 - 250.00	250.00 - 350.00
Anuradhapura	-	-	-	-	-	-	-	-	-	-
Thambuththegama	120.00 - 180.00	320.00 - 400.00	120.00 - 200.00	-	-	320.00 - 400.00	-	-	-	-
Polonnaruwa	200.00 - 250.00	400.00 - 450.00	180.00 - 200.00	400.00 - 450.00	350.00 - 450.00	450.00 - 450.00	-	-	-	450.00 - 550.00
Kaluthara	150.00 - 180.00	350.00 - 400.00	180.00 - 200.00	250.00 - 260.00	280.00 - 300.00	390.00 - 450.00	-	-	-	400.00 - 500.00
Badulla	120.00 - 220.00	350.00 - 400.00	120.00 - 180.00	250.00 - 400.00	300.00 - 450.00	400.00 - 450.00	-	-	-	-
Keppetipola	180.00 - 200.00	350.00 - 360.00	170.00 - 190.00	200.00 - 220.00	260.00 - 265.00	260.00 - 280.00	-	-	350.00 - 360.00	750.00 - 800.00
Moneragala	100.00 - 120.00	340.00 - 380.00	80.00 - 100.00	200.00 - 240.00	240.00 - 260.00	300.00 - 350.00	-	-	-	300.00 - 350.00
Kegalle	140.00 - 150.00	280.00 - 300.00	150.00 - 160.00	200.00 - 220.00	200.00 - 220.00	300.00 - 320.00	-	-	-	280.00 - 300.00
Ampara	160.00 - 170.00	350.00 - 380.00	130.00 - 140.00	280.00 - 300.00	300.00 - 300.00	350.00 - 400.00	-	-	-	600.00 - 650.00
Dehiattakandiya	200.00 - 200.00	350.00 - 380.00	160.00 - 180.00	380.00 - 380.00	-	450.00 - 550.00	-	-	-	450.00 - 450.00
Nuwaraeliya	200.00 - 220.00	360.00 - 400.00	200.00 - 210.00	220.00 - 240.00	260.00 - 280.00	280.00 - 320.00	-	-	320.00 - 340.00	540.00 - 560.00
Kandy	180.00 - 200.00	360.00 - 400.00	160.00 - 180.00	260.00 - 270.00	320.00 - 330.00	300.00 - 350.00	-	-	200.00 - 250.00	400.00 - 450.00
Puttalam	120.00 - 150.00	350.00 - 400.00	130.00 - 150.00	270.00 - 300.00	-	400.00 - 480.00	-	-	-	600.00 - 700.00
Rathnapura	150.00 - 200.00	350.00 - 400.00	120.00 - 150.00	200.00 - 260.00	300.00 - 350.00	340.00 - 390.00	-	-	-	300.00 - 400.00
Hambantota	-	-	-	-	-	-	-	-	-	-
Matara	-	-	-	-	-	-	-	-	-	-
Galle	260.00 - 300.00	360.00 - 400.00	180.00 - 200.00	280.00 - 300.00	280.00 - 300.00	300.00 - 300.00	-	-	-	440.00 - 500.00
Tissamaharama	150.00 - 170.00	320.00 - 340.00	140.00 - 150.00	-	-	380.00 - 400.00	-	-	-	350.00 - 380.00
Meegoda (DEC)	160.00 - 180.00	360.00 - 380.00	170.00 - 180.00	280.00 - 300.00	280.00 - 300.00	240.00 - 280.00	-	-	-	300.00 - 340.00
Embilipitiya	70.00 - 100.00	250.00 - 320.00	80.00 - 100.00	250.00 - 280.00	280.00 - 300.00	250.00 - 300.00	-	-	160.00 - 200.00	350.00 - 400.00
Jaffna	150.00 - 160.00	320.00 - 320.00	130.00 - 130.00	-	-	500.00 - 550.00	-	-	-	500.00 - 600.00
Vavuniya	140.00 - 160.00	300.00 - 360.00	140.00 - 160.00	240.00 - 260.00	280.00 - 320.00	500.00 - 600.00	-	-	-	-
Mannar	180.00 - 200.00	350.00 - 360.00	150.00 - 160.00	250.00 - 260.00	280.00 - 300.00	550.00 - 600.00	-	-	-	600.00 - 650.00
Killinochchi	140.00 - 160.00	340.00 - 360.00	130.00 - 150.00	-	-	360.00 - 400.00	-	-	-	500.00 - 540.00
Mullaittivu	170.00 - 200.00	340.00 - 360.00	140.00 - 160.00	250.00 - 260.00	280.00 - 300.00	550.00 - 620.00	-	-	-	550.00 - 600.00
Batticaloa	200.00 - 200.00	350.00 - 400.00	150.00 - 150.00	200.00 - 200.00	-	400.00 - 450.00	-	-	-	500.00 - 500.00
Trincomalee	-	-	-	-	-	-	-	-	-	-
Veyangoda	-	-	-	-	-	-	-	-	-	-
Galenbindunuwewa	130.00 - 160.00	300.00 - 400.00	120.00 - 150.00	-	-	360.00 - 400.00	-	-	-	380.00 - 420.00
Bandarawela	170.00 - 180.00	350.00 - 360.00	160.00 - 170.00	200.00 - 220.00	260.00 - 280.00	320.00 - 500.00	-	-	-	420.00 - 450.00
Matale	-	-	-	-	-	-	-	-	-	-

Table 08 (Contd.)

LOCATIONS	Mango		Other Fruits							
	Vilad	Kohu	Papaw	Passion	Wood Apple	Orange	Avocado	Slime Apple	Grapes	King Coconut(Rs/nut)
Colombo	450.00 - 500.00	-	220.00 - 350.00	600.00 - 1000.00	400.00 - 900.00	300.00 - 600.00	600.00 - 900.00	300.00 - 700.00	2100.00 - 3000.00	160.00 - 260.00
Gampaha	-	-	200.00 - 280.00	-	-	340.00 - 400.00	600.00 - 690.00	-	2800.00 - 2900.00	200.00 - 220.00
Kurunegala	-	-	200.00 - 250.00	-	-	350.00 - 380.00	600.00 - 680.00	-	2700.00 - 2800.00	200.00 - 210.00
Nikaweratiya	-	-	220.00 - 260.00	-	-	280.00 - 300.00	500.00 - 580.00	-	-	-
Dambulla	180.00 - 200.00	100.00 - 150.00	200.00 - 240.00	600.00 - 700.00	500.00 - 550.00	350.00 - 400.00	450.00 - 600.00	200.00 - 300.00	2900.00 - 3000.00	200.00 - 230.00
Anuradhapura	-	-	-	-	-	-	-	-	-	-
Thambuththegama	-	-	120.00 - 200.00	600.00 - 700.00	-	300.00 - 320.00	320.00 - 400.00	-	-	180.00 - 220.00
Polonnaruwa	-	-	250.00 - 250.00	-	-	250.00 - 250.00	600.00 - 650.00	-	2800.00 - 3000.00	250.00 - 250.00
Kaluthara	300.00 - 350.00	-	220.00 - 300.00	-	500.00 - 650.00	-	600.00 - 650.00	400.00 - 500.00	2600.00 - 3000.00	180.00 - 200.00
Badulla	200.00 - 250.00	70.00 - 100.00	150.00 - 250.00	800.00 - 1000.00	350.00 - 400.00	250.00 - 300.00	480.00 - 600.00	250.00 - 350.00	2500.00 - 3000.00	200.00 - 250.00
Keppetipola	-	-	250.00 - 260.00	-	420.00 - 480.00	360.00 - 390.00	720.00 - 780.00	300.00 - 360.00	2400.00 - 2600.00	180.00 - 200.00
Moneragala	200.00 - 250.00	-	180.00 - 200.00	-	400.00 - 440.00	-	350.00 - 400.00	250.00 - 300.00	2900.00 - 3000.00	180.00 - 200.00
Kegalle	-	-	250.00 - 260.00	-	650.00 - 700.00	250.00 - 300.00	280.00 - 300.00	350.00 - 360.00	2600.00 - 2700.00	170.00 - 200.00
Ampara	380.00 - 400.00	-	220.00 - 230.00	600.00 - 650.00	-	-	550.00 - 600.00	-	2500.00 - 2600.00	200.00 - 220.00
Dehiattakandiya	-	-	230.00 - 250.00	-	-	350.00 - 400.00	450.00 - 500.00	300.00 - 300.00	3500.00 - 3500.00	150.00 - 200.00
Nuwaraeliya	-	150.00 - 180.00	250.00 - 280.00	660.00 - 680.00	540.00 - 580.00	560.00 - 600.00	580.00 - 620.00	540.00 - 560.00	2400.00 - 3000.00	200.00 - 220.00
Kandy	350.00 - 400.00	200.00 - 220.00	200.00 - 220.00	700.00 - 800.00	400.00 - 450.00	320.00 - 350.00	350.00 - 450.00	350.00 - 400.00	2500.00 - 2800.00	180.00 - 200.00
Puttalam	-	-	130.00 - 150.00	700.00 - 750.00	-	280.00 - 300.00	700.00 - 760.00	-	2800.00 - 3000.00	150.00 - 150.00
Hambantota	-	-	-	-	-	-	-	-	-	-
Rathnapura	250.00 - 280.00	-	180.00 - 250.00	-	300.00 - 400.00	300.00 - 400.00	250.00 - 390.00	250.00 - 400.00	2300.00 - 2800.00	150.00 - 160.00
Matara	-	-	-	-	-	-	-	-	-	-
Galle	400.00 - 500.00	-	180.00 - 200.00	900.00 - 1000.00	560.00 - 600.00	580.00 - 600.00	760.00 - 880.00	300.00 - 360.00	3000.00 - 3000.00	180.00 - 200.00
Tissamaharama	-	-	200.00 - 220.00	-	450.00 - 480.00	-	-	250.00 - 280.00	2600.00 - 2800.00	180.00 - 190.00
Meegoda (DEC)	-	-	200.00 - 230.00	-	430.00 - 450.00	300.00 - 320.00	380.00 - 400.00	280.00 - 300.00	2600.00 - 2700.00	150.00 - 160.00
Embilipitiya	260.00 - 300.00	-	150.00 - 180.00	500.00 - 600.00	450.00 - 600.00	300.00 - 400.00	400.00 - 600.00	200.00 - 240.00	2800.00 - 3200.00	180.00 - 200.00
Jaffna	500.00 - 550.00	-	150.00 - 160.00	1100.00 - 1100.00	-	-	550.00 - 560.00	-	2450.00 - 2500.00	180.00 - 220.00
Vavuniya	-	-	180.00 - 240.00	550.00 - 580.00	-	400.00 - 450.00	-	-	2500.00 - 2600.00	200.00 - 250.00
Mannar	-	-	150.00 - 180.00	-	500.00 - 550.00	-	750.00 - 800.00	-	2600.00 - 2700.00	200.00 - 200.00
Killinochchi	-	-	160.00 - 200.00	-	600.00 - 640.00	-	-	-	2800.00 - 2900.00	200.00 - 250.00
Mullaittivu	-	-	180.00 - 200.00	-	-	-	-	-	2400.00 - 2500.00	200.00 - 250.00
Batticaloa	-	-	200.00 - 200.00	600.00 - 600.00	-	-	600.00 - 600.00	-	-	200.00 - 200.00
Trincomalee	-	-	-	-	-	-	-	-	-	-
Veyangoda	-	-	-	-	-	-	-	-	-	-
Galenbindunuwewa	-	-	130.00 - 180.00	-	-	400.00 - 420.00	400.00 - 600.00	-	2500.00 - 2700.00	200.00 - 220.00
Bandarawela	300.00 - 350.00	-	200.00 - 220.00	700.00 - 800.00	480.00 - 600.00	-	450.00 - 600.00	300.00 - 350.00	2800.00 - 3000.00	200.00 - 220.00
Matale	-	-	-	-	-	-	-	-	-	-

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

Week 24: 12 - 18 June 2026

Locations	Sea Fish					
	Salaya	Hurulla	Balaya	Kelawalla	Thora	Paraw
Colombo	800.00 – 1000.00	1100.00 – 1200.00	1300.00 – 1500.00	1800.00 – 2200.00	3000.00 – 3500.00	1700.00 – 2200.00
Kandy	820.00 – 850.00	1200.00 – 1250.00	1200.00 – 1400.00	1800.00 – 1900.00	2900.00 – 3000.00	1700.00 – 1800.00
Kaluthara	900.00 – 1000.00	-	1150.00 – 1200.00	1850.00 – 2000.00	-	-
Puttalam	1000.00 – 1100.00	1200.00 – 1250.00	1350.00 – 1400.00	1900.00 – 2000.00	-	1450.00 – 1500.00
Matara	-	-	-	-	-	-
Hambantota	-	-	-	-	-	-
Galle	950.00 – 1000.00	1200.00 – 1300.00	1100.00 – 1200.00	1650.00 – 1750.00	-	1600.00 – 1800.00
Batticaloa	550.00 – 600.00	1000.00 – 1000.00	1200.00 – 1200.00	1600.00 – 1600.00	-	1400.00 – 1400.00
Trincomalee	-	-	-	-	-	-
Mannar	850.00 – 900.00	1200.00 – 1220.00	1400.00 – 1450.00	1650.00 – 1700.00	-	1600.00 – 1700.00

Locations	Sea Fish				Eggs	
	Mora	Shrimps	Thalapath	Teppeli	Brown	White
Colombo	1500.00 – 1700.00	1500.00 – 1700.00	2400.00 – 2800.00	-	37.00 – 38.00	35.00 – 36.00
Kandy	1700.00 – 1750.00	1850.00 – 2000.00	2300.00 – 2400.00	-	36.00 – 37.00	35.00 – 36.00
Kaluthara	1100.00 – 1200.00	1600.00 – 1700.00	2000.00 – 2200.00	-	-	-
Puttalam	2700.00 – 2800.00	1200.00 – 1300.00	-	-	39.00 – 40.00	37.00 – 38.00
Matara	-	-	-	-	-	-
Hambantota	-	-	-	-	-	-
Galle	-	-	1800.00 – 2200.00	-	38.00 – 39.00	37.00 – 38.00
Batticaloa	1100.00 – 1200.00	1600.00 – 1600.00	2000.00 – 2000.00	-	38.00 – 38.00	36.00 – 36.00
Trincomalee	-	-	-	-	-	-
Mannar	1850.00 – 2000.00	1400.00 – 1450.00	-	-	39.00 – 40.00	36.00 – 37.00

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

Week 24: 12 - 18 June 2026

Locations	Local Dried Fish					
	Sprats	Kattawa	Thora	Mora	Balaya	Anguluwa
Colombo	2000.00 – 2200.00	2400.00 – 2500.00	-	2700.00 – 2750.00	1450.00 – 1750.00	2100.00 – 2700.00
Kandy	1600.00 – 1700.00	-	-	2800.00 – 2850.00	1600.00 – 1700.00	-
Batticaloa	1100.00 – 1100.00	2700.00 – 2800.00	-	-	1800.00 – 2000.00	-
Trincomalee	-	-	-	-	-	-
Mannar	1150.00 – 1200.00	2450.00 – 2500.00	-	2000.00 – 2200.00	1100.00 – 1200.00	950.00 – 1000.00

Locations	Local Dried Fish			Imported Dried Fish		
	Maduwa	Koduwa	Salaya	Sprats	Kattawa	Thora
Colombo	1600.00 – 1800.00	-	1000.00 – 1200.00	1280.00 – 1500.00	2200.00 – 2400.00	-
Kandy	-	-	900.00 – 950.00	1200.00 – 1400.00	2600.00 – 2700.00	-
Batticaloa	-	-	-	1000.00 – 1100.00	-	-
Trincomalee	-	-	-	-	-	-
Mannar	850.00 – 900.00	-	-	-	-	-

Locations	Imported Dried Fish					
	Mora	Balaya	Anguluwa	Maduwa	Koduwa	Salaya
Colombo	2500.00 – 2600.00	-	2000.00 – 2200.00	1700 – 1800	-	-
Kandy	-	-	-	-	-	-
Batticaloa	-	-	-	-	-	-
Trincomalee	-	-	-	-	-	-
Mannar	-	-	-	-	-	-

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

Week 24: 12 - 18 June 2026

LOCATIONS	Sea Fish									Eggs	
	Salaya	Hurulla	Balaya	Kelawalla	Thora	Paraw	Mora	Thalapath	Brown	White	
Colombo	900.00 - 1200.00	1200.00 - 1800.00	1400.00 - 1800.00	2600.00 - 3200.00	3200.00 - 4400.00	2000.00 - 3000.00	1700.00 - 2400.00	2800.00 - 3400.00	38.00 - 43.00	36.00 - 41.00	
Gampaha	1000.00 - 1200.00	-	-	2000.00 - 2300.00	-	-	-	2800.00 - 3000.00	40.00 - 45.00	38.00 - 43.00	
Kurunegala	960.00 - 1100.00	-	-	2000.00 - 2100.00	-	-	-	-	41.00 - 43.00	38.00 - 41.00	
Nikaweratiya	1100.00 - 1300.00	1400.00 - 1600.00	1200.00 - 1400.00	2800.00 - 3000.00	-	-	-	2800.00 - 3000.00	39.00 - 41.00	39.00 - 41.00	
Dambulla	1000.00 - 1100.00	1300.00 - 1590.00	1500.00 - 1600.00	2700.00 - 2800.00	-	1800.00 - 2000.00	2500.00 - 2600.00	3000.00 - 3200.00	37.00 - 38.00	36.00 - 37.00	
Anuradhapura	-	-	-	-	-	-	-	-	-	-	
Thambuththegama	-	-	-	-	-	-	-	-	38.00 - 40.00	38.00 - 40.00	
Polonnaruwa	1000.00 - 1000.00	1400.00 - 1400.00	2400.00 - 2400.00	2800.00 - 2800.00	2800.00 - 2800.00	1400.00 - 1400.00	2000.00 - 2000.00	2800.00 - 2800.00	39.00 - 40.00	37.00 - 37.00	
Kaluthara	1200.00 - 1200.00	-	2000.00 - 2600.00	2800.00 - 3200.00	-	-	2000.00 - 2000.00	3000.00 - 3200.00	40.00 - 42.00	36.00 - 40.00	
Badulla	900.00 - 1000.00	1200.00 - 1300.00	1800.00 - 2000.00	1800.00 - 2000.00	-	2200.00 - 2200.00	1800.00 - 1800.00	2800.00 - 3000.00	40.00 - 43.00	38.00 - 40.00	
Keppetipola	700.00 - 720.00	-	1500.00 - 1550.00	2000.00 - 2200.00	-	1600.00 - 1700.00	-	-	40.00 - 43.00	38.00 - 40.00	
Moneragala	1000.00 - 1200.00	1500.00 - 1600.00	1500.00 - 1600.00	3000.00 - 3200.00	-	-	-	3000.00 - 3200.00	-	38.00 - 39.00	
Kegalle	-	1150.00 - 1200.00	2350.00 - 2400.00	3000.00 - 3100.00	-	2400.00 - 2450.00	2400.00 - 2450.00	3450.00 - 3500.00	41.00 - 42.00	40.00 - 40.00	
Ampara	900.00 - 1000.00	1400.00 - 1500.00	2400.00 - 2500.00	3000.00 - 3300.00	-	-	-	2900.00 - 3200.00	-	37.00 - 40.00	
Dehiattakandiya	-	1200.00 - 1400.00	1900.00 - 1900.00	2600.00 - 2600.00	-	-	1800.00 - 1800.00	-	38.00 - 40.00	37.00 - 38.00	
Nuwaraeliya	680.00 - 700.00	-	1500.00 - 1600.00	1900.00 - 2000.00	-	1700.00 - 1800.00	1800.00 - 1900.00	2700.00 - 2800.00	42.00 - 44.00	38.00 - 42.00	
Kandy	980.00 - 1000.00	1400.00 - 1450.00	1600.00 - 1700.00	2600.00 - 2700.00	3500.00 - 3600.00	1900.00 - 2000.00	1900.00 - 2000.00	2800.00 - 2900.00	39.00 - 40.00	37.00 - 38.00	
Puttalam	1200.00 - 1300.00	1400.00 - 1500.00	1550.00 - 1700.00	2400.00 - 2500.00	-	1700.00 - 1750.00	-	-	40.00 - 42.00	40.00 - 40.00	
Hambantota	-	-	-	-	-	-	-	-	-	-	
Rathnapura	800.00 - 900.00	1300.00 - 1400.00	1700.00 - 1800.00	2700.00 - 2800.00	4700.00 - 4800.00	2870.00 - 3000.00	1800.00 - 2000.00	2800.00 - 3000.00	39.00 - 40.00	37.00 - 38.00	
Matara	-	-	-	-	-	-	-	-	-	-	
Galle	1100.00 - 1400.00	1500.00 - 1600.00	1700.00 - 1850.00	2800.00 - 3200.00	3000.00 - 3400.00	2000.00 - 2600.00	2000.00 - 2400.00	2800.00 - 3200.00	40.00 - 42.00	38.00 - 40.00	
Tissamaharama	900.00 - 950.00	-	1400.00 - 1400.00	2400.00 - 2500.00	-	-	-	-	-	37.00 - 39.00	
Meegoda	1100.00 - 1120.00	1500.00 - 1500.00	1320.00 - 1320.00	3200.00 - 3200.00	-	2000.00 - 2000.00	-	3600.00 - 3800.00	38.00 - 40.00	37.00 - 40.00	
Embilipitiya	800.00 - 900.00	1400.00 - 1450.00	1700.00 - 1800.00	2600.00 - 2800.00	-	-	-	2750.00 - 2800.00	38.00 - 40.00	35.00 - 38.00	
Jaffna	800.00 - 850.00	-	1550.00 - 1600.00	-	2800.00 - 3000.00	1900.00 - 2000.00	-	-	38.00 - 38.00	36.00 - 36.00	
Vavuniya	1200.00 - 1300.00	1400.00 - 1500.00	1800.00 - 1900.00	2800.00 - 2900.00	3200.00 - 3300.00	1800.00 - 1900.00	-	3200.00 - 3400.00	39.00 - 42.00	38.00 - 40.00	
Mannar	950.00 - 1000.00	1300.00 - 1350.00	1500.00 - 1550.00	2500.00 - 2900.00	-	2600.00 - 2800.00	2800.00 - 2800.00	-	41.00 - 42.00	39.00 - 40.00	
Killinochchi	600.00 - 700.00	1200.00 - 1300.00	1300.00 - 1400.00	-	2600.00 - 2700.00	1600.00 - 1800.00	2600.00 - 2800.00	-	40.00 - 42.00	38.00 - 39.00	
Mullaitivu	550.00 - 600.00	1100.00 - 1200.00	1200.00 - 1300.00	1900.00 - 2000.00	2400.00 - 2500.00	1500.00 - 1600.00	2500.00 - 2600.00	-	38.00 - 40.00	36.00 - 38.00	
Batticaloa	800.00 - 800.00	1400.00 - 1500.00	2400.00 - 2400.00	2800.00 - 2800.00	2400.00 - 2400.00	2800.00 - 2800.00	1600.00 - 1600.00	2800.00 - 2800.00	42.00 - 42.00	40.00 - 40.00	
Trincomalee	-	-	-	-	-	-	-	-	-	-	
Veyangoda	-	-	-	-	-	-	-	-	-	-	
Galenbindunuwewa	900.00 - 1100.00	1400.00 - 1500.00	1300.00 - 1500.00	1500.00 - 1700.00	-	1900.00 - 2100.00	-	2950.00 - 3100.00	38.00 - 42.00	37.00 - 40.00	
Bandarawela	1000.00 - 1000.00	-	-	2600.00 - 2650.00	-	-	-	3000.00 - 3100.00	40.00 - 42.00	37.00 - 38.00	
Matale	-	-	-	-	-	-	-	-	-	-	

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

Week 24: 12 - 18 June 2026

LOCATIONS	Dried Fish												
	Sprats-Imported		Kattawa		Thora		Mora		Balaya		Anguluwa		Salaya
Colombo	-	-	2800.00 - 3600.00	-	4000.00 - 4400.00	-	2600.00 - 3500.00	-	1600.00 - 2400.00	-	2600.00 - 3600.00	-	1100.00 - 1400.00
Gampaha	-	-	-	-	-	-	3000.00 - 3300.00	-	1900.00 - 2000.00	-	-	-	900.00 - 1000.00
Kurunegala	-	-	2600.00 - 2800.00	-	-	-	2800.00 - 3000.00	-	1800.00 - 1900.00	-	-	-	950.00 - 1100.00
Nikaweratiya	1000.00 - 1200.00	-	2800.00 - 3000.00	-	2800.00 - 3000.00	-	2600.00 - 2800.00	-	1400.00 - 1500.00	-	2800.00 - 3000.00	-	900.00 - 1000.00
Dambulla	-	-	3000.00 - 3200.00	-	-	-	3000.00 - 3200.00	-	1800.00 - 2000.00	-	2600.00 - 2800.00	-	-
Anuradhapura	-	-	-	-	-	-	-	-	-	-	-	-	-
Thambuththegama	-	-	2800.00 - 3000.00	-	-	-	2800.00 - 3200.00	-	1600.00 - 2000.00	-	2200.00 - 2750.00	-	1300.00 - 1350.00
Polonnaruwa	1500.00 - 1600.00	-	-	-	-	-	-	-	-	-	-	-	-
Kaluthara	-	-	-	-	-	-	3200.00 - 3300.00	-	1600.00 - 2200.00	-	2800.00 - 3000.00	-	-
Badulla	1000.00 - 1400.00	-	-	-	-	-	-	-	-	-	-	-	-
Keppetipola	-	-	-	-	-	-	-	-	-	-	-	-	-
Moneragala	-	-	-	-	-	-	-	-	-	-	-	-	-
Kegalle	1650.00 - 1700.00	-	3400.00 - 3420.00	-	3600.00 - 3650.00	-	3200.00 - 3250.00	-	2000.00 - 2050.00	-	2800.00 - 2850.00	-	-
Ampara	1500.00 - 1600.00	-	3000.00 - 3200.00	-	2800.00 - 2800.00	-	2900.00 - 3000.00	-	1800.00 - 2000.00	-	-	-	-
Dehiattakandiya	-	-	-	-	-	-	-	-	-	-	-	-	-
Nuwaraeliya	-	-	3250.00 - 3300.00	-	3350.00 - 3400.00	-	3100.00 - 3200.00	-	1900.00 - 1950.00	-	1850.00 - 1880.00	-	1100.00 - 1150.00
Kandy	-	-	-	-	3400.00 - 3500.00	-	3100.00 - 3200.00	-	2300.00 - 2400.00	-	2500.00 - 2600.00	-	1200.00 - 1300.00
Puttalam	1600.00 - 1650.00	-	2900.00 - 3200.00	-	-	-	-	-	1600.00 - 1700.00	-	-	-	1600.00 - 1650.00
Hambantota	-	-	-	-	-	-	-	-	-	-	-	-	-
Rathnapura	-	-	3080.00 - 3200.00	-	-	-	2900.00 - 3100.00	-	1700.00 - 2200.00	-	2750.00 - 2840.00	-	1000.00 - 1080.00
Matara	-	-	-	-	-	-	-	-	-	-	-	-	-
Galle	1900.00 - 2000.00	-	3200.00 - 3600.00	-	3400.00 - 3500.00	-	2800.00 - 3000.00	-	1600.00 - 1800.00	-	2800.00 - 3000.00	-	1500.00 - 1600.00
Tissamaharama	-	-	-	-	-	-	-	-	-	-	-	-	-
Meegoda	-	-	-	-	-	-	-	-	2200.00 - 2400.00	-	-	-	1200.00 - 1400.00
Embilipitiya	-	-	2600.00 - 2700.00	-	-	-	-	-	1900.00 - 2000.00	-	-	-	1100.00 - 1200.00
Jaffna	-	-	2800.00 - 3000.00	-	-	-	2400.00 - 2500.00	-	1400.00 - 1600.00	-	-	-	1200.00 - 1300.00
Vavuniya	1400.00 - 1500.00	-	2600.00 - 2700.00	-	-	-	2600.00 - 2700.00	-	1400.00 - 1500.00	-	-	-	-
Mannar	-	-	2500.00 - 2800.00	-	-	-	2800.00 - 3000.00	-	1800.00 - 2000.00	-	1900.00 - 1950.00	-	-
Killinochchi	1750.00 - 1850.00	-	2600.00 - 2700.00	-	-	-	2500.00 - 2600.00	-	1300.00 - 1400.00	-	-	-	1200.00 - 1300.00
Mullaittivu	1300.00 - 1350.00	-	2500.00 - 2600.00	-	2850.00 - 3000.00	-	2500.00 - 2650.00	-	1300.00 - 1350.00	-	-	-	1200.00 - 1300.00
Batticaloa	1300.00 - 1350.00	-	3000.00 - 3000.00	-	-	-	-	-	-	-	-	-	-
Trincomalee	-	-	-	-	-	-	-	-	-	-	-	-	-
Veyangoda	-	-	-	-	-	-	-	-	-	-	-	-	-
Galenbindunuwewa	1900.00 - 2000.00	-	3500.00 - 3800.00	-	4000.00 - 4000.00	-	3400.00 - 3800.00	-	1800.00 - 2200.00	-	2900.00 - 3200.00	-	1300.00 - 1600.00
Bandarawela	-	-	-	-	-	-	-	-	-	-	-	-	-
Matale	-	-	-	-	-	-	-	-	-	-	-	-	-

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

Week 24: 12 - 18 June 2026

LOCATIONS	Meat		Meat (Chicken)		Meat					
	Beef		Broiler	Curry	Mutton	Pork				
Colombo	3000.00	- 3400.00	1250.00	- 1420.00	1150.00	- 1350.00	4000.00	- 4600.00	2700.00	- 2800.00
Gampaha		-	1320.00	- 1350.00	1400.00	- 1400.00	4000.00	- 4000.00	2600.00	- 2600.00
Kurunegala	2600.00	- 2600.00	1260.00	- 1350.00		-		-	2700.00	- 2700.00
Nikaweratiya	2500.00	- 2600.00	1280.00	- 1400.00		-		-		-
Dambulla		-	1280.00	- 1300.00	1400.00	- 1450.00		-	2600.00	- 2600.00
Anuradhapura		-		-		-		-		-
Thambuththegama		-		-	1250.00	- 1300.00		-	2600.00	- 2900.00
Polonnaruwa	2700.00	- 2700.00	1450.00	- 1460.00	1600.00	- 1700.00	4900.00	- 5000.00	2900.00	- 2900.00
Kaluthara	3000.00	- 3000.00	1300.00	- 1350.00	1300.00	- 1350.00		-	2700.00	- 2800.00
Badulla	2600.00	- 2700.00	1350.00	- 1450.00	1150.00	- 1250.00	3700.00	- 3700.00		-
Keppetipola	2400.00	- 2400.00	1350.00	- 1360.00	1450.00	- 1500.00		-		-
Moneragala	2800.00	- 2800.00	1300.00	- 1430.00	1600.00	- 1700.00		-	3000.00	- 3200.00
Kegalle	2800.00	- 2850.00	1430.00	- 1450.00	1250.00	- 1350.00	3800.00	- 3850.00	2950.00	- 3000.00
Ampara	2500.00	- 2600.00	1300.00	- 1450.00		-		-	2800.00	- 3200.00
Dehiattakandiya		-		-		-		-	2500.00	- 2900.00
Nuwaraeliya	2500.00	- 2600.00	1320.00	- 1360.00	1420.00	- 1450.00	3800.00	- 4000.00	2800.00	- 2850.00
Kandy	2700.00	- 2700.00	1150.00	- 1180.00	1250.00	- 1300.00	3900.00	- 4000.00	2900.00	- 3000.00
Puttalam	2700.00	- 2800.00	1400.00	- 1450.00	1600.00	- 1700.00	4500.00	- 4500.00		-
Hambantota		-		-		-		-		-
Rathnapura	2900.00	- 2900.00	1320.00	- 1360.00	1250.00	- 1300.00	4000.00	- 4000.00	2700.00	- 2700.00
Matara		-		-		-		-		-
Galle	2800.00	- 2900.00	1400.00	- 1400.00	1400.00	- 1400.00	3800.00	- 3900.00		-
Tissamaharama		-	1400.00	- 1500.00		-		-		-
Meegoda		-	1350.00	- 1380.00	1380.00	- 1380.00		-	2900.00	- 3000.00
Embilipitiya		-	1190.00	- 1300.00	1300.00	- 1350.00	4500.00	- 4700.00	2800.00	- 2900.00
Jaffna	2300.00	- 2350.00	1500.00	- 1550.00	1600.00	- 1650.00		-		-
Vavuniya	2200.00	- 2300.00	1500.00	- 1600.00	1650.00	- 1800.00	3800.00	- 3900.00		-
Mannar	2200.00	- 2300.00	1500.00	- 1550.00	1550.00	- 1600.00		-		-
Killinochchi	2400.00	- 2500.00	1500.00	- 1550.00	1650.00	- 1700.00	4800.00	- 5000.00		-
Mullaittivu	2300.00	- 2300.00	1550.00	- 1550.00	1600.00	- 1650.00		-		-
Batticaloa	2400.00	- 2500.00	1350.00	- 1400.00	1550.00	- 1600.00	4000.00	- 4000.00		-
Trincomalee		-		-		-		-		-
Veyangoda		-		-		-		-		-
Galenbindunuwewa	2600.00	- 2600.00	1185.00	- 1200.00	1450.00	- 1450.00		-	2400.00	- 2500.00
Bandarawela	2500.00	- 2500.00	1250.00	- 1350.00		-	3800.00	- 3900.00		-
Matale		-		-		-		-		-

Table 14: Colombo: Wholesale Prices (Rs/kg or Rs/each)

Week 24: 12 - 18 June 2026

COMMODITY	Range	Average Price			Change Compared to		COMMODITY	Range	Average Price			Change Compared to	
		This Week	Last Week	Last Year	Last Week (%)	Last Year (%)			This Week	Last Week	Last Year	Last Week (%)	Last Year (%)
<u>Rice</u>													
Local													
Samba 1	240.00 - 245.00	241.43	241.67	243.00	-0.10	-0.65	Large	140.00 - 150.00	145.00	148.75	181.00	-2.52	-19.89
Samba 2	235.00 - 238.00	236.50	236.50	236.50	0.00	0.00	Small	120.00 - 130.00	125.00	128.75	156.00	-2.91	-19.87
Keeri Samba	320.00 - 340.00	330.00	332.50	284.00	-0.75	16.20	<u>Fruits (Rs/kg)</u>						
Nadu 1	200.00 - 205.00	202.14	202.14	227.25	0.00	-11.05	Plantain						
Nadu 2	195.00 - 198.00	196.50	196.50	221.00	0.00	-11.09	Ambul	120.00 - 160.00	137.00	100.00	89.09	37.00	53.78
Raw (Red)	170.00 - 180.00	175.71	179.17	214.44	-1.93	-18.06	Kolikuttu	300.00 - 350.00	327.78	254.44	224.55	28.82	45.97
Raw (White)	185.00 - 190.00	187.86	190.00	213.50	-1.13	-12.01	Seeni	100.00 - 140.00	116.00	103.33	90.00	12.26	28.89
Imported													
Samba	225.00 - 230.00	227.50	227.50	235.00	0.00	-3.19	Anamalu	180.00 - 200.00	187.50	192.00	210.18	-2.34	-10.79
Nadu	-	-	-	-	-	-	Ambun	180.00 - 200.00	192.50	198.00	210.00	-2.78	-8.33
Raw (Red)	-	-	-	-	-	-	Papaw	160.00 - 200.00	178.00	159.09	102.00	11.89	74.51
Raw (White)	-	-	-	-	-	-	Passion Fruit	400.00 - 600.00	495.00	522.22	570.00	-5.21	-13.16
<u>Dried Chillies</u>													
Imported	950.00 - 1100.00	1025.00	1000.00	524.00	2.50	95.61	Pineapple	170.00 - 230.00	193.75	227.50	387.00	-14.84	-49.94
<u>Onion</u>													
Sinnan	-	-	175.00	206.67	-	-	Pineapple Medium	-	-	-	-	-	-
Vedalan	-	-	-	-	-	-	Pineapple Small	-	-	-	-	-	-
Imported	300.00 - 360.00	326.00	330.00	328.33	-1.21	-0.71	Mango						
Big Onion													
Imported	135.00 - 180.00	159.38	186.88	96.11	-14.72	65.82	Betti	150.00 - 300.00	212.50	253.33	-	-16.12	-
Local	-	-	-	-	-	-	Karthakolomban	300.00 - 500.00	406.25	465.00	552.00	-12.63	-26.40
<u>Potato</u>													
Welimada	-	-	-	-	-	-	Vilad	200.00 - 350.00	287.50	250.00	-	15.00	-
N'Eliya	280.00 - 300.00	292.00	300.00	307.50	-2.67	-5.04	Kohu	-	-	-	-	-	-
Imported	160.00 - 210.00	183.75	175.83	151.11	4.50	21.60	Other						
<u>Pulses</u>													
Green Gram	780.00 - 850.00	810.00	802.50	691.67	0.93	17.11	Wood Apple	350.00 - 500.00	440.00	368.75	675.00	19.32	-34.81
Cowpea (White)	650.00 - 700.00	675.00	700.00	680.00	-3.57	-0.74	Orange	200.00 - 300.00	259.09	246.67	670.00	5.04	-61.33
Cowpea (Red)	670.00 - 750.00	710.00	714.00	761.67	-0.56	-6.78	Avocado	400.00 - 600.00	520.83	500.00	396.00	4.17	31.52
Red Dhal	225.00 - 240.00	231.00	234.29	251.44	-1.40	-8.13	Slime Apple	200.00 - 300.00	238.89	256.25	175.00	-6.78	36.51
<u>Vegetable</u>													
Beans (Butter)	-	-	-	-	-	-	Grapes Imp.,	1700.00 - 2200.00	1887.50	1778.57	1887.50	6.12	0.00
Beans(Green)	400.00 - 600.00	502.00	427.00	524.00	17.56	-4.20	King Coconut	150.00 - 180.00	165.00	172.50	140.00	-4.35	17.86
Carrot	280.00 - 350.00	319.00	376.00	525.00	-15.16	-39.24	Sea Fish						
Leeks	260.00 - 350.00	298.33	300.00	282.00	-0.56	5.79	Salaya	800.00 - 1000.00	900.00	493.75	600.00	82.28	50.00
Beetroot	320.00 - 420.00	380.77	409.23	355.71	-6.95	7.04	Hurulla	1100.00 - 1200.00	1150.00	-	1200.00	-	-4.17
Knolkhol	200.00 - 350.00	277.00	325.00	257.00	-14.77	7.78	Balaya	1300.00 - 1500.00	1412.50	1228.57	1060.00	14.97	33.25
Raddish	100.00 - 160.00	129.09	198.00	129.00	-34.80	0.07	Kelawalla	1800.00 - 2200.00	1975.00	1750.00	1800.00	12.86	9.72
Cabbage	120.00 - 150.00	141.43	127.14	400.00	11.24	-64.64	Thora	3000.00 - 3500.00	3275.00	2957.14	3214.29	10.75	1.89
Tomato	500.00 - 800.00	650.00	640.00	276.00	1.56	135.51	Paraw	1700.00 - 2200.00	2000.00	1466.67	1520.00	36.36	31.58
Ladies Fingers	130.00 - 200.00	159.00	171.67	92.00	-7.38	72.83	Mora	1500.00 - 1700.00	1612.50	1412.50	1271.43	14.16	26.83
Brinjal	150.00 - 250.00	200.00	350.00	376.00	-42.86	-46.81	Shrimps	1500.00 - 1700.00	1600.00	1643.75	1633.33	-2.66	-2.04
Capsicum	250.00 - 400.00	340.00	325.00	535.00	4.62	-36.45	Thalapath	2400.00 - 2800.00	2575.00	2371.43	2220.00	8.58	15.99
Pumpkin	80.00 - 100.00	88.33	90.00	107.00	-1.85	-17.45	Eggs						
Cucumber	100.00 - 150.00	117.50	120.83	86.00	-2.76	36.63	Brown	37.00 - 38.00	37.50	39.50	36.25	-5.06	3.45
Bitter Gourd	500.00 - 600.00	540.00	550.00	413.00	-1.82	30.75	White	35.00 - 36.00	35.50	37.00	34.75	-4.05	2.16
Snake Gourd	160.00 - 220.00	190.00	268.00	156.00	-29.10	21.79	Dried Fish						
Drumstick	400.00 - 1000.00	700.00	540.00	908.33	29.63	-22.94	Sprats	2000.00 - 2200.00	2100.00	2078.57	1533.33	1.03	36.96
Luffa	250.00 - 350.00	305.00	329.17	152.00	-7.34	100.66	Sprats (Imported)	1280.00 - 1500.00	1370.00	1193.75	1000.00	14.76	37.00
Long Beans	250.00 - 300.00	276.00	263.00	176.00	4.94	56.82	Kattawa	2400.00 - 2500.00	2466.67	2480.00	-	-0.54	-
Ash Plantain	100.00 - 130.00	114.00	106.67	86.00	6.87	32.56	Kattawa (Imported)	2200.00 - 2400.00	2283.33	2471.43	1920.00	-7.61	18.92
Green Chillies	400.00 - 550.00	490.00	440.00	563.00	11.36	-12.97	Thora	-	-	-	-	-	-
Lime	400.00 - 500.00	465.00	540.00	387.00	-13.89	20.16	Thora (Imported)	-	-	3350.00	-	-	-
<u>Root Crops</u>													
Sweet Potato	120.00 - 180.00	146.00	140.00	175.00	4.29	-16.57	Mora	2700.00 - 2750.00	2725.00	2700.00	2125.00	0.93	28.24
Manioc	100.00 - 130.00	116.00	114.44	108.00	1.36	7.41	Mora (Imported)	2500.00 - 2600.00	2533.33	2671.43	-	-5.17	-
<u>Leafy Vegetable</u>													
Mukunuwenna	100.00 - 120.00	113.33	102.50	112.50	10.57	0.74	Balaya	1450.00 - 1750.00	1633.33	1557.14	2000.00	4.89	-18.33
Kankun	100.00 - 120.00	113.33	102.50	112.50	10.57	0.74	Balaya (Imported)	-	-	2100.00	-	-	-
Gotukola	300.00 - 320.00	311.43	390.00	310.00	-20.15	0.46	Anguluwa	2100.00 - 2700.00	2333.33	2342.86	-	-0.41	-
							Anguluwa (Imported)	2000.00 - 2200.00	2100.00	2050.00	1633.33	2.44	28.57
							Maduwa	1600.00 - 1800.00	1700.00	1641.67	1616.67	3.55	5.15
							Maduwa (Imported)	1700.00 - 1800.00	1750.00	1766.67	-	-0.94	-
							Koduwa	-	-	-	-	-	-
							Koduwa (Imported)	-	-	-	-	-	-
							Salaya	1000.00 - 1200.00	1100.00	964.29	866.67	14.07	26.92
							Salaya (Imported)	-	-	-	-	-	-

This Week: Week 24: 12 - 18 June 2026
 Last Week: Week 23: 05 - 11 June 2026

Table 15: Colombo &Suburbs: Retail Prices (Rs/kg or Rs/piece)

Week 24: 12 - 18 June 2026

COMMODITY	Range	Average Price			Change Compared to		COMMODITY	Range	Average Price			Change Compared to	
		This Week	Last Week	Last Year	Last Week	Last Year (%)			This Week	Last Week	Last Year	Last Week	Last Year (%)
<u>Rice</u>													
Local													
Samba 1	270.00 - 285.00	277.05	276.84	256.32	0.20	8.09	Large	150.00 - 200.00	170.53	171.36	212.83	-0.84	-19.88
Samba 2	-	-	-	-	-	-	Small	130.00 - 150.00	140.67	141.54	191.88	-0.87	-26.69
Keeri Samba	360.00 - 390.00	376.88	373.00	297.14	3.88	26.83	<u>Fruits (Rs/fruit)</u>						
Nadu 1	230.00 - 240.00	233.18	232.73	233.33	0.45	-0.06	Plantain						
Nadu 2	-	-	-	-	-	-	Ambul (Rs/kg)	150.00 - 250.00	212.50	181.00	143.50	31.50	48.08
Raw (Red)	200.00 - 220.00	214.76	213.00	225.42	1.76	-4.73	Kolikuttu (Rs/kg)	350.00 - 500.00	437.73	354.21	312.08	83.52	40.26
Raw (White)	220.00 - 230.00	222.50	220.00	224.58	2.50	-0.93	Seeni (Rs/kg)	150.00 - 250.00	205.24	186.19	157.73	19.05	30.12
Imported													
Samba	250.00 - 280.00	280.00	262.86	252.00	17.14	11.11	Anamalu	250.00 - 380.00	312.50	301.18	319.64	11.32	-2.23
Nadu	-	-	-	-	-	-	Ambun	250.00 - 380.00	312.50	302.35	328.50	10.15	-4.87
Raw (Red)	-	-	-	-	-	-	Papaw(Rs/kg)	220.00 - 350.00	267.60	260.95	190.83	6.65	40.23
Raw (White)	-	-	-	-	-	-	Passion Fruit	600.00 - 1000.00	835.29	907.14	778.60	-71.85	7.28
<u>Dried Chillies</u>													
Imported	1100.00 - 1400.00	1230.00	1225.00	787.92	5.00	56.11	Pineapple Large	300.00 - 400.00	330.43	343.50	486.00	-13.07	-32.01
<u>Onion</u>													
Sinnan	-	-	-	-	-	-	Pineapple Medium	-	-	-	-	-	-
Vedalan	-	-	-	-	-	-	Pineapple Small	-	-	-	-	-	-
Imported	360.00 - 520.00	459.05	452.73	469.58	6.32	-2.24	Mango						
Big Onion													
Imported	200.00 - 260.00	232.73	240.00	146.30	-7.27	59.08	Betti	200.00 - 450.00	337.50	415.00	-	-77.50	-
Local	-	-	-	-	-	-	Karthakolomban	400.00 - 700.00	560.00	650.63	992.00	-90.63	-43.55
<u>Potato</u>													
Welimada	-	-	-	-	-	-	Vilad	450.00 - 500.00	475.00	525.00	-	-50.00	-
N'Eliya	380.00 - 440.00	400.91	402.50	421.43	-1.59	-4.87	Kohu	-	-	-	-	-	-
Imported	200.00 - 260.00	233.04	231.82	213.85	1.23	8.98	Other						
Pulses													
Green Gram	880.00 - 1100.00	1006.84	994.00	880.48	12.84	14.35	Wood Apple	400.00 - 900.00	679.29	592.31	1154.17	86.98	-41.14
Cowpea (White)	880.00 - 1200.00	1078.33	1048.00	848.33	30.33	27.11	Orange	300.00 - 600.00	500.00	484.71	840.00	15.29	-40.48
Cowpea (Red)	880.00 - 1200.00	1055.56	1008.18	879.44	47.37	20.03	Avocado	600.00 - 900.00	757.50	801.67	592.50	-44.17	27.85
Red Dhal	260.00 - 340.00	301.00	304.00	290.00	-3.00	3.79	Slime Apple	300.00 - 700.00	490.00	589.41	473.53	-99.41	3.48
<u>Vegetable</u>													
Beans (Butter)	-	-	-	-	-	-	Grapes (Imp., Rs/kg)	2100.00 - 3000.00	2568.42	2552.94	2583.33	15.48	-0.58
Beans(Green)	500.00 - 800.00	654.80	594.74	654.19	60.06	0.09	King Coconut	160.00 - 260.00	208.42	211.67	185.24	-3.25	12.52
Carrot	350.00 - 640.00	501.20	517.62	612.41	-16.42	-18.16	Sea Fish						
Leeks	400.00 - 600.00	486.09	491.58	449.62	-5.49	8.11	Salaya	900.00 - 1200.00	1093.85	1062.50	931.67	31.35	17.41
Beetroot	400.00 - 800.00	582.38	596.84	501.33	-14.46	16.17	Hurulla	1200.00 - 1800.00	1461.54	1413.33	-	48.21	-
Knolkhol	300.00 - 600.00	499.38	540.59	439.60	-41.21	13.60	Balaya	1400.00 - 1800.00	1550.00	1990.00	1395.56	-440.00	11.07
Raddish	200.00 - 480.00	335.65	342.63	304.23	-6.98	10.33	Kelawalla	2600.00 - 3200.00	2969.23	2946.15	2457.14	23.08	20.84
Cabbage	200.00 - 400.00	317.14	314.21	537.41	2.93	-40.99	Thora	3200.00 - 4400.00	4142.86	3944.00	4025.00	198.86	2.93
Tomato	700.00 - 1200.00	912.50	822.73	468.28	89.77	94.86	Paraw	2000.00 - 3000.00	2818.18	2633.33	2392.86	184.85	17.77
Ladies Fingers	250.00 - 480.00	370.87	406.32	264.52	-35.45	40.21	Mora	1700.00 - 2400.00	2045.45	2008.33	-	37.12	-
Brijnal	250.00 - 600.00	430.83	541.00	504.64	-110.17	-14.63	Shrimps	1600.00 - 2500.00	2100.00	2160.00	1988.89	-60.00	5.59
Capsicum	400.00 - 800.00	629.20	634.21	788.06	-5.01	-20.16	Thalpath	2800.00 - 3400.00	3200.00	3168.18	2995.24	31.82	6.84
Pumpkin	150.00 - 280.00	220.83	222.63	240.63	-1.80	-8.23	Eggs						
Cucumber	200.00 - 320.00	263.33	264.55	206.00	-1.21	27.83	Brown	38.00 - 43.00	39.31	40.54	39.00	-1.23	0.79
Bitter Gourd	600.00 - 800.00	686.96	691.67	536.43	-4.71	28.06	White	36.00 - 41.00	37.93	38.43	37.55	-0.50	1.01
Snake Gourd	250.00 - 480.00	408.10	473.68	332.33	-65.59	22.80	Dried Fish						
Drumstick	800.00 - 1600.00	1243.75	807.50	1066.15	436.25	16.66	Sprats	2200.00 - 2800.00	2400.00	2380.00	1943.75	20.00	23.47
Luffa	300.00 - 600.00	488.18	504.29	323.79	-16.10	50.77	Sprats (Imported)	-	-	2380.00	1225.00	-	-
Long Beans	300.00 - 600.00	475.22	469.44	362.40	5.77	31.13	Kattawa	2800.00 - 3600.00	3173.33	3292.31	2470.00	-118.97	28.48
Ash Plantain	200.00 - 400.00	300.00	239.05	220.00	60.95	36.36	Thora	4000.00 - 4400.00	4114.29	4000.00	-	114.29	-
Green Chillies	600.00 - 1200.00	842.00	729.17	873.13	112.83	-3.56	Mora	2600.00 - 3500.00	3100.00	3186.67	2590.00	-86.67	19.69
Lime	500.00 - 1200.00	795.83	865.79	655.48	-69.96	21.41	Balaya	1600.00 - 2400.00	2000.00	2100.00	2261.11	-100.00	-11.55
<u>Root Crops</u>													
Sweet Potato	240.00 - 400.00	305.00	297.78	302.07	7.22	0.97	Anguluwa	2600.00 - 3600.00	3060.00	2883.33	2441.67	176.67	25.32
Manioc	180.00 - 250.00	212.63	209.47	214.33	3.16	-0.79	Maduwa	-	-	-	-	-	-
<u>Leafy Vegetable</u>													
Mukunuwenna	150.00 - 250.00	193.13	260.00	213.75	-66.88	-9.65	Koduwa	-	-	-	-	-	-
Kankun	150.00 - 250.00	200.71	260.00	213.75	-59.29	-6.10	Salaya	1100.00 - 1400.00	1233.33	1200.00	1346.15	33.33	-8.38
Gotukola	320.00 - 450.00	386.00	358.57	480.00	27.43	-19.58	Meat						
Beef (without Bones)													
Chicken (Broiler)													
Chicken (Curry)													
Mutton													
Pork													

This Week: Week 24: 12 - 18 June 2026
Last Week: Week 23: 05 - 11 June 2026

Table 16: Farmgate/Producer Prices of Food Commodities in Selected Producing Areas (Rs/kg)

Week 24: 12 - 18 June 2026

COMMODITY	Range	Average Price	COMMODITY	Range	Average Price	COMMODITY	Range	Average Price
Paddy			Vegetable (Up Country)			Snake Gourd		
Short Grain			Beans			Dambulla	182.50 - 210.00	196.50
A'pura	-		Dambulla	380.00 - 450.00	420.00	Hambantota	-	
P'narawa	125.00 - 125.00	125.00	Welimada	440.00 - 470.00	456.00	Embilipitiya	150.00 - 160.00	155.00
Kalawewa	123.00 - 128.00	125.60	Badulla	350.00 - 400.00	366.67	Matara	-	
Kurunegala	122.00 - 126.00	124.00	Carrot			A'pura	-	
Dehiattakandiya	120.00 - 124.00	121.33	N'Eliya	280.00 - 290.00	285.00	Luffa		
Nikaweratiya	120.00 - 125.00	123.00	Welimada	235.00 - 255.00	244.00	Dambulla	220.00 - 240.00	227.50
Ampara	120.00 - 125.00	122.67	Hanguranketha	250.00 - 300.00	276.67	Hambantota	-	
Long Grain (White)			Leeks			Embilipitiya	240.00 - 250.00	245.00
A'pura	-		N'Eliya	250.00 - 265.00	257.00	Matara	-	
P'narawa	102.00 - 103.00	102.60	Welimada	265.00 - 280.00	273.00	A'pura	-	
Kalawewa	100.00 - 105.00	102.20	Beetroot			Green Chillies		
Kurunegala	100.00 - 105.00	102.33	N'Eliya	265.00 - 280.00	273.00	Dambulla	580.00 - 630.00	612.00
Dehiattakandiya	102.00 - 102.00	102.00	Dambulla	220.00 - 250.00	236.67	Hambantota	-	
Embilipitiya	-		Kurunegala	-		Embilipitiya	600.00 - 620.00	610.00
Nikaweratiya	100.00 - 105.00	102.50	Welimada	265.00 - 280.00	272.00	Puttalam	428.00 - 456.00	435.00
Hambantota	-		Hanguranketha	-		A'pura	-	
Ampara	90.00 - 96.00	93.50	Knol Khol			Pumpkin		
Long Grain (Red)			N'Eliya	210.00 - 220.00	215.00	Dambulla	76.00 - 90.00	84.80
Matara	-		Welimada	220.00 - 235.00	226.00	Hambantota	-	
Hambantota	-		Hanguranketha	280.00 - 280.00	280.00	Embilipitiya	80.00 - 100.00	90.00
Embilipitiya	95.00 - 96.00	95.50	Raddish			Matara	-	
Keeri Samba			N'Eliya	75.00 - 90.00	81.00	A'pura	-	
A'pura	-		Welimada	80.00 - 95.00	88.00	Moneragala	60.00 - 70.00	64.00
P'narawa	147.00 - 148.00	147.60	Hambantota	-		Cucumber		
Kalawewa	160.00 - 167.00	162.80	Hanguranketha	80.00 - 90.00	85.00	A'pura	-	
Kurunegala	147.00 - 155.00	150.50	Cabbage			Dambulla	76.00 - 90.00	84.80
Dehiattakandiya	140.00 - 148.00	143.33	N'Eliya	90.00 - 100.00	95.00	Hambantota	-	
Red Onion			Welimada	75.00 - 90.00	82.00	Matara	-	
Puttalam	209.00 - 247.00	228.00	Badulla	100.00 - 140.00	120.00	Long Beans		
Jaffna	-		Hanguranketha	70.00 - 90.00	80.00	Dambulla	177.50 - 220.00	196.00
Big Onion			Tomato			Hambantota	-	
Dambulla	-		Welimada	480.00 - 500.00	491.00	Embilipitiya	230.00 - 250.00	240.00
Kalawewa	-		Hambantota	-		Matara	-	
A'pura	-		Dambulla	540.00 - 600.00	565.80	A'pura	-	
Potato			Hanguranketha	400.00 - 480.00	443.33	Ash Plantain		
N'Eliya	235.00 - 240.00	237.00	Vegetable (Low Country)			Hambantota	-	
Badulla	-		Ladies Fingers			Embilipitiya	70.00 - 80.00	75.00
Welimada	230.00 - 250.00	239.00	A'pura	-		Matara	-	
Pulses			Dambulla	182.50 - 220.00	200.50	Lime		
Green Gram			Hambantota	-		Hambantota	-	
Hambantota	-		Embilipitiya	180.00 - 200.00	190.00	Embilipitiya	560.00 - 600.00	580.00
Moneragala	550.00 - 600.00	570.00	Matara	-		Moneragala	400.00 - 420.00	408.00
Embilipitiya	740.00 - 750.00	745.00	Brinjal			Fruits (Rs/kg)		
Nikaweratiya	650.00 - 700.00	677.50	A'pura	-		Banana		
A'pura	-		Dambulla	190.00 - 230.00	214.00	Ambul		
Cowpea			Hambantota	-		Moneragala	40.00 - 50.00	44.00
Hambantota	-		Embilipitiya	120.00 - 150.00	135.00	Embilipitiya	40.00 - 60.00	50.00
Nikaweratiya	-		Matara	-		Hambantota	-	
Moneragala	-		Welimada	180.00 - 210.00	196.00	Kolikuttu		
Embilipitiya	520.00 - 650.00	585.00	Capsicum			Moneragala	180.00 - 220.00	196.00
Maize			Badulla	-		Embilipitiya	250.00 - 300.00	275.00
A'pura	-		Welimada	280.00 - 320.00	300.00	Hambantota	-	
Kalawewa	-		Bitter Gourd			Papaw		
Gingelly			A'pura	-		Moneragala	60.00 - 70.00	64.00
A'pura	-		Dambulla	440.00 - 480.00	457.50	Embilipitiya	100.00 - 120.00	110.00
Kalawewa	-		Hambantota	-		Hambantota	-	
Black Gram			Embilipitiya	450.00 - 460.00	455.00	Pineapple		
A'pura	-		Matara	-		Divulapitiya	-	
Kalawewa	-							

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

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CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<u>Rice</u>									
Local									
Samba 1	270.00 - 280.00	280.00 - 280.00	270.00 - 280.00	270.00 - 285.00	280.00 - 285.00	280.00 - 280.00	270.00 - 280.00	270.00 - 280.00	280.00 - 285.00
Samba 2	-	-	-	-	-	-	-	-	-
Keeri Samba	380.00 - 390.00	380.00 - 380.00	370.00 - 380.00	380.00 - 390.00	380.00 - 390.00	370.00 - 370.00	360.00 - 370.00	370.00 - 370.00	370.00 - 380.00
Nadu 1	230.00 - 240.00	230.00 - 230.00	230.00 - 240.00	230.00 - 240.00	230.00 - 240.00	230.00 - 230.00	230.00 - 240.00	230.00 - 240.00	230.00 - 240.00
Nadu 2	-	-	-	-	-	-	-	-	-
Raw (Red)	210.00 - 220.00	220.00 - 220.00	210.00 - 220.00	200.00 - 220.00	210.00 - 220.00	220.00 - 220.00	220.00 - 220.00	210.00 - 220.00	220.00 - 220.00
Raw (White)	220.00 - 230.00	220.00 - 220.00	220.00 - 220.00	220.00 - 230.00	220.00 - 230.00	220.00 - 220.00	220.00 - 230.00	220.00 - 220.00	220.00 - 230.00
Imported									
Samba	250.00 - 260.00	-	250.00 - 260.00	270.00 - 280.00	270.00 - 280.00	-	-	280.00 - 280.00	270.00 - 280.00
Nadu	-	-	-	-	-	-	-	-	-
Raw (Red)	-	-	-	-	-	-	-	-	-
Raw (White)	-	-	-	-	-	-	-	-	-
<u>Dried Chillies</u>									
Imported	1100.00 - 1200.00	1300.00 - 1300.00	1100.00 - 1200.00	1200.00 - 1300.00	1200.00 - 1400.00	1400.00 - 1400.00	1200.00 - 1300.00	1200.00 - 1200.00	1200.00 - 1300.00
<u>Red Onion</u>									
Sinnan	-	-	-	-	-	-	-	-	-
Vedalan	-	-	-	-	-	-	-	-	-
Imported	360.00 - 400.00	480.00 - 480.00	460.00 - 480.00	480.00 - 520.00	480.00 - 520.00	460.00 - 480.00	380.00 - 400.00	460.00 - 480.00	480.00 - 520.00
<u>Big Onion</u>									
Imported	220.00 - 220.00	240.00 - 260.00	220.00 - 240.00	220.00 - 240.00	240.00 - 260.00	240.00 - 240.00	220.00 - 240.00	200.00 - 220.00	220.00 - 240.00
Local	-	-	-	-	-	-	-	-	-
<u>Potato</u>									
Welimada	-	-	-	-	-	-	-	-	-
N'Eliya	380.00 - 400.00	440.00 - 440.00	380.00 - 400.00	400.00 - 440.00	400.00 - 440.00	400.00 - 400.00	380.00 - 400.00	400.00 - 400.00	400.00 - 420.00
Imported	200.00 - 220.00	240.00 - 260.00	220.00 - 240.00	220.00 - 240.00	240.00 - 260.00	240.00 - 240.00	200.00 - 220.00	200.00 - 220.00	240.00 - 240.00
<u>Pulses</u>									
Green Gram	900.00 - 1000.00	1100.00 - 1100.00	1000.00 - 1100.00	1000.00 - 1100.00	1000.00 - 1100.00	1000.00 - 1000.00	880.00 - 900.00	900.00 - 1000.00	1050.00 - 1100.00
Cowpea (White)	900.00 - 980.00	1200.00 - 1200.00	1200.00 - 1200.00	1200.00 - 1200.00	1000.00 - 1200.00	880.00 - 880.00	900.00 - 900.00	1000.00 - 1000.00	1200.00 - 1200.00
Cowpea (Red)	900.00 - 950.00	1100.00 - 1100.00	1100.00 - 1200.00	1100.00 - 1200.00	1000.00 - 1100.00	920.00 - 920.00	880.00 - 900.00	1000.00 - 1000.00	1200.00 - 1200.00
Red Dhal	260.00 - 270.00	280.00 - 280.00	280.00 - 320.00	320.00 - 340.00	320.00 - 340.00	280.00 - 280.00	260.00 - 270.00	300.00 - 320.00	320.00 - 340.00

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

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CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<i>Vegetable</i>									
Beans	500.00 - 650.00	720.00 - 720.00	650.00 - 800.00	800.00 - 800.00	600.00 - 700.00	600.00 - 600.00	500.00 - 500.00	520.00 - 600.00	520.00 - 600.00
Carrot	350.00 - 400.00	600.00 - 640.00	400.00 - 600.00	600.00 - 600.00	480.00 - 500.00	600.00 - 600.00	400.00 - 400.00	400.00 - 400.00	480.00 - 600.00
Leeks	400.00 - 450.00	480.00 - 600.00	480.00 - 600.00	600.00 - 600.00	480.00 - 500.00	480.00 - 480.00	400.00 - 400.00	450.00 - 480.00	480.00 - 600.00
Beetroot	400.00 - 500.00	640.00 - 680.00	480.00 - 560.00	800.00 - 800.00	480.00 - 600.00	400.00 - 400.00	600.00 - 600.00	520.00 - 520.00	600.00 - 600.00
Knolkhol	300.00 - 400.00	480.00 - 600.00	480.00 - 480.00	600.00 - 600.00	480.00 - 520.00	600.00 - 600.00	400.00 - 400.00	-	480.00 - 480.00
Raddish	200.00 - 260.00	400.00 - 480.00	240.00 - 320.00	400.00 - 480.00	300.00 - 360.00	400.00 - 400.00	300.00 - 300.00	240.00 - 400.00	400.00 - 400.00
Cabbage	200.00 - 260.00	360.00 - 400.00	240.00 - 320.00	400.00 - 400.00	300.00 - 360.00	400.00 - 400.00	200.00 - 200.00	300.00 - 320.00	320.00 - 400.00
Tomato	800.00 - 800.00	1000.00 - 1000.00	800.00 - 1000.00	1000.00 - 1200.00	800.00 - 900.00	900.00 - 1000.00	700.00 - 700.00	800.00 - 1200.00	800.00 - 1000.00
Ladies Fingers	250.00 - 320.00	400.00 - 480.00	320.00 - 400.00	400.00 - 480.00	360.00 - 400.00	320.00 - 400.00	280.00 - 280.00	300.00 - 480.00	320.00 - 480.00
Brinjal	250.00 - 350.00	480.00 - 600.00	400.00 - 480.00	480.00 - 600.00	400.00 - 480.00	320.00 - 400.00	400.00 - 400.00	400.00 - 400.00	400.00 - 520.00
Capsicum	450.00 - 500.00	640.00 - 800.00	560.00 - 600.00	800.00 - 800.00	600.00 - 600.00	600.00 - 600.00	400.00 - 500.00	700.00 - 800.00	500.00 - 600.00
Pumpkin	150.00 - 200.00	200.00 - 280.00	200.00 - 240.00	240.00 - 280.00	200.00 - 200.00	240.00 - 240.00	200.00 - 200.00	240.00 - 240.00	240.00 - 240.00
Cucumber	200.00 - 200.00	280.00 - 320.00	240.00 - 320.00	240.00 - 320.00	300.00 - 320.00	200.00 - 240.00	200.00 - 200.00	240.00 - 320.00	320.00 - 320.00
Bitter Gourd	600.00 - 700.00	720.00 - 800.00	600.00 - 700.00	800.00 - 800.00	600.00 - 800.00	-	600.00 - 600.00	600.00 - 800.00	720.00 - 800.00
Snake Gourd	250.00 - 260.00	400.00 - 480.00	400.00 - 480.00	480.00 - 480.00	320.00 - 480.00	400.00 - 400.00	400.00 - 400.00	320.00 - 480.00	480.00 - 480.00
Drumstick	800.00 - 1500.00	1200.00 - 1200.00	1600.00 - 1600.00	1500.00 - 1600.00	1500.00 - 1600.00	800.00 - 800.00	800.00 - 800.00	1000.00 - 1200.00	800.00 - 800.00
Luffa	300.00 - 450.00	480.00 - 600.00	520.00 - 560.00	600.00 - 600.00	480.00 - 550.00	600.00 - 600.00	350.00 - 350.00	400.00 - 600.00	480.00 - 600.00
Long Beans	300.00 - 400.00	560.00 - 600.00	320.00 - 480.00	400.00 - 600.00	400.00 - 520.00	320.00 - 320.00	350.00 - 350.00	480.00 - 480.00	480.00 - 600.00
Ash Plantain	200.00 - 200.00	320.00 - 400.00	240.00 - 320.00	320.00 - 400.00	280.00 - 320.00	320.00 - 320.00	200.00 - 200.00	320.00 - 320.00	240.00 - 400.00
Green Chillies	600.00 - 700.00	1000.00 - 1000.00	800.00 - 800.00	800.00 - 1000.00	800.00 - 900.00	800.00 - 1200.00	650.00 - 700.00	800.00 - 1000.00	1000.00 - 1000.00
Lime	500.00 - 650.00	800.00 - 900.00	800.00 - 1000.00	1000.00 - 1200.00	800.00 - 800.00	800.00 - 800.00	500.00 - 600.00	800.00 - 1000.00	800.00 - 1000.00
<i>Root Crops</i>									
Sweet Potato	240.00 - 260.00	320.00 - 360.00	250.00 - 320.00	300.00 - 400.00	320.00 - 340.00	240.00 - 320.00	280.00 - 280.00	340.00 - 340.00	320.00 - 320.00
Manioc	180.00 - 200.00	220.00 - 240.00	220.00 - 240.00	250.00 - 250.00	200.00 - 200.00	-	180.00 - 180.00	180.00 - 200.00	200.00 - 200.00
<i>Leafy Vegetable</i>									
Mukunuwenna	150.00 - 180.00	160.00 - 160.00	200.00 - 200.00	200.00 - 200.00	180.00 - 200.00	240.00 - 250.00	150.00 - 150.00	200.00 - 200.00	200.00 - 200.00
Kankun	150.00 - 180.00	160.00 - 160.00	200.00 - 200.00	200.00 - 200.00	240.00 - 240.00	240.00 - 250.00	150.00 - 150.00	200.00 - 200.00	200.00 - 200.00
Gotukola	350.00 - 400.00	450.00 - 450.00	400.00 - 400.00	450.00 - 450.00	350.00 - 350.00	350.00 - 450.00	320.00 - 320.00	400.00 - 400.00	320.00 - 320.00
<i>Coconut</i>									
Large	150.00 - 160.00	170.00 - 180.00	180.00 - 180.00	170.00 - 190.00	150.00 - 170.00	-	170.00 - 180.00	160.00 - 170.00	180.00 - 200.00
Small	130.00 - 140.00	-	140.00 - 150.00	150.00 - 150.00	130.00 - 140.00	130.00 - 140.00	130.00 - 150.00	150.00 - 150.00	150.00 - 150.00

Annex 03 - Colombo Markets: Retail Prices of Fruits (Rs/kg,king Coconut Rs/nut)

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CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<i>Plantain</i>									
Ambul	170.00 - 200.00	220.00 - 230.00	250.00 - 250.00	240.00 - 240.00	200.00 - 250.00	220.00 - 250.00	150.00 - 180.00	200.00 - 220.00	220.00 - 220.00
Kolikuttu	400.00 - 450.00	450.00 - 460.00	450.00 - 450.00	420.00 - 500.00	420.00 - 500.00	500.00 - 500.00	350.00 - 360.00	400.00 - 420.00	450.00 - 450.00
Seeni	150.00 - 200.00	220.00 - 240.00	250.00 - 250.00	240.00 - 240.00	200.00 - 200.00	200.00 - 200.00	150.00 - 160.00	200.00 - 220.00	220.00 - 220.00
Anamalu	250.00 - 250.00	380.00 - 380.00	350.00 - 380.00	350.00 - 350.00	350.00 - 350.00	250.00 - 250.00	300.00 - 300.00	300.00 - 350.00	320.00 - 350.00
Ambun	250.00 - 250.00	380.00 - 380.00	350.00 - 380.00	350.00 - 350.00	350.00 - 350.00	250.00 - 250.00	300.00 - 300.00	300.00 - 350.00	320.00 - 350.00
<i>Pineapple</i>									
Large	300.00 - 320.00	350.00 - 350.00	400.00 - 400.00	300.00 - 400.00	320.00 - 350.00	300.00 - 350.00	300.00 - 300.00	300.00 - 350.00	340.00 - 350.00
Medium	-	-	-	-	-	-	-	-	-
Small	-	-	-	-	-	-	-	-	-
<i>Mango</i>									
Betti	300.00 - 450.00	-	-	-	350.00 - 400.00	-	-	200.00 - 250.00	-
Karthakolomban	500.00 - 600.00	500.00 - 500.00	600.00 - 600.00	600.00 - 700.00	500.00 - 600.00	-	-	400.00 - 400.00	560.00 - 600.00
Vilad	450.00 - 500.00	-	-	-	450.00 - 450.00	-	-	-	-
Kohu	-	-	-	-	-	-	-	-	-
<i>Other Fruits</i>									
Wood Apple	400.00 - 600.00	800.00 - 800.00	-	800.00 - 900.00	600.00 - 700.00	-	-	800.00 - 800.00	800.00 - 800.00
Orange	300.00 - 400.00	500.00 - 600.00	500.00 - 600.00	550.00 - 600.00	400.00 - 500.00	600.00 - 600.00	300.00 - 300.00	350.00 - 400.00	500.00 - 550.00
Avocado	700.00 - 900.00	600.00 - 600.00	700.00 - 800.00	800.00 - 900.00	600.00 - 800.00	600.00 - 600.00	600.00 - 600.00	800.00 - 800.00	800.00 - 800.00
Slime Apple	400.00 - 600.00	-	700.00 - 700.00	650.00 - 700.00	450.00 - 500.00	300.00 - 350.00	300.00 - 300.00	400.00 - 500.00	-
Grapes	2100.00 - 2200.00	2900.00 - 2900.00	2800.00 - 3000.00	2800.00 - 3000.00	2200.00 - 2800.00	2600.00 - 2800.00	2100.00 - 2100.00	2500.00 - 2500.00	2600.00 - 2700.00
Papaw	220.00 - 300.00	290.00 - 290.00	350.00 - 350.00	250.00 - 350.00	250.00 - 270.00	220.00 - 300.00	220.00 - 300.00	220.00 - 250.00	250.00 - 260.00
Passion	700.00 - 800.00	-	900.00 - 900.00	1000.00 - 1000.00	700.00 - 800.00	900.00 - 900.00	600.00 - 600.00	700.00 - 800.00	1000.00 - 1000.00
King Coconut	180.00 - 250.00	220.00 - 260.00	-	200.00 - 220.00	170.00 - 200.00	200.00 - 200.00	160.00 - 180.00	200.00 - 230.00	250.00 - 260.00

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

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CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<i>Sea Fish</i>									
Salaya	900.00 - 900.00	1100.00 - 1200.00	1200.00 - 1200.00	1100.00 - 1200.00	-	1200.00 - 1200.00	900.00 - 900.00	920.00 - 920.00	900.00 - 900.00
Hurulla	1200.00 - 1300.00	1400.00 - 1500.00	-	1800.00 - 1800.00	-	1400.00 - 1400.00	1200.00 - 1200.00	1400.00 - 1400.00	1300.00 - 1300.00
Balaya	1400.00 - 1500.00	-	1800.00 - 1800.00	-	-	-	-	1500.00 - 1500.00	1500.00 - 1600.00
Kelawalla	2600.00 - 2600.00	3200.00 - 3200.00	3200.00 - 3200.00	3200.00 - 3200.00	-	2800.00 - 2800.00	2800.00 - 2800.00	2800.00 - 3000.00	2800.00 - 2800.00
Thora	3200.00 - 3200.00	4200.00 - 4400.00	4400.00 - 4400.00	4200.00 - 4400.00	-	4200.00 - 4200.00	-	-	-
Paraw	2000.00 - 2000.00	3000.00 - 3000.00	3000.00 - 3000.00	2800.00 - 2800.00	-	2800.00 - 2800.00	2800.00 - 2800.00	2800.00 - 3000.00	3000.00 - 3000.00
Mora	1700.00 - 1800.00	2200.00 - 2200.00	2400.00 - 2400.00	2200.00 - 2200.00	-	2000.00 - 2000.00	2000.00 - 2000.00	2200.00 - 2200.00	2000.00 - 2000.00
Shrimps Small	1600.00 - 1600.00	2400.00 - 2500.00	2400.00 - 2400.00	2400.00 - 2400.00	-	2000.00 - 2200.00	1600.00 - 1700.00	2000.00 - 2200.00	2200.00 - 2200.00
Talapath	2800.00 - 2800.00	3400.00 - 3400.00	3200.00 - 3200.00	3200.00 - 3400.00	-	3200.00 - 3200.00	3000.00 - 3000.00	3200.00 - 3400.00	3200.00 - 3200.00
<i>Eggs (Rs/egg)</i>									
Brown	38.00 - 40.00	38.00 - 39.00	38.00 - 38.00	38.00 - 38.00	38.00 - 38.00	38.00 - 38.00	43.00 - 43.00	42.00 - 42.00	43.00 - 43.00
White	36.00 - 38.00	37.00 - 38.00	37.00 - 37.00	36.00 - 36.00	38.00 - 38.00	38.00 - 39.00	40.00 - 40.00	40.00 - 40.00	41.00 - 41.00
<i>Dried Fish</i>									
Sprats	2200.00 - 2200.00	2200.00 - 2400.00	2800.00 - 2800.00	2200.00 - 2200.00	2800.00 - 2800.00	2200.00 - 2200.00	2200.00 - 2200.00	2200.00 - 2200.00	2200.00 - 2400.00
Kattawa	3000.00 - 3000.00	3200.00 - 3400.00	3600.00 - 3600.00	3200.00 - 3200.00	3200.00 - 3200.00	3000.00 - 3000.00	2800.00 - 2800.00	3000.00 - 3200.00	3600.00 - 3600.00
Thora	-	-	4000.00 - 4000.00	4000.00 - 4000.00	4400.00 - 4400.00	-	-	4000.00 - 4000.00	4000.00 - 4000.00
Mora	2600.00 - 2800.00	3200.00 - 3200.00	3400.00 - 3500.00	3200.00 - 3200.00	3200.00 - 3200.00	3200.00 - 3200.00	3200.00 - 3200.00	3000.00 - 3000.00	3000.00 - 3000.00
Balaya	1600.00 - 1700.00	2400.00 - 2400.00	2400.00 - 2400.00	1800.00 - 1800.00	1800.00 - 1800.00	1800.00 - 1800.00	1700.00 - 1700.00	1800.00 - 2000.00	1800.00 - 1800.00
Anguluwa	2600.00 - 2800.00	3600.00 - 3600.00	3000.00 - 3500.00	3000.00 - 3200.00	3000.00 - 3000.00	2800.00 - 2800.00	3000.00 - 3000.00	3000.00 - 3000.00	3000.00 - 3200.00
Salaya	1100.00 - 1200.00	1300.00 - 1400.00	1200.00 - 1300.00	1300.00 - 1300.00	1200.00 - 1200.00	1200.00 - 1200.00	1200.00 - 1200.00	-	1300.00 - 1300.00
<i>Meat</i>									
Beef (without Bones)	3000.00 - 3000.00	3400.00 - 3400.00	3200.00 - 3200.00	3200.00 - 3200.00	3000.00 - 3000.00	-	3000.00 - 3000.00	3000.00 - 3000.00	-
Chicken (Broiler)	-	1380.00 - 1380.00	1360.00 - 1360.00	1360.00 - 1360.00	1300.00 - 1300.00	1250.00 - 1250.00	1320.00 - 1320.00	1320.00 - 1400.00	1420.00 - 1420.00
Chicken (Curry)	-	-	1250.00 - 1250.00	-	-	1150.00 - 1150.00	1200.00 - 1200.00	1200.00 - 1200.00	1350.00 - 1350.00
Mutton	-	4300.00 - 4300.00	4400.00 - 4400.00	4000.00 - 4000.00	4400.00 - 4400.00	4300.00 - 4300.00	4400.00 - 4400.00	4600.00 - 4600.00	-
Pork	-	2800.00 - 2800.00	2700.00 - 2700.00	-	2700.00 - 2700.00	-	-	-	2700.00 - 2700.00

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	233	12.68	6.41	437	0.84	0.42	46.83	NA	107	231	5.39	1.65
Onion												
Big onions	48	1.67	0.24	0.16	0.01	0.1	32.99	7.58	14.82	16.94	0.45	0.25
Red onions	55	2.13	0.15	0.18	0.02	0.13	30.15	14.26	20.37	19.32	0.31	0.28
Potatoes	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

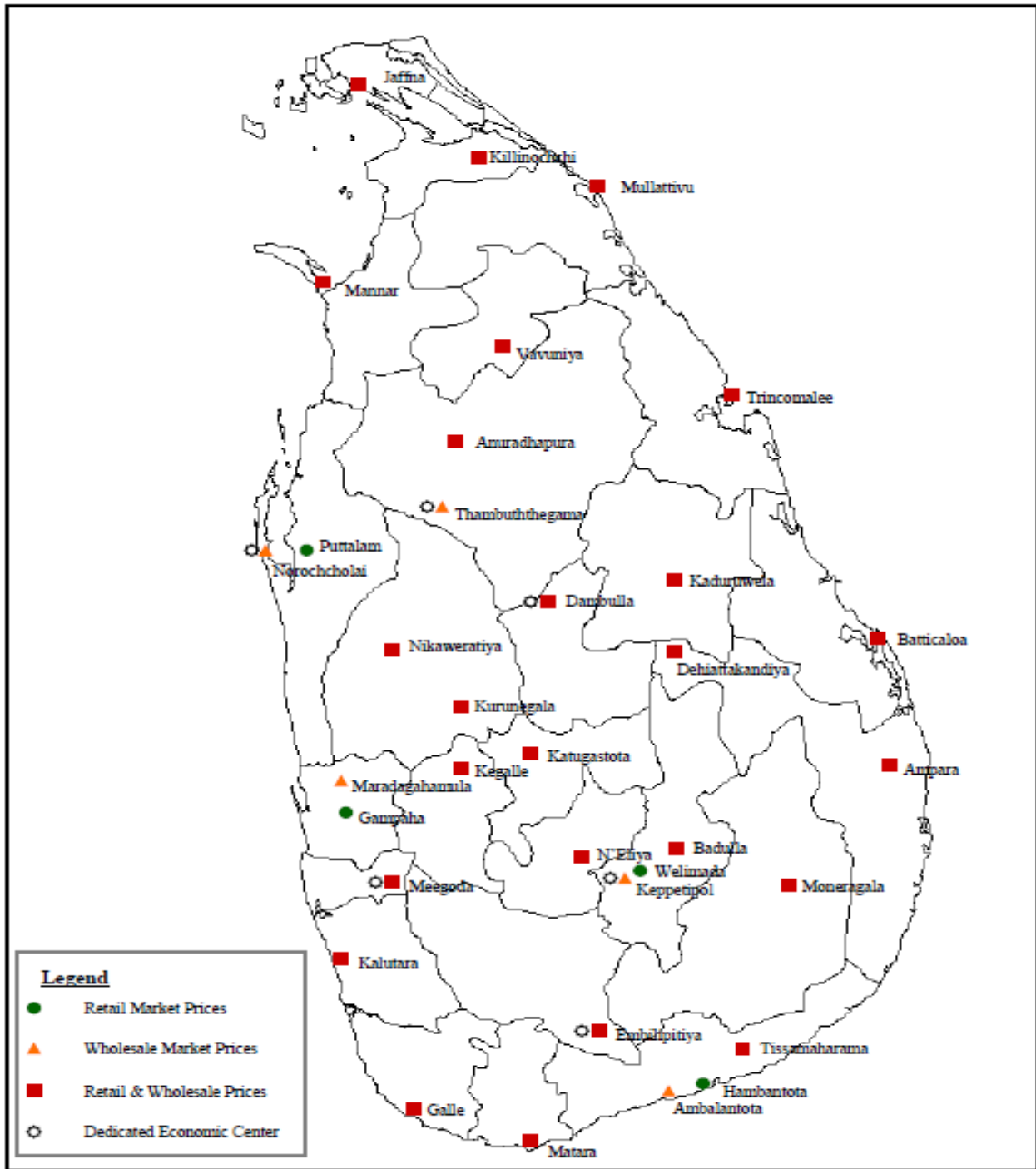
Fruits

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

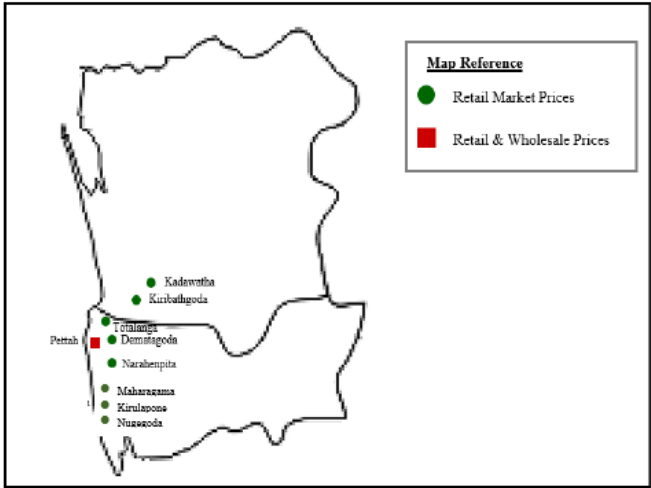
Source: Sri Lanka Food Composition Tables, Ministry of Health - 2021.

Price Collecting Areas



Legend

- Retail Market Prices
- ▲ Wholesale Market Prices
- Retail & Wholesale Prices
- Dedicated Economic Center





HARTI



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**දෛනික චිළචිචි තොග මිල,
ජංගම දුරකථනයෙන්**

හෙක්ටර් කොච්චිකඩුව ගොවි කරියතු පර්යේෂණ
හා පුහුණුධර්මේ ආයතනය අනුමුතයෙන්

මොබිටෙල්
ජංගම
මිල දර්ශනය

ජාතික ජංගම දුරකථන ජාලයෙන්

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අමතන්න.

මොබිටෙල් අද මිල - අත දෙස
මොබිටෙල් ජංගම දුරකථන ජාලයෙන්
චිළචිචි තොග මිල දර්ශනය.

විකාශිතයාට රු.2/-
විකාශිතයාට රු.2/-