

## RETAIL MARKET AT A GLANCE

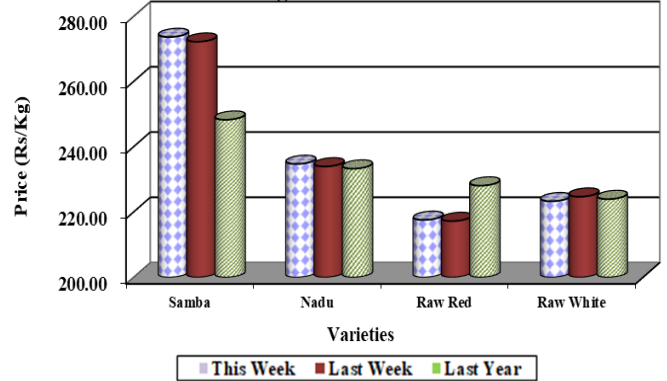
### Summary

#### Rice/ Paddy

Rice prices have slightly increased for samba, keeri samba and nadu varieties. Samba I, nadu I, raw red, raw white, and keeri samba were recorded at average prices of Rs.274.00/kg, Rs.235.00/kg, Rs.218.00/kg, Rs.223.00/kg, and Rs.377.00/kg. The average farmgate prices of keeri samba and long grain red paddy have shown slight changes, while other varieties have no significant changes across key producing areas.

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Average Retail Prices of Rice

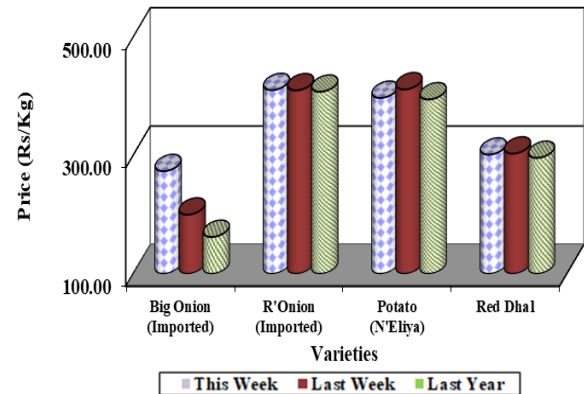


#### Other Field Crops

Price of imported dried chilies has decreased by Rs.2.00/kg and the average price was Rs.1185.00. Price of imported big onions have increased by Rs.74.00/kg and the average price was Rs.273.00/kg. The average price of imported red onions were Rs.410.00/kg. The price of Nuwara-Eliya potatoes has decreased by Rs.14.00/kg and price imported potatoes has increased. The average prices for Nuwara-Eliya, and imported potatoes were Rs.397.00/kg and Rs.224.00/kg respectively.

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Average Retail Prices of Other Field Crops

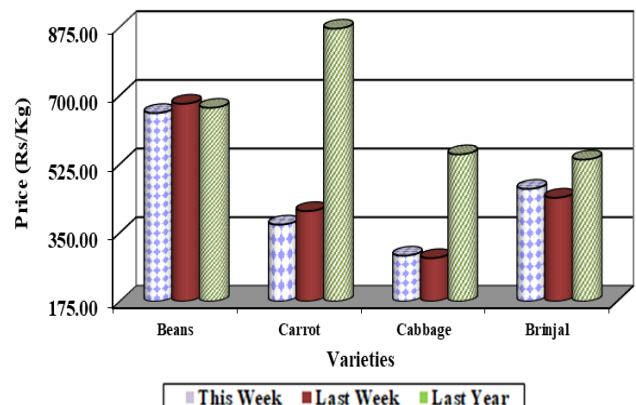


#### Vegetables

Prices of most of the vegetables have increased due to decreased supply. Among the up-country vegetables, the highest price increase was reported for beetroot by Rs.43.00/kg. While the price of knolksol increased by Rs.37.00/kg. Considering low-country vegetable varieties, the highest price increase reported for tomato by Rs.144.00/kg, while price of lime also increased by Rs.73.00/kg.

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Average Retail Prices of Vegetables



**Rice**

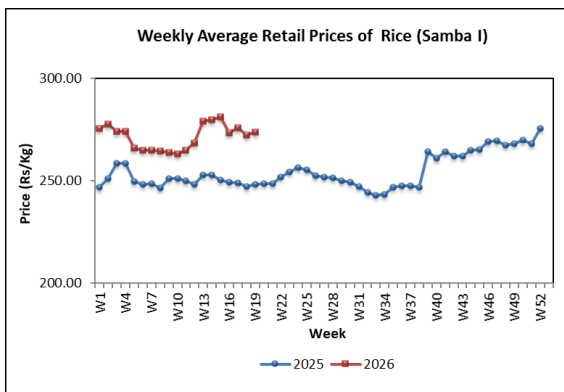
**Wholesale**

Prices of all local rice varieties have not changed significantly, and price range of raw red rice was Rs.190.00-195.00/kg. Imported ponni samba was also available in the market and its price ranged Rs.225-235.00/kg.

Compared to same period of last year, the highest price increase of 28% recorded for keeri samba while the highest price decrease of 10% recorded for raw red rice.

**Retail**

Prices of samba, keeri samba and nadu have slightly increased. The highest price increased of Rs.2.00/kg was recorded for keeri samba. The highest price decreased of Rs.1.00/kg was recorded for raw white rice. There was no significant change in the price of raw red rice.



Compared to the same period of the last year the highest price increase of 38% was recorded for keeri samba while the highest

price decreased of 5% was recorded for raw red.

**Paddy**

The average farmgate prices of keeri samba and long grain red paddy have changed slightly while the farmgate prices of short grain and long grain white paddy varieties have not changed considerably. Accordingly, the average prices of short grain (samba) and long grain white (nadu) paddy prices have ranged Rs.130.00-138.00/kg and Rs.102.00-112.00/kg respectively. The average price of keeri samba paddy decreased by Rs.2.00-5.00/kg in the Polonnaruwa and Kurunegala areas while it increased by Rs.3.00/kg in Kalawewa area. Its prices ranged Rs.156.00-184.00/kg. Further, a price decrease of Rs.8.00/kg was reported for long grain red paddy in Hambantota while prices increased by Rs.2.00-3.00/kg in the Matara and Embilipitiya areas. Prices of long grain red paddy ranged Rs.95.00-105.00/kg in the major producing areas of the Southern Province.

Compared to the same period of last year, the average farmgate prices of keeri samba paddy increased by 12%-19% while the prices of long grain white and red paddy varieties decrease by 14%-28%.

**Dried Chillies**

**Wholesale**

The price of imported dried chili has not changed significantly and price ranged Rs.900.00-950.00/kg.

Compared to same period of last year, current wholesale price of imported dried chili has increased by 68%.

**Retail**

Price of imported dried chillies has decreased by Rs.2.00/kg and price ranged Rs.980.00-1300.00/kg.

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

**Onion**

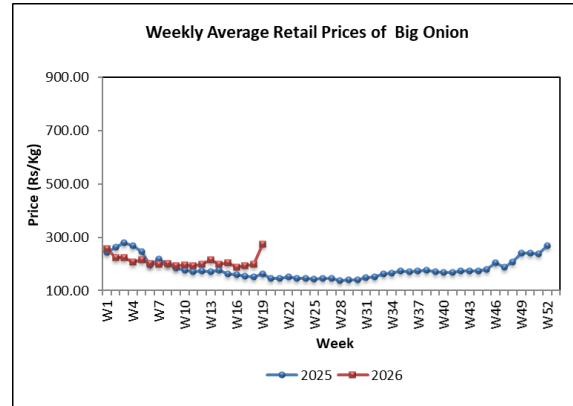
**Wholesale**

Prices of vedalan red onion, imported red onion, and imported big onion have increased in the range of 9%-52% due to unavailability of sufficient stocks and price ranged Rs.220.00-320.00/kg, Rs.270.00-300.00/kg and Rs.190.00-240.00/kg.

Compared to same period of last year, current wholesale price of vedalan, red onion and imported big onion have increased by 2% and 86% respectively while imported red onion has decreased by 8%.

**Retail**

Price of imported big onions increased by Rs.74.00/kg due to low market supply. There was no significant change in the price of imported red onions.



Compared to the same period of the last year, the highest price increase of 69% was recorded for imported big onions.

**Potato**

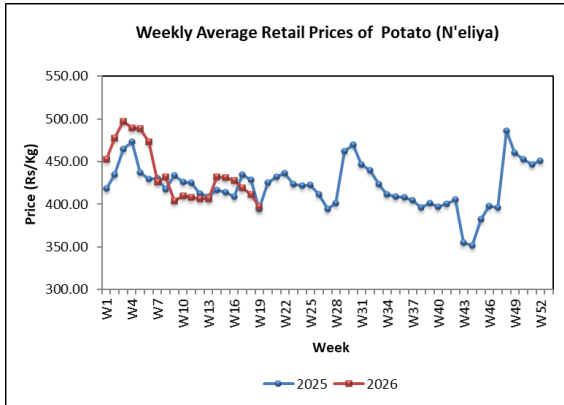
**Wholesale**

Price of Nuwara Eliya potatoes decreased by 3% and the price ranged Rs.220.00-240.00/kg. Price of imported potato has increased by 3% and the price ranged Rs.140.00-180.00/kg respectively.

Compared to same period of last year, the current wholesale prices of Nuwara Eliya and imported potatoes decreased by 11% and 22% respectively.

**Retail**

Price of imported potatoes increased by Rs.16.00/kg. Price of Nuwara Eliya potatoes decreased by Rs.14.00/kg.



Compared to the same period of the last year, the highest price increase of 1% was recorded for Nuwara Eliya potatoes and the highest price decreased of 5% was recorded for imported potatoes.

**Pulses**

**Wholesale**

Price of white cowpea increased by 7% and the price ranged Rs.750.00-800.00/kg. Prices of red cowpea and red dhal have decreased by 6% and 5% and price ranged, Rs.700.00-750.00/kg and Rs.220.00-235.00/kg.

Compared to same period of last year, the highest price increase of 22% was recorded for red cowpea.

**Retail**

Prices of all pulse varieties except green gram decreased. The highest price decreased of Rs.67.00/kg was recorded for red cowpea due to high market supply.

Compared to the same period of the last year, price of white cowpea increased by 23%.

**Vegetables**

**Wholesale**

Prices of most of the up-country and low country vegetables increased further, with decreased supply from most producing areas.

Among the upcountry vegetable varieties, the highest price increase of 35% reported for tomato, due to decreased supply from Balangoda, sooriyawewa and Welimada. Similarly, the price of beetroot increased by 33%, due to decreased supply from Nuwara Eliya and Welimada. Due to increased supply from Balangoda, Kandy and Welimada, the price of beans decreased by 13%.

Among low country vegetables, the highest price increase of 45% was reported for pumpkin due to decreased supply from

## Weekly Food Commodities Bulletin

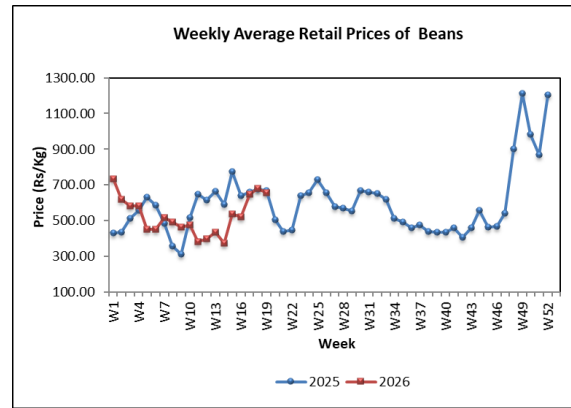
Monaragala, Anuradhapura, Embilipitiya, and Meegalawa.

In addition, prices of capsicum and long beans increased by about 17%, due to decreased supply from Ragala and Balangoda respectively. Prices of other low country vegetables, except for lady fingers and ash plantain have also increased in the range of 1%- 12%. However, the price of ladies fingers have decreased by 13%, due to increased supply from major producing areas. Prices of green chili and lime increased by 80% and 23% respectively, due to low supply.

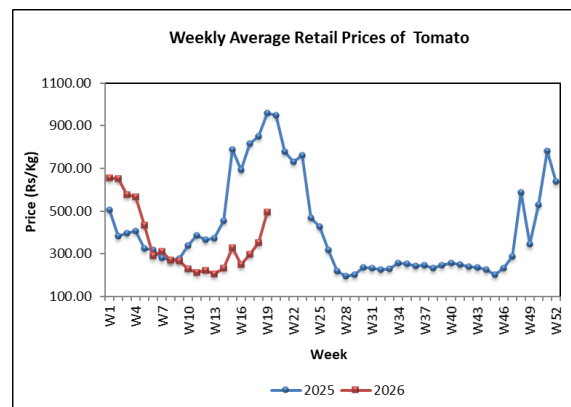
Compared to the same period of last year, prices of most of the vegetables decreased, with the highest price decrease of 68% reported for carrot. However, the price of cucumber increased by 169%.

### Retail

Retail prices of most of the vegetable varieties also increased. Among up country vegetables, the highest price increase was reported for beetroot by Rs. 43.00/kg, while prices of knolkhol and leeks increased by Rs.37.00/ kg and Rs.29.00/kg respectively.



Considering low country vegetable varieties, the highest price increase reported for tomato by Rs. 144.00/kg while price of lime increased by Rs.73.00/kg.



Compared to the same period of last year, price of most vegetable varieties decreased with the highest price decrease of 57% reported for carrot.

### Coconut

#### Wholesale

Prices of both large and small coconut increased by about 2%, due to decreased supply. Prices ranged Rs.155.00-165.00

for a large nut and Rs.130.00-145.00  
for a small nut.

Compared to the same period of last year, prices of both large and small nuts decreased by 19% and 17% respectively.

### **Retail**

Price of both large and small nuts increased by around Rs.2.00/nut. Prices ranged Rs.170.00-200.00 for a large nut and Rs.140.00-160.00 for a small nut.

Compared to the same period of last year, the current retail price of both large and small nuts decreased by 19% and 21% respectively.

### **Fruits**

#### **Wholesale**

Prices of most fruit varieties decreased due to high market supply. The highest price decrease of 38% was reported for betti mango. Further, price of slime apple decreased by 33% due to limited supply. Moreover, prices of all banana varieties decreased. Price of kolikuttu, ambul, anamalu and ambun decreased by 26%, 18% and 15% respectively due to low demand and high supply from producing areas. Furthermore, prices of vilad mango and karthakolomban mango decreased by 16% and 12% respectively due to high

market supply. However, prices of passion fruit and local orange increased by 32% and 11% respectively due to low supply.

Compared to the same period of last year, prices of most of the fruit varieties increased with the highest price increase of 72% reported for passion fruit.

### **Retail**

In line with the decreased wholesale prices, retail prices of most fruit varieties decreased. The highest price decrease of Rs.92.00/kg was reported for wood apple. Prices of slime apple and kolikuttu banana have decreased by Rs. 65.00/kg and Rs.35.00/kg respectively. In addition, prices of ambul banana and ambun banana decreased by Rs. 27.00/kg and Rs.24.00/kg respectively. However, the price of pineapples increased by Rs.131.00/kg.

Compared to the same period of last year, current prices of most of the fruits increased and the highest price increase of 45% was reported for passionfruit.

## Fresh Fish

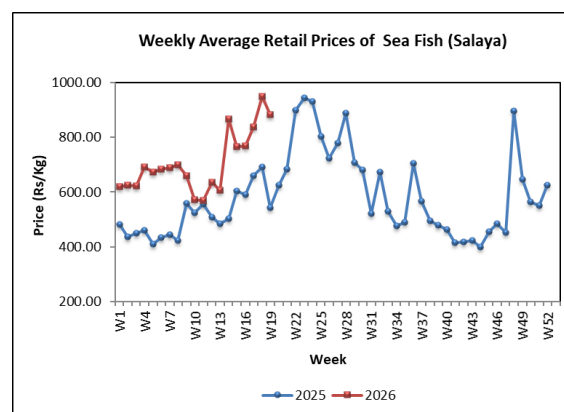
### Wholesale

Wholesale prices of fish varieties decreased by 1%-8%. The highest price decrease of 8% was reported for paraw and mora. Their price ranged Rs.1300.00-1700.00/kg and Rs.1400.00-1700.00/kg respectively. The second highest price decrease of 7% was reported for kelawalla with price range Rs.1600.00-1700.00/kg. The price of salaya increased by 15%, and the price ranged Rs.500.00-800.00/kg.

Compared to the same period of the previous year, the wholesale prices of most fish varieties have increased, and the highest price increase was reported for salaya.

### Retail

Retail prices of all fish varieties except kelawalla, thalapath and mora decreased by Rs.20.00-229.00/kg. The highest price decrease was reported for balaya at Rs.229.00/kg, while the price of paraw and salaya decreases by Rs.121.00/kg and Rs.68.00/kg respectively. The highest price increase was reported for kelawalla at Rs.167.00/kg.



Compared to the same period last year, retail prices of all fish varieties except balaya and hurulla increased by 7%-63%. The highest price increase was recorded for salaya at 63%.

## Dried Fish

### Wholesale

Wholesale prices of most local and imported dried fish varieties increased, by 1% - 29%. The highest price increase of 29% was reported for local sprats and the price ranged Rs.1600.00-1800.00 per kg. The second highest price increase of 8% was reported for local Katta, and the price range was Rs.2450.00-2550.00/kg. The price of local balaya decreased by 6%, and the price range was Rs.1250.00-1450.00/kg.

Compared to the same period of the previous year, the wholesale prices of most dried fish varieties increased with the

highest price increase reported for imported sprats.

### **Retail**

Retail prices of dried fish varieties except katta, blaya and salaya increased by Rs.31.00-204.00/kg. The highest price increase recorded for local sprats at Rs.204.00/kg. The price of angulwa increased by Rs.59.00/k, while the price of balaya decreased by Rs.333.00/kg.

Compared to the same period last year, prices of dried fish varieties except salaya increased by 32%-37%. The highest price increase was recorded for imported sprats by 37%.

### **Eggs**

#### **Wholesale**

During this week, wholesale egg prices increased, with brown egg prices increasing by 11% and white egg prices by 12%. Accordingly, the price of a brown egg ranged Rs.29.00- 33.00, while the price of a white egg Rs.27.00-31.00.

Compared to the same period of previous year, egg prices increased, with brown egg

increasing by 11% and white egg prices by 13%.

### **Retail**

Prices of brown eggs increased by Rs.2.00 and the price ranged Rs.30.00-35.00/egg. Prices of white eggs also increased by Rs.2.00, with prices ranging Rs.29.00-33.00/egg.

Compared to the same period in the previous year, the retail price of brown eggs increased by 14% and that of white eggs by 18%.

### **Meat**

#### **Retail**

Retail prices of all meat varieties except pork decreased. The highest price decrease was reported for beef and it was Rs.90.00/kg. The price of mutton decreased by Rs.43.00/kg. The price of skinless, broiler chicken and skinless curry chicken decreased by Rs.35.00/kg and Rs.59.00/kg respectively. However, the price of pork was increased by Rs.50/kg.

Compared to the same period last year, prices of all meat varieties increased in the range of 13%-62%. The highest price increase was recorded for pork at 61%.

NOTE

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

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

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

**Table 01: Selected Markets: Wholesale Price of Rice (Rs/kg)**

Week 19: 08 - 14 May 2026

LOCATIONS	Rice Varieties													
	Samba 1		Samba 2		Keeri Samba		Nadu 1		Nadu 2		Raw Red		Raw White	
Colombo	250.00 –	255.00	245.00 –	248.00	340.00 –	350.00	210.00 –	212.00	205.00 –	208.00	190.00 –	195.00	195.00 –	210.00
Divulapitiya	280.00 –	285.00	230.00 –	250.00	335.00 –	360.00	227.00 –	228.00	196.00 –	210.00	180.00 –	198.00	184.00 –	200.00
Kurunegala	–		239.00 –	240.00	–		227.00 –	228.00	200.00 –	205.00	–		190.00 –	195.00
Nikaweratiya	275.00 –	280.00	236.00 –	240.00	380.00 –	385.00	224.00 –	228.00	185.00 –	190.00	–		182.00 –	188.00
Badulla	–		–		–		225.00 –	228.00	–		175.00 –	180.00	185.00 –	190.00
Puttalam	285.00 –	290.00	235.00 –	240.00	380.00 –	385.00	227.00 –	228.00	205.00 –	215.00	205.00 –	210.00	200.00 –	205.00
Dambulla	–		–		–		–		–		–		–	
Anuradhapura	–		–		–		–		–		–		–	
Tambuttegama	–		–		–		–		–		–		–	
Polonnaruwa	–		–		–		218.00 –	222.00	–		190.00 –	191.00	210.00 –	210.00
Kalutara	–		–		–		227.00 –	228.00	208.00 –	215.00	175.00 –	205.00	190.00 –	215.00
Ampara	–		–		–		230.00 –	230.00	205.00 –	210.00	170.00 –	180.00	183.00 –	185.00
09 Kandy	275.00 –	280.00	250.00 –	255.00	355.00 –	360.00	220.00 –	223.00	205.00 –	210.00	195.00 –	200.00	205.00 –	210.00
Moneragala	–		235.00 –	240.00	370.00 –	375.00	226.00 –	230.00	–		170.00 –	175.00	180.00 –	185.00
Kegalle	–		–		–		–		–		–		–	
Dehiattakandiya	–		–		–		–		–		–		–	
Hambantota	–		–		–		–		–		165.00 –	168.00	190.00 –	190.00
Matara	–		–		–		225.00 –	227.00	212.00 –	215.00	170.00 –	176.00	190.00 –	195.00
Galle	–		250.00 –	260.00	360.00 –	370.00	220.00 –	225.00	–		170.00 –	180.00	180.00 –	190.00
Meegoda	–		236.00 –	238.00	–		214.00 –	218.00	200.00 –	208.00	174.00 –	176.00	185.00 –	196.00
Tissamaharama	–		–		–		229.00 –	229.00	–		160.00 –	163.00	202.00 –	204.00
Embilipitiya	–		245.00 –	246.00	375.00 –	380.00	225.00 –	226.00	–		165.00 –	170.00	192.00 –	195.00
Jaffna	–		–		–		225.00 –	225.00	–		180.00 –	185.00	205.00 –	205.00
Vavuniya	–		–		–		225.00 –	228.00	–		180.00 –	190.00	180.00 –	185.00
Mannar	–		245.00 –	248.00	–		210.00 –	215.00	–		192.00 –	195.00	200.00 –	205.00
Killinochchi	–		–		–		–		–		–		–	
Mullattivu	–		–		–		220.00 –	226.00	–		180.00 –	186.00	210.00 –	215.00
Batticaloa	–		245.00 –	250.00	350.00 –	350.00	210.00 –	210.00	–		195.00 –	195.00	200.00 –	200.00
Trincomalee	–		–		–		–		–		–		–	
Galenbindunuwew	–		239.00 –	239.00	–		227.00 –	229.00	210.00 –	218.00	215.00 –	217.00	200.00 –	214.00
Matale	–		250.00 –	255.00	350.00 –	360.00	220.00 –	225.00	200.00 –	210.00	190.00 –	205.00	190.00 –	210.00

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

Week 19: 08 - 14 May 2026

LOCATIONS	Rice Varieties													
	Samba 1		Samba 2		Keeri Samba		Nadu 1		Nadu 2		Raw Red		Raw White	
Colombo	260.00	280.00	-	-	360.00	390.00	230.00	240.00	-	-	200.00	230.00	220.00	230.00
Gampaha	-	-	240.00	240.00	-	-	230.00	230.00	225.00	225.00	215.00	220.00	215.00	220.00
Kurunegala	-	-	240.00	240.00	-	-	230.00	230.00	225.00	225.00	220.00	220.00	215.00	220.00
Nikaweratiya	280.00	285.00	240.00	245.00	385.00	390.00	230.00	235.00	190.00	195.00	-	-	185.00	195.00
Dambulla	285.00	290.00	245.00	255.00	380.00	385.00	229.00	230.00	210.00	218.00	212.00	220.00	210.00	215.00
Anuradhapura	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Thambuththegama	290.00	300.00	240.00	250.00	370.00	380.00	230.00	230.00	205.00	218.00	212.00	218.00	205.00	215.00
Polonnaruwa	-	-	240.00	240.00	-	-	230.00	230.00	-	-	220.00	220.00	220.00	220.00
Kaluthara	280.00	290.00	250.00	260.00	360.00	380.00	230.00	230.00	215.00	220.00	180.00	220.00	190.00	220.00
Badulla	-	-	-	-	-	-	228.00	230.00	-	-	180.00	190.00	185.00	200.00
Keppetipola	-	-	255.00	260.00	365.00	370.00	226.00	228.00	216.00	218.00	196.00	198.00	210.00	212.00
Moneragala	-	-	240.00	245.00	380.00	390.00	230.00	235.00	-	-	180.00	185.00	185.00	190.00
Kegalle	-	-	240.00	250.00	-	-	230.00	230.00	220.00	225.00	210.00	220.00	220.00	220.00
Ampara	-	-	240.00	250.00	360.00	380.00	230.00	230.00	210.00	220.00	185.00	220.00	182.00	220.00
Dehiattakandiya	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Nuwaraeliya	270.00	270.00	260.00	265.00	365.00	380.00	225.00	230.00	216.00	220.00	196.00	200.00	210.00	215.00
Kandy	285.00	290.00	260.00	265.00	385.00	390.00	230.00	235.00	220.00	225.00	210.00	220.00	215.00	220.00
Puttalam	290.00	300.00	240.00	250.00	385.00	390.00	230.00	230.00	210.00	220.00	225.00	230.00	210.00	220.00
Hambantota	280.00	280.00	250.00	260.00	-	-	-	-	-	-	170.00	170.00	200.00	220.00
Rathnapura	300.00	305.00	-	-	380.00	390.00	230.00	240.00	220.00	222.00	180.00	185.00	202.00	210.00
Matara	270.00	280.00	250.00	260.00	370.00	380.00	230.00	230.00	220.00	225.00	175.00	183.00	205.00	210.00
Galle	280.00	300.00	-	-	380.00	390.00	230.00	230.00	-	-	200.00	210.00	210.00	220.00
Tissamaharama	-	-	240.00	240.00	-	-	230.00	230.00	-	-	165.00	170.00	205.00	210.00
Meegoda (DEC)	-	-	240.00	240.00	-	-	230.00	230.00	220.00	225.00	190.00	200.00	210.00	220.00
Embilipitiya	-	-	248.00	250.00	375.00	380.00	230.00	230.00	215.00	220.00	168.00	175.00	200.00	210.00
Jaffna	-	-	-	-	-	-	230.00	232.00	-	-	180.00	185.00	200.00	220.00
Vavuniya	-	-	-	-	-	-	230.00	238.00	-	-	190.00	200.00	190.00	200.00
Mannar	-	-	258.00	260.00	355.00	360.00	230.00	235.00	-	-	200.00	205.00	220.00	225.00
Killinochchi	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Mullaittivu	-	-	-	-	-	-	225.00	230.00	-	-	185.00	190.00	215.00	220.00
Batticaloa	-	-	260.00	265.00	365.00	370.00	-	-	220.00	220.00	200.00	200.00	205.00	205.00
Trincomalee	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Hanguranketha	-	-	240.00	240.00	-	-	227.00	230.00	-	-	198.00	199.00	200.00	220.00
Veyangoda	-	-	240.00	240.00	-	-	230.00	230.00	205.00	225.00	220.00	220.00	200.00	220.00
Galenbindunuwewa	-	-	240.00	240.00	-	-	230.00	230.00	215.00	220.00	220.00	220.00	205.00	220.00
Bandarawela	-	-	-	-	365.00	375.00	230.00	230.00	216.00	220.00	190.00	195.00	205.00	210.00
Matale	-	-	260.00	265.00	365.00	375.00	227.00	230.00	215.00	220.00	210.00	215.00	215.00	220.00

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

Week 19: 08 - 14 May 2026

LOCATION	Dried Chillies	Red Onion		Big Onion	Potato			Pulses		
	Imported	Imported	Local		Imported	Welimada	Nuwara Eliya	Green Gram	Cowpea	Red Dhal
Colombo	900.00 - 950.00	270.00 - 300.00	220.00 - 320.00	190.00 - 240.00	140.00 - 180.00	-	220.00 - 240.00	800.00 - 850.00	750.00 - 800.00	220.00 - 235.00
Kurunegala	940.00 - 960.00	270.00 - 290.00	-	235.00 - 250.00	155.00 - 165.00	-	-	850.00 - 870.00	750.00 - 800.00	230.00 - 240.00
Nikaweratiya	900.00 - 925.00	275.00 - 290.00	-	200.00 - 230.00	155.00 - 165.00	-	-	850.00 - 865.00	-	230.00 - 240.00
Dehiattakandiya	-	-	-	-	-	-	-	-	-	-
Dambulla (DEC)	-	-	-	190.00 - 230.00	-	190.00 - 220.00	230.00 - 240.00	-	-	-
Anuradhapura	-	-	-	-	-	-	-	-	-	-
Thambuththegama	-	-	-	190.00 - 230.00	140.00 - 158.00	-	-	-	-	-
Polonnaruwa	1000.00 - 1200.00	320.00 - 350.00	-	300.00 - 320.00	140.00 - 160.00	-	300.00 - 340.00	850.00 - 885.00	695.00 - 723.00	260.00 - 270.00
Kaluthara	920.00 - 1000.00	280.00 - 320.00	-	250.00 - 280.00	150.00 - 170.00	-	-	800.00 - 850.00	760.00 - 800.00	230.00 - 250.00
Puttalam	960.00 - 980.00	320.00 - 330.00	200.00 - 250.00	275.00 - 300.00	180.00 - 185.00	-	320.00 - 350.00	870.00 - 900.00	750.00 - 800.00	240.00 - 250.00
Kandy	940.00 - 960.00	-	-	170.00 - 220.00	140.00 - 165.00	220.00 - 230.00	250.00 - 260.00	-	-	-
Matara	950.00 - 1000.00	310.00 - 330.00	-	250.00 - 270.00	160.00 - 175.00	-	250.00 - 260.00	800.00 - 850.00	780.00 - 800.00	-
Hambantota	950.00 - 1000.00	320.00 - 330.00	-	270.00 - 280.00	140.00 - 160.00	-	-	800.00 - 860.00	750.00 - 750.00	245.00 - 250.00
Kegalle	980.00 - 1000.00	270.00 - 290.00	-	280.00 - 310.00	170.00 - 180.00	-	-	870.00 - 880.00	770.00 - 780.00	270.00 - 280.00
Galle	900.00 - 900.00	300.00 - 300.00	-	240.00 - 250.00	160.00 - 160.00	-	260.00 - 260.00	850.00 - 850.00	850.00 - 850.00	260.00 - 280.00
Tissamaharama	985.00 - 1000.00	320.00 - 330.00	-	245.00 - 250.00	160.00 - 165.00	-	280.00 - 290.00	850.00 - 860.00	-	260.00 - 265.00
Meegoda (DEC)	900.00 - 940.00	260.00 - 280.00	-	200.00 - 220.00	140.00 - 150.00	220.00 - 240.00	240.00 - 260.00	820.00 - 850.00	700.00 - 800.00	225.00 - 240.00
Jaffna	980.00 - 990.00	-	-	260.00 - 260.00	170.00 - 175.00	-	-	780.00 - 780.00	-	260.00 - 260.00
Vavuniya	1050.00 - 1080.00	-	-	250.00 - 270.00	175.00 - 185.00	-	-	850.00 - 900.00	-	260.00 - 270.00
Mannar	900.00 - 910.00	280.00 - 290.00	-	230.00 - 240.00	-	-	-	800.00 - 850.00	-	240.00 - 245.00
Killinochchi	-	-	-	-	-	-	-	-	-	-
Mullattivu	1030.00 - 1080.00	-	-	270.00 - 300.00	150.00 - 180.00	-	-	880.00 - 920.00	-	270.00 - 280.00
Batticaloa	1000.00 - 1000.00	-	250.00 - 250.00	250.00 - 250.00	-	200.00 - 200.00	220.00 - 250.00	800.00 - 800.00	-	260.00 - 280.00
Trincomalee	-	-	-	-	-	-	-	-	-	-
Galenbindunuwewa	975.00 - 1060.00	280.00 - 310.00	-	255.00 - 310.00	160.00 - 190.00	-	260.00 - 280.00	790.00 - 920.00	795.00 - 815.00	230.00 - 268.00
Matale	940.00 - 960.00	260.00 - 280.00	-	240.00 - 260.00	150.00 - 160.00	-	-	750.00 - 820.00	750.00 - 850.00	230.00 - 240.00

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

Week 19: 08 - 14 May 2026

LOCATIONS	Dried Chillies	Red Onion		Big Onion	Potato			Pulses		
	Imported	Imported	Local		Imported	Welimada	Nuwara Eliya	Green Gram	Cowpea	Red Dhal
Colombo	980.00 - 1300.00	350.00 - 480.00	-	200.00 - 320.00	180.00 - 320.00	-	380.00 - 440.00	900.00 - 1120.00	900.00 - 1200.00	280.00 - 320.00
Gampaha	990.00 - 1200.00	400.00 - 440.00	-	280.00 - 300.00	190.00 - 220.00	-	380.00 - 440.00	960.00 - 1200.00	780.00 - 1000.00	280.00 - 300.00
Kurunegala	980.00 - 1150.00	340.00 - 400.00	-	280.00 - 290.00	190.00 - 220.00	-	-	900.00 - 1000.00	800.00 - 920.00	265.00 - 280.00
Nikaweratiya	940.00 - 1000.00	300.00 - 340.00	-	230.00 - 250.00	170.00 - 190.00	-	-	850.00 - 875.00	750.00 - 770.00	245.00 - 270.00
Dambulla	1080.00 - 1150.00	380.00 - 400.00	360.00 - 380.00	260.00 - 300.00	180.00 - 200.00	280.00 - 300.00	-	780.00 - 850.00	750.00 - 800.00	250.00 - 280.00
Anuradhapura	-	-	-	-	-	-	-	-	-	-
Thambuththegama	980.00 - 1100.00	320.00 - 380.00	-	260.00 - 320.00	160.00 - 200.00	-	-	800.00 - 880.00	680.00 - 700.00	235.00 - 240.00
Polonnaruwa	1000.00 - 1300.00	320.00 - 360.00	-	350.00 - 360.00	160.00 - 200.00	300.00 - 320.00	360.00 - 360.00	860.00 - 900.00	700.00 - 760.00	270.00 - 280.00
Kaluthara	920.00 - 1060.00	380.00 - 440.00	-	250.00 - 320.00	200.00 - 250.00	320.00 - 340.00	400.00 - 400.00	850.00 - 900.00	840.00 - 1000.00	240.00 - 260.00
Badulla	950.00 - 1050.00	350.00 - 380.00	-	240.00 - 280.00	180.00 - 200.00	-	-	850.00 - 900.00	800.00 - 900.00	250.00 - 280.00
Keppetipola	1000.00 - 1150.00	300.00 - 320.00	330.00 - 340.00	290.00 - 300.00	170.00 - 190.00	250.00 - 260.00	-	940.00 - 950.00	840.00 - 850.00	245.00 - 260.00
Moneragala	1000.00 - 1100.00	360.00 - 400.00	-	300.00 - 320.00	200.00 - 220.00	340.00 - 360.00	-	800.00 - 900.00	700.00 - 800.00	260.00 - 280.00
Kegalle	1100.00 - 1160.00	320.00 - 350.00	-	300.00 - 330.00	200.00 - 220.00	320.00 - 330.00	-	900.00 - 920.00	840.00 - 850.00	320.00 - 340.00
Ampara	1050.00 - 1100.00	320.00 - 400.00	-	240.00 - 260.00	175.00 - 180.00	300.00 - 320.00	-	850.00 - 950.00	800.00 - 870.00	235.00 - 250.00
Dehiattakandiya	-	-	-	-	-	-	-	-	-	-
Nuwaraeliya	1100.00 - 1200.00	320.00 - 330.00	340.00 - 360.00	300.00 - 320.00	180.00 - 200.00	-	300.00 - 320.00	940.00 - 960.00	840.00 - 860.00	255.00 - 270.00
Kandy	1100.00 - 1140.00	400.00 - 440.00	440.00 - 460.00	270.00 - 300.00	190.00 - 200.00	300.00 - 320.00	340.00 - 360.00	920.00 - 1100.00	900.00 - 1100.00	320.00 - 330.00
Puttalam	1050.00 - 1200.00	350.00 - 360.00	320.00 - 360.00	300.00 - 320.00	220.00 - 240.00	-	350.00 - 360.00	900.00 - 950.00	900.00 - 1000.00	250.00 - 280.00
Rathnapura	960.00 - 1000.00	300.00 - 360.00	-	230.00 - 240.00	190.00 - 220.00	280.00 - 290.00	-	860.00 - 900.00	760.00 - 820.00	260.00 - 280.00
Hambantota	1100.00 - 1100.00	360.00 - 360.00	-	280.00 - 300.00	220.00 - 240.00	-	-	900.00 - 950.00	800.00 - 850.00	280.00 - 280.00
Matara	1040.00 - 1100.00	340.00 - 400.00	-	-	200.00 - 230.00	300.00 - 320.00	380.00 - 400.00	850.00 - 900.00	800.00 - 850.00	275.00 - 300.00
Galle	1100.00 - 1200.00	380.00 - 400.00	-	260.00 - 280.00	200.00 - 200.00	280.00 - 320.00	-	900.00 - 900.00	900.00 - 1000.00	300.00 - 340.00
Tissamaharama	1050.00 - 1100.00	350.00 - 360.00	-	260.00 - 280.00	180.00 - 200.00	310.00 - 320.00	-	900.00 - 950.00	-	280.00 - 290.00
Meegoda (DEC)	950.00 - 1000.00	400.00 - 400.00	-	260.00 - 300.00	200.00 - 230.00	-	350.00 - 360.00	880.00 - 1040.00	900.00 - 1040.00	260.00 - 320.00
Embilipitiya	975.00 - 1050.00	-	340.00 - 400.00	250.00 - 280.00	170.00 - 180.00	320.00 - 340.00	370.00 - 380.00	850.00 - 900.00	700.00 - 800.00	250.00 - 320.00
Jaffna	1000.00 - 1100.00	-	-	280.00 - 300.00	180.00 - 190.00	-	-	850.00 - 850.00	-	270.00 - 280.00
Vavuniya	1100.00 - 1150.00	-	-	300.00 - 320.00	200.00 - 220.00	-	-	900.00 - 950.00	-	280.00 - 290.00
Mannar	1000.00 - 1080.00	-	-	250.00 - 260.00	200.00 - 240.00	-	-	900.00 - 950.00	-	280.00 - 290.00
Killinochchi	-	-	-	-	-	-	-	-	-	-
Mullaittivu	1050.00 - 1100.00	-	-	-	160.00 - 190.00	-	-	900.00 - 940.00	-	275.00 - 285.00
Batticaloa	1100.00 - 1100.00	-	300.00 - 320.00	-	200.00 - 200.00	300.00 - 300.00	350.00 - 350.00	900.00 - 900.00	-	300.00 - 320.00
Trincomalee	-	-	-	-	-	-	-	-	-	-
Hanguranketha	1000.00 - 1100.00	-	300.00 - 320.00	330.00 - 350.00	165.00 - 180.00	-	-	875.00 - 950.00	750.00 - 820.00	250.00 - 280.00
Veyangoda	920.00 - 1000.00	360.00 - 400.00	-	300.00 - 320.00	180.00 - 240.00	320.00 - 340.00	360.00 - 360.00	960.00 - 1000.00	920.00 - 1000.00	240.00 - 280.00
Galenbindunuwewa	-	300.00 - 330.00	-	280.00 - 320.00	180.00 - 210.00	280.00 - 300.00	-	820.00 - 950.00	820.00 - 840.00	240.00 - 280.00
Bandarawela	1100.00 - 1150.00	340.00 - 360.00	-	260.00 - 290.00	180.00 - 200.00	280.00 - 300.00	-	950.00 - 980.00	850.00 - 950.00	250.00 - 260.00
Matale	1050.00 - 1200.00	320.00 - 360.00	-	280.00 - 300.00	180.00 - 200.00	280.00 - 320.00	-	880.00 - 950.00	900.00 - 950.00	250.00 - 260.00

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

Week 19: 08 - 14 May 2026

Locations	Butter Beans	Green Beans	Carrot	Leeks	Beetroot	Knolkhol
Colombo	-	450.00 - 550.00	180.00 - 250.00	200.00 - 250.00	250.00 - 350.00	150.00 - 180.00
Meegoda (DEC)	-	480.00 - 600.00	220.00 - 280.00	200.00 - 240.00	-	260.00 - 300.00
Dambulla (DEC)	-	400.00 - 550.00	160.00 - 230.00	160.00 - 240.00	200.00 - 320.00	180.00 - 250.00
Keppetipola (DEC)	-	420.00 - 500.00	150.00 - 200.00	160.00 - 200.00	150.00 - 250.00	160.00 - 180.00
Norochchole (DEC)	-	-	-	-	-	-
Nuwara Eliya	-	440.00 - 520.00	210.00 - 240.00	190.00 - 210.00	160.00 - 260.00	180.00 - 200.00
Kandy	-	450.00 - 500.00	200.00 - 260.00	180.00 - 230.00	170.00 - 280.00	150.00 - 200.00
Hambantota	-	450.00 - 500.00	300.00 - 350.00	280.00 - 320.00	340.00 - 400.00	200.00 - 200.00
Thambuththegama (DEC)	-	480.00 - 550.00	200.00 - 280.00	200.00 - 250.00	300.00 - 320.00	-
Jaffna	-	-	-	-	-	-
Bandarawela	-	450.00 - 500.00	160.00 - 220.00	170.00 - 180.00	170.00 - 250.00	150.00 - 220.00
Veyangoda	-	500.00 - 600.00	200.00 - 260.00	180.00 - 230.00	-	260.00 - 330.00

Locations	Raddish	Cabbage	Tomato	Ladies Fingers	Brinjal	Capsicum
Colombo	100.00 - 130.00	80.00 - 100.00	200.00 - 450.00	160.00 - 250.00	250.00 - 400.00	250.00 - 400.00
Meegoda (DEC)	120.00 - 150.00	100.00 - 160.00	210.00 - 450.00	200.00 - 280.00	280.00 - 380.00	300.00 - 450.00
Moneragala	150.00 - 170.00	120.00 - 130.00	300.00 - 350.00	220.00 - 260.00	270.00 - 330.00	400.00 - 550.00
Dambulla (DEC)	120.00 - 150.00	60.00 - 80.00	170.00 - 400.00	220.00 - 250.00	250.00 - 350.00	250.00 - 400.00
Keppetipola (DEC)	50.00 - 80.00	40.00 - 60.00	200.00 - 380.00	-	220.00 - 280.00	300.00 - 420.00
Norochchole (DEC)	70.00 - 130.00	-	-	170.00 - 210.00	150.00 - 250.00	200.00 - 400.00
Nuwara Eliya	100.00 - 120.00	110.00 - 130.00	230.00 - 400.00	-	-	320.00 - 460.00
Kandy	70.00 - 120.00	90.00 - 130.00	180.00 - 380.00	210.00 - 250.00	250.00 - 280.00	350.00 - 400.00
Hambantota	200.00 - 200.00	150.00 - 160.00	300.00 - 350.00	290.00 - 300.00	200.00 - 250.00	480.00 - 580.00
Thambuththegama (DEC)	140.00 - 180.00	100.00 - 130.00	180.00 - 400.00	180.00 - 240.00	250.00 - 320.00	220.00 - 330.00
Tissamaharama	220.00 - 230.00	170.00 - 180.00	350.00 - 370.00	250.00 - 270.00	350.00 - 370.00	470.00 - 480.00
Jaffna	-	-	-	-	-	-
Bandarawela	50.00 - 90.00	50.00 - 100.00	180.00 - 400.00	200.00 - 250.00	220.00 - 280.00	300.00 - 430.00
Veyangoda	120.00 - 160.00	100.00 - 150.00	200.00 - 450.00	180.00 - 260.00	280.00 - 370.00	280.00 - 450.00

Locations	Pumpkin	Cucumber	Bitter Gourd	Snake Gourd	Drumstick	Luffa
Colombo	80.00 - 120.00	160.00 - 220.00	300.00 - 450.00	300.00 - 400.00	150.00 - 700.00	300.00 - 350.00
Meegoda (DEC)	70.00 - 150.00	150.00 - 200.00	380.00 - 500.00	300.00 - 320.00	350.00 - 400.00	360.00 - 450.00
Moneragala	120.00 - 130.00	200.00 - 220.00	400.00 - 450.00	300.00 - 350.00	280.00 - 300.00	350.00 - 400.00
Dambulla (DEC)	65.00 - 120.00	110.00 - 200.00	330.00 - 470.00	250.00 - 280.00	350.00 - 400.00	300.00 - 370.00
Keppetipola (DEC)	80.00 - 120.00	170.00 - 200.00	-	-	-	-
Norochchole (DEC)	50.00 - 70.00	100.00 - 160.00	280.00 - 400.00	150.00 - 250.00	400.00 - 450.00	180.00 - 240.00
Nuwara Eliya	-	-	-	-	-	-
Kandy	60.00 - 120.00	190.00 - 210.00	380.00 - 450.00	220.00 - 320.00	250.00 - 450.00	350.00 - 400.00
Hambantota	120.00 - 150.00	150.00 - 160.00	480.00 - 500.00	250.00 - 250.00	180.00 - 200.00	300.00 - 350.00
Thambuththegama (DEC)	60.00 - 100.00	100.00 - 160.00	350.00 - 450.00	220.00 - 300.00	-	260.00 - 320.00
Tissamaharama	110.00 - 130.00	160.00 - 180.00	410.00 - 430.00	340.00 - 350.00	-	370.00 - 390.00
Jaffna	-	-	-	-	-	-
Bandarawela	80.00 - 130.00	180.00 - 200.00	350.00 - 400.00	320.00 - 360.00	-	350.00 - 380.00
Veyangoda	70.00 - 150.00	150.00 - 200.00	380.00 - 500.00	300.00 - 340.00	340.00 - 500.00	350.00 - 450.00

**Table 06 (Contd.)**

	<b>Long Beans</b>	<b>Ash Plantain</b>	<b>Green Chillies</b>	<b>Lime</b>	<b>Sweet Potatoe</b>	<b>Manioc</b>
Colombo	200.00 - 350.00	60.00 - 100.00	100.00 - 300.00	350.00 - 450.00	150.00 - 200.00	120.00 - 150.00
Meegoda (DEC)	200.00 - 320.00	110.00 - 140.00	170.00 - 280.00	360.00 - 430.00	120.00 - 170.00	110.00 - 120.00
Moneragala	250.00 - 300.00	60.00 - 70.00	300.00 - 350.00	340.00 - 360.00	250.00 - 260.00	80.00 - 100.00
Dambulla (DEC)	150.00 - 250.00	90.00 - 130.00	130.00 - 200.00	340.00 - 400.00	100.00 - 140.00	85.00 - 110.00
Keppetipola (DEC)	-	-	100.00 - 220.00	-	150.00 - 160.00	100.00 - 130.00
Norochchole (DEC)	140.00 - 280.00	100.00 - 120.00	150.00 - 230.00	-	-	120.00 - 150.00
Nuwara Eliya	-	-	-	-	-	-
Kandy	200.00 - 270.00	100.00 - 140.00	130.00 - 200.00	250.00 - 350.00	140.00 - 170.00	110.00 - 120.00
Hambantota	300.00 - 350.00	50.00 - 60.00	250.00 - 300.00	400.00 - 450.00	180.00 - 200.00	130.00 - 150.00
Thambuththegama (DEC)	200.00 - 250.00	60.00 - 80.00	150.00 - 220.00	250.00 - 330.00	120.00 - 180.00	100.00 - 120.00
Tissamaharama	180.00 - 210.00	90.00 - 110.00	310.00 - 330.00	460.00 - 470.00	200.00 - 220.00	180.00 - 190.00
Jaffna	-	-	-	-	-	-
Bandarawela	220.00 - 250.00	90.00 - 120.00	100.00 - 260.00	300.00 - 380.00	160.00 - 180.00	120.00 - 130.00
Veyangoda	200.00 - 400.00	110.00 - 140.00	170.00 - 260.00	380.00 - 450.00	150.00 - 180.00	100.00 - 120.00

<b>Locations</b>	<b>Leafy Vegetables (Rs/kg)</b>			<b>Coconut (Rs/nut)</b>	
	<b>Mukunuwenna</b>	<b>Kankun</b>	<b>Gotukola</b>	<b>Large</b>	<b>Small</b>
Colombo	120.00 - 130.00	120.00 - 130.00	280.00 - 300.00	155.00 - 165.00	130.00 - 145.00
Meegoda (DEC)	-	-	-	-	-
Norochchole (DEC)	-	-	-	-	-
Nuwara Eliya	-	-	-	-	-
Dambulla (DEC)	-	-	-	-	-
Kandy	-	-	-	-	-
Hambantota	100.00 - 120.00	150.00 - 200.00	250.00 - 300.00	160.00 - 190.00	110.00 - 130.00
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 - 280.00	-	-
Veyangoda	-	-	-	-	-

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

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

Week 19: 08 - 14 May 2026

LOCATIONS	Up Country Varieties																
	Butter Beans		Green Beans		Carrot		Leeks		Beetroot		Knol Khol		Raddish		Cabbage		Tomato
Colombo	-	500.00 - 800.00	250.00 - 480.00	260.00 - 480.00	300.00 - 600.00	200.00 - 480.00	200.00 - 400.00	150.00 - 400.00	320.00 - 600.00								
Gampaha	-	700.00 - 760.00	320.00 - 380.00	320.00 - 440.00	-	400.00 - 440.00	240.00 - 320.00	-	480.00 - 520.00								
Kurunegala	-	720.00 - 800.00	340.00 - 380.00	300.00 - 380.00	300.00 - 360.00	380.00 - 440.00	260.00 - 300.00	-	500.00 - 580.00								
Nikaweratiya	-	600.00 - 720.00	400.00 - 480.00	320.00 - 400.00	400.00 - 520.00	240.00 - 280.00	240.00 - 320.00	200.00 - 300.00	420.00 - 480.00								
Dambulla	-	740.00 - 800.00	340.00 - 380.00	300.00 - 360.00	380.00 - 440.00	360.00 - 400.00	250.00 - 280.00	180.00 - 200.00	380.00 - 440.00								
Anuradhapura	-	-	-	-	-	-	-	-	-								
Thambuththegama	-	680.00 - 750.00	350.00 - 440.00	320.00 - 380.00	-	-	300.00 - 350.00	180.00 - 250.00	440.00 - 500.00								
Polonnaruwa	-	800.00 - 860.00	440.00 - 480.00	380.00 - 400.00	400.00 - 480.00	400.00 - 440.00	300.00 - 380.00	220.00 - 280.00	420.00 - 500.00								
Kaluthara	-	600.00 - 720.00	380.00 - 400.00	360.00 - 400.00	300.00 - 480.00	300.00 - 400.00	320.00 - 400.00	280.00 - 320.00	400.00 - 500.00								
Badulla	-	520.00 - 600.00	320.00 - 400.00	380.00 - 400.00	300.00 - 320.00	240.00 - 320.00	200.00 - 240.00	140.00 - 200.00	320.00 - 400.00								
Keppetipola	-	480.00 - 520.00	230.00 - 250.00	220.00 - 250.00	300.00 - 320.00	250.00 - 260.00	120.00 - 140.00	120.00 - 130.00	420.00 - 450.00								
Moneragala	-	600.00 - 640.00	340.00 - 400.00	340.00 - 400.00	360.00 - 400.00	-	200.00 - 240.00	160.00 - 200.00	400.00 - 460.00								
Kegalle	-	620.00 - 650.00	400.00 - 450.00	350.00 - 400.00	380.00 - 420.00	380.00 - 420.00	250.00 - 280.00	220.00 - 240.00	480.00 - 520.00								
Ampara	-	580.00 - 640.00	380.00 - 400.00	320.00 - 360.00	300.00 - 380.00	-	240.00 - 300.00	-	520.00 - 600.00								
Dehiattakandiya	-	-	-	-	-	-	-	-	-								
Nuwaraeliya	-	560.00 - 580.00	320.00 - 340.00	300.00 - 320.00	340.00 - 360.00	280.00 - 300.00	200.00 - 220.00	200.00 - 220.00	500.00 - 550.00								
Kandy	-	550.00 - 600.00	480.00 - 500.00	360.00 - 400.00	450.00 - 480.00	260.00 - 300.00	180.00 - 200.00	240.00 - 260.00	550.00 - 600.00								
Puttalam	-	720.00 - 800.00	480.00 - 520.00	400.00 - 480.00	-	-	280.00 - 320.00	360.00 - 400.00	400.00 - 520.00								
Hambantota	-	600.00 - 800.00	400.00 - 480.00	400.00 - 480.00	480.00 - 600.00	300.00 - 300.00	300.00 - 400.00	200.00 - 240.00	400.00 - 600.00								
Rathnapura	-	600.00 - 660.00	300.00 - 360.00	280.00 - 350.00	280.00 - 320.00	250.00 - 280.00	150.00 - 200.00	200.00 - 240.00	400.00 - 500.00								
Matara	-	600.00 - 720.00	380.00 - 400.00	320.00 - 360.00	400.00 - 480.00	-	260.00 - 300.00	-	440.00 - 580.00								
Galle	-	600.00 - 660.00	360.00 - 440.00	400.00 - 440.00	-	-	300.00 - 360.00	240.00 - 280.00	440.00 - 480.00								
Tissamaharama	-	600.00 - 620.00	320.00 - 340.00	300.00 - 320.00	400.00 - 420.00	270.00 - 280.00	260.00 - 280.00	220.00 - 240.00	400.00 - 420.00								
Meegoda (DEC)	-	680.00 - 720.00	400.00 - 480.00	360.00 - 400.00	-	-	280.00 - 300.00	280.00 - 320.00	560.00 - 600.00								
Embilipitiya	-	560.00 - 640.00	350.00 - 400.00	350.00 - 400.00	550.00 - 600.00	300.00 - 320.00	240.00 - 280.00	230.00 - 280.00	480.00 - 600.00								
Jaffna	-	580.00 - 600.00	350.00 - 380.00	300.00 - 300.00	-	-	-	-	350.00 - 360.00								
Vavuniya	-	600.00 - 650.00	400.00 - 450.00	400.00 - 500.00	-	-	300.00 - 350.00	-	500.00 - 540.00								
Mannar	-	750.00 - 800.00	350.00 - 400.00	350.00 - 400.00	-	-	200.00 - 220.00	300.00 - 320.00	400.00 - 450.00								
Killinochchi	-	-	-	-	-	-	-	-	-								
Mullaittivu	-	550.00 - 600.00	400.00 - 450.00	380.00 - 420.00	-	-	170.00 - 200.00	200.00 - 220.00	380.00 - 420.00								
Batticaloa	-	550.00 - 600.00	300.00 - 300.00	280.00 - 300.00	300.00 - 300.00	-	250.00 - 250.00	300.00 - 300.00	450.00 - 500.00								
Trincomalee	-	-	-	-	-	-	-	-	-								
Hanguranketha	-	500.00 - 550.00	240.00 - 260.00	240.00 - 280.00	-	-	-	120.00 - 140.00	370.00 - 400.00								
Veyangoda	-	720.00 - 800.00	320.00 - 400.00	320.00 - 400.00	-	360.00 - 400.00	240.00 - 280.00	240.00 - 280.00	560.00 - 600.00								
Galenbindunuwewa	-	720.00 - 800.00	440.00 - 480.00	340.00 - 400.00	380.00 - 400.00	280.00 - 320.00	200.00 - 250.00	-	320.00 - 400.00								
Bandarawela	-	540.00 - 600.00	260.00 - 320.00	240.00 - 260.00	280.00 - 320.00	240.00 - 260.00	140.00 - 160.00	200.00 - 220.00	420.00 - 460.00								
Matale	-	720.00 - 800.00	400.00 - 480.00	400.00 - 480.00	480.00 - 560.00	320.00 - 360.00	220.00 - 260.00	200.00 - 220.00	440.00 - 520.00								

Table 07 (Contd.)

LOCATIONS	Low Country Varieties																			
	Ladies Fingers		Brinjal		Capsicum		Pumpkin		Cucumber		Bitter Gourd		Snake Gourd		Drumstick		Luffa		Long Beans	
Colombo	280.00	480.00	300.00	600.00	360.00	800.00	130.00	240.00	200.00	360.00	350.00	600.00	350.00	600.00	500.00	1200.00	350.00	600.00	250.00	560.00
Gampaha	440.00	480.00	400.00	500.00	480.00	540.00	200.00	240.00	320.00	340.00	480.00	540.00	400.00	450.00	-	-	400.00	500.00	390.00	440.00
Kurunegala	400.00	460.00	500.00	550.00	500.00	550.00	200.00	220.00	260.00	300.00	500.00	580.00	460.00	500.00	-	-	480.00	520.00	360.00	400.00
Nikaweratiya	240.00	320.00	400.00	480.00	500.00	600.00	160.00	200.00	240.00	320.00	480.00	600.00	320.00	400.00	-	-	400.00	440.00	320.00	380.00
Dambulla	360.00	380.00	380.00	449.00	600.00	680.00	180.00	220.00	300.00	360.00	480.00	540.00	360.00	400.00	600.00	650.00	460.00	500.00	340.00	380.00
Anuradhapura	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Thambuththegama	320.00	400.00	400.00	500.00	440.00	550.00	160.00	220.00	300.00	380.00	550.00	600.00	320.00	450.00	-	-	400.00	480.00	320.00	400.00
Polonnaruwa	400.00	450.00	440.00	520.00	550.00	600.00	140.00	200.00	300.00	350.00	520.00	580.00	440.00	480.00	600.00	650.00	540.00	580.00	400.00	440.00
Kaluthara	400.00	480.00	360.00	480.00	600.00	700.00	180.00	240.00	200.00	320.00	520.00	800.00	400.00	560.00	480.00	600.00	400.00	560.00	320.00	480.00
Badulla	320.00	400.00	360.00	400.00	360.00	400.00	160.00	240.00	320.00	320.00	480.00	520.00	520.00	600.00	400.00	480.00	520.00	600.00	320.00	400.00
Keppetipola	280.00	320.00	280.00	320.00	480.00	520.00	160.00	180.00	240.00	260.00	520.00	550.00	330.00	350.00	460.00	480.00	430.00	450.00	320.00	340.00
Moneragala	320.00	360.00	400.00	440.00	520.00	660.00	160.00	200.00	300.00	320.00	480.00	560.00	400.00	440.00	380.00	400.00	440.00	480.00	320.00	360.00
Kegalle	450.00	460.00	450.00	480.00	520.00	550.00	160.00	200.00	280.00	320.00	560.00	600.00	450.00	460.00	480.00	520.00	480.00	500.00	360.00	400.00
Ampara	260.00	280.00	360.00	400.00	580.00	660.00	150.00	200.00	280.00	320.00	540.00	600.00	330.00	380.00	480.00	540.00	360.00	380.00	280.00	320.00
Dehiattakandiya	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Nuwaraeliya	350.00	360.00	380.00	400.00	550.00	560.00	220.00	250.00	300.00	320.00	550.00	560.00	380.00	400.00	500.00	520.00	460.00	480.00	360.00	380.00
Kandy	360.00	400.00	450.00	480.00	500.00	550.00	200.00	240.00	300.00	320.00	550.00	600.00	400.00	450.00	450.00	600.00	450.00	480.00	400.00	450.00
Puttalam	360.00	400.00	360.00	480.00	700.00	800.00	180.00	200.00	280.00	320.00	600.00	720.00	360.00	400.00	500.00	600.00	480.00	550.00	480.00	520.00
Rathnapura	280.00	350.00	400.00	480.00	500.00	550.00	110.00	150.00	160.00	220.00	500.00	580.00	350.00	450.00	-	-	450.00	520.00	330.00	380.00
Hambantota	400.00	400.00	300.00	400.00	600.00	800.00	160.00	200.00	200.00	260.00	600.00	800.00	400.00	600.00	300.00	400.00	400.00	600.00	400.00	400.00
Matara	320.00	400.00	340.00	520.00	480.00	600.00	160.00	200.00	240.00	320.00	480.00	600.00	380.00	480.00	280.00	320.00	400.00	600.00	320.00	400.00
Galle	360.00	400.00	400.00	460.00	600.00	640.00	140.00	180.00	280.00	320.00	600.00	600.00	400.00	480.00	400.00	400.00	450.00	480.00	400.00	400.00
Tissamaharama	300.00	320.00	400.00	420.00	540.00	560.00	160.00	180.00	200.00	220.00	460.00	480.00	380.00	400.00	-	-	420.00	440.00	240.00	260.00
Meegoda (DEC)	400.00	480.00	480.00	520.00	600.00	640.00	200.00	240.00	300.00	320.00	600.00	640.00	480.00	520.00	-	-	560.00	600.00	400.00	480.00
Embilipitiya	350.00	400.00	400.00	500.00	400.00	600.00	160.00	200.00	250.00	300.00	520.00	600.00	480.00	520.00	280.00	320.00	480.00	520.00	350.00	400.00
Jaffna	280.00	300.00	240.00	250.00	350.00	380.00	100.00	120.00	150.00	160.00	580.00	600.00	-	-	-	-	-	-	200.00	220.00
Vavuniya	300.00	340.00	300.00	350.00	-	-	150.00	180.00	200.00	250.00	750.00	800.00	300.00	350.00	-	-	300.00	340.00	300.00	350.00
Mannar	400.00	450.00	450.00	500.00	380.00	400.00	150.00	160.00	180.00	200.00	550.00	600.00	450.00	480.00	-	-	-	-	250.00	300.00
Killinochchi	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Mullaittivu	380.00	420.00	-	-	380.00	420.00	120.00	150.00	140.00	150.00	580.00	620.00	-	-	600.00	650.00	-	-	280.00	320.00
Batticaloa	300.00	300.00	300.00	300.00	500.00	500.00	150.00	150.00	280.00	300.00	550.00	600.00	380.00	400.00	800.00	850.00	300.00	300.00	300.00	300.00
Trincomalee	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Hanguranketha	270.00	310.00	380.00	420.00	450.00	500.00	120.00	150.00	250.00	280.00	480.00	550.00	330.00	350.00	540.00	580.00	490.00	510.00	260.00	280.00
Veyangoda	360.00	400.00	480.00	560.00	600.00	700.00	200.00	240.00	280.00	360.00	600.00	680.00	480.00	520.00	600.00	680.00	520.00	570.00	360.00	480.00
Galenbindunuwewa	300.00	360.00	340.00	400.00	520.00	600.00	200.00	240.00	300.00	320.00	600.00	680.00	400.00	480.00	600.00	600.00	500.00	580.00	280.00	320.00
Bandarawela	280.00	300.00	320.00	360.00	460.00	520.00	180.00	200.00	220.00	240.00	440.00	460.00	380.00	420.00	450.00	520.00	420.00	460.00	300.00	320.00
Matale	400.00	480.00	480.00	520.00	760.00	800.00	200.00	260.00	320.00	360.00	720.00	800.00	400.00	520.00	-	-	520.00	560.00	320.00	400.00

**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	150.00 - 400.00	300.00 - 600.00	400.00 - 800.00	200.00 - 480.00	150.00 - 260.00	180.00 - 300.00	180.00 - 300.00	300.00 - 400.00	170.00 - 200.00	140.00 - 160.00
Gampaha	240.00 - 340.00	400.00 - 500.00	750.00 - 800.00	320.00 - 330.00	180.00 - 200.00	180.00 - 210.00	180.00 - 210.00	350.00 - 360.00	150.00 - 160.00	100.00 - 130.00
Kurunegala	220.00 - 260.00	300.00 - 360.00	700.00 - 800.00	240.00 - 260.00	180.00 - 200.00	180.00 - 210.00	180.00 - 210.00	350.00 - 380.00	150.00 - 160.00	100.00 - 130.00
Nikaweratiya	200.00 - 260.00	400.00 - 480.00	500.00 - 600.00	200.00 - 260.00	160.00 - 180.00	200.00 - 240.00	200.00 - 240.00	300.00 - 350.00	130.00 - 150.00	100.00 - 120.00
Dambulla	180.00 - 200.00	400.00 - 450.00	500.00 - 600.00	200.00 - 260.00	180.00 - 200.00	300.00 - 350.00	350.00 - 400.00	300.00 - 350.00	150.00 - 160.00	120.00 - 130.00
Anuradhapura	-	-	-	-	-	-	-	-	-	-
Thambuththegama	120.00 - 180.00	350.00 - 450.00	400.00 - 500.00	200.00 - 300.00	160.00 - 220.00	-	-	-	110.00 - 120.00	90.00 - 100.00
Polonnaruwa	200.00 - 250.00	500.00 - 600.00	800.00 - 850.00	200.00 - 280.00	200.00 - 260.00	200.00 - 240.00	200.00 - 240.00	200.00 - 240.00	160.00 - 180.00	120.00 - 150.00
Kaluthara	200.00 - 300.00	500.00 - 600.00	600.00 - 800.00	280.00 - 320.00	160.00 - 200.00	210.00 - 240.00	210.00 - 240.00	300.00 - 360.00	180.00 - 200.00	150.00 - 160.00
Badulla	240.00 - 320.00	360.00 - 400.00	400.00 - 480.00	260.00 - 320.00	160.00 - 240.00	320.00 - 400.00	-	450.00 - 500.00	150.00 - 170.00	100.00 - 120.00
Keppetipola	160.00 - 180.00	280.00 - 350.00	480.00 - 500.00	180.00 - 200.00	140.00 - 150.00	240.00 - 280.00	240.00 - 280.00	350.00 - 450.00	140.00 - 150.00	120.00 - 130.00
Moneragala	120.00 - 140.00	400.00 - 500.00	400.00 - 500.00	320.00 - 340.00	120.00 - 140.00	150.00 - 180.00	150.00 - 180.00	280.00 - 340.00	130.00 - 150.00	100.00 - 120.00
Kegalle	280.00 - 320.00	500.00 - 530.00	460.00 - 500.00	280.00 - 300.00	180.00 - 200.00	240.00 - 250.00	240.00 - 250.00	250.00 - 250.00	160.00 - 170.00	120.00 - 130.00
Ampara	200.00 - 250.00	320.00 - 450.00	700.00 - 800.00	280.00 - 320.00	150.00 - 200.00	240.00 - 280.00	240.00 - 280.00	300.00 - 350.00	150.00 - 180.00	120.00 - 140.00
Dehiattakandiya	-	-	-	-	-	-	-	-	-	-
Nuwareliya	220.00 - 240.00	360.00 - 380.00	550.00 - 580.00	300.00 - 320.00	250.00 - 260.00	300.00 - 320.00	300.00 - 320.00	350.00 - 360.00	150.00 - 160.00	130.00 - 140.00
Kandy	200.00 - 240.00	400.00 - 500.00	550.00 - 600.00	280.00 - 300.00	200.00 - 240.00	270.00 - 320.00	270.00 - 320.00	-	150.00 - 160.00	120.00 - 130.00
Puttalam	180.00 - 200.00	400.00 - 500.00	400.00 - 500.00	350.00 - 360.00	200.00 - 250.00	-	-	-	140.00 - 160.00	120.00 - 130.00
Rathnapura	200.00 - 250.00	300.00 - 400.00	450.00 - 500.00	240.00 - 280.00	120.00 - 160.00	240.00 - 240.00	240.00 - 240.00	300.00 - 300.00	170.00 - 180.00	130.00 - 160.00
Hambanthota	100.00 - 200.00	400.00 - 400.00	600.00 - 800.00	300.00 - 400.00	180.00 - 200.00	200.00 - 240.00	200.00 - 240.00	300.00 - 350.00	180.00 - 200.00	130.00 - 150.00
Matara	180.00 - 220.00	400.00 - 500.00	400.00 - 600.00	300.00 - 320.00	180.00 - 200.00	150.00 - 180.00	150.00 - 180.00	360.00 - 400.00	180.00 - 200.00	150.00 - 170.00
Galle	200.00 - 240.00	380.00 - 400.00	550.00 - 600.00	260.00 - 280.00	200.00 - 200.00	210.00 - 210.00	210.00 - 250.00	240.00 - 250.00	-	100.00 - 100.00
Tissamaharama	130.00 - 150.00	360.00 - 380.00	500.00 - 520.00	240.00 - 250.00	220.00 - 240.00	160.00 - 190.00	160.00 - 180.00	350.00 - 400.00	160.00 - 180.00	120.00 - 140.00
Meegoda (DEC)	240.00 - 300.00	500.00 - 600.00	700.00 - 800.00	280.00 - 320.00	200.00 - 200.00	160.00 - 160.00	160.00 - 160.00	200.00 - 240.00	150.00 - 170.00	130.00 - 140.00
Embilipitiya	130.00 - 160.00	350.00 - 440.00	450.00 - 550.00	300.00 - 350.00	150.00 - 170.00	250.00 - 320.00	250.00 - 300.00	-	150.00 - 160.00	100.00 - 130.00
Jaffna	130.00 - 150.00	130.00 - 150.00	400.00 - 450.00	250.00 - 280.00	200.00 - 220.00	350.00 - 360.00	230.00 - 240.00	280.00 - 300.00	160.00 - 170.00	90.00 - 120.00
Vavuniya	200.00 - 240.00	200.00 - 250.00	350.00 - 380.00	250.00 - 280.00	200.00 - 250.00	250.00 - 300.00	300.00 - 360.00	300.00 - 350.00	140.00 - 160.00	90.00 - 110.00
Mannar	150.00 - 180.00	550.00 - 600.00	550.00 - 600.00	240.00 - 280.00	180.00 - 200.00	300.00 - 325.00	325.00 - 350.00	350.00 - 380.00	145.00 - 150.00	95.00 - 100.00
Killinochchi	-	-	-	-	-	-	-	-	-	-
Mullaittivu	140.00 - 160.00	160.00 - 180.00	480.00 - 520.00	200.00 - 240.00	180.00 - 220.00	280.00 - 280.00	240.00 - 240.00	200.00 - 200.00	140.00 - 150.00	90.00 - 100.00
Batticaloa	240.00 - 250.00	300.00 - 300.00	500.00 - 500.00	250.00 - 250.00	180.00 - 200.00	-	320.00 - 320.00	320.00 - 320.00	170.00 - 180.00	-
Trincomalee										
Hanguranketha	170.00 - 200.00	370.00 - 410.00	450.00 - 480.00	200.00 - 250.00	-	160.00 - 200.00	160.00 - 200.00	240.00 - 300.00	145.00 - 145.00	110.00 - 120.00
Veyangoda	240.00 - 280.00	360.00 - 400.00	600.00 - 690.00	240.00 - 280.00	200.00 - 240.00	180.00 - 200.00	190.00 - 200.00	280.00 - 320.00	140.00 - 160.00	120.00 - 130.00
Galenbindunuwewa	160.00 - 200.00	400.00 - 500.00	500.00 - 600.00	260.00 - 320.00	160.00 - 220.00	220.00 - 300.00	200.00 - 260.00	280.00 - 340.00	130.00 - 140.00	110.00 - 120.00
Bandarawela	200.00 - 220.00	320.00 - 360.00	450.00 - 500.00	220.00 - 240.00	170.00 - 180.00	210.00 - 240.00	210.00 - 240.00	320.00 - 400.00	150.00 - 165.00	120.00 - 140.00
Matale	180.00 - 240.00	360.00 - 440.00	600.00 - 700.00	240.00 - 280.00	180.00 - 200.00	360.00 - 400.00	320.00 - 400.00	350.00 - 480.00	160.00 - 170.00	110.00 - 130.00

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

Week 19: 08 - 14 May 2026

LOCATIONS	Banana					Pineapple			Mango	
	Ambul (Rs/kg)	Kolikuttu (Rs/kg)	Seeni (Rs/kg)	Anamalu	Ambun	Large	Medium	Small	Betti	Karthakolomban
Colombo	140.00 - 250.00	250.00 - 430.00	120.00 - 250.00	250.00 - 380.00	250.00 - 360.00	280.00 - 450.00	-	-	300.00 - 400.00	500.00 - 800.00
Gampaha	160.00 - 180.00	280.00 - 320.00	160.00 - 200.00	-	-	300.00 - 350.00	-	-	-	350.00 - 390.00
Kurunegala	150.00 - 170.00	300.00 - 350.00	150.00 - 190.00	-	340.00 - 360.00	350.00 - 380.00	-	-	-	380.00 - 400.00
Nikaweratiya	150.00 - 180.00	380.00 - 420.00	130.00 - 160.00	-	350.00 - 380.00	-	-	-	-	-
Dambulla	140.00 - 160.00	300.00 - 320.00	160.00 - 180.00	-	340.00 - 360.00	350.00 - 400.00	-	-	250.00 - 300.00	400.00 - 450.00
Anuradhapura	-	-	-	-	-	-	-	-	-	-
Thambuththegama	100.00 - 150.00	320.00 - 380.00	100.00 - 160.00	-	-	320.00 - 380.00	-	-	-	350.00 - 400.00
Polonnaruwa	200.00 - 250.00	400.00 - 400.00	180.00 - 200.00	-	-	450.00 - 450.00	-	-	-	600.00 - 600.00
Kaluthara	160.00 - 180.00	300.00 - 350.00	150.00 - 170.00	230.00 - 250.00	260.00 - 280.00	390.00 - 455.00	-	-	-	350.00 - 500.00
Badulla	130.00 - 200.00	300.00 - 350.00	120.00 - 180.00	250.00 - 300.00	350.00 - 400.00	400.00 - 450.00	-	-	250.00 - 300.00	450.00 - 500.00
Keppetipola	160.00 - 180.00	300.00 - 330.00	130.00 - 150.00	180.00 - 220.00	280.00 - 300.00	250.00 - 260.00	-	-	-	750.00 - 800.00
Moneragala	100.00 - 120.00	280.00 - 320.00	100.00 - 120.00	230.00 - 250.00	250.00 - 280.00	350.00 - 400.00	-	-	-	500.00 - 600.00
Kegalle	200.00 - 210.00	350.00 - 400.00	170.00 - 200.00	300.00 - 360.00	300.00 - 350.00	350.00 - 380.00	-	-	-	450.00 - 480.00
Ampara	170.00 - 180.00	350.00 - 380.00	130.00 - 140.00	200.00 - 240.00	250.00 - 300.00	380.00 - 420.00	-	-	-	-
Dehiattakandiya	-	-	-	-	-	-	-	-	-	-
Nuwaraeliya	180.00 - 200.00	320.00 - 350.00	150.00 - 160.00	250.00 - 260.00	280.00 - 300.00	280.00 - 320.00	-	-	-	600.00 - 650.00
Kandy	180.00 - 200.00	320.00 - 350.00	160.00 - 180.00	230.00 - 240.00	320.00 - 340.00	350.00 - 370.00	-	-	400.00 - 450.00	550.00 - 600.00
Puttalam	150.00 - 160.00	350.00 - 400.00	140.00 - 160.00	280.00 - 300.00	-	400.00 - 500.00	-	-	-	600.00 - 600.00
Rathnapura	130.00 - 200.00	350.00 - 400.00	100.00 - 130.00	200.00 - 240.00	280.00 - 300.00	390.00 - 450.00	-	-	-	450.00 - 600.00
Hambantota	80.00 - 100.00	230.00 - 250.00	90.00 - 120.00	-	250.00 - 250.00	350.00 - 360.00	-	-	-	400.00 - 450.00
Matara	120.00 - 150.00	280.00 - 300.00	130.00 - 140.00	250.00 - 260.00	270.00 - 280.00	400.00 - 450.00	-	-	300.00 - 320.00	350.00 - 500.00
Galle	180.00 - 200.00	300.00 - 300.00	180.00 - 200.00	400.00 - 430.00	430.00 - 460.00	300.00 - 300.00	-	-	-	600.00 - 700.00
Tissamaharama	100.00 - 120.00	220.00 - 240.00	100.00 - 110.00	-	-	380.00 - 400.00	-	-	-	540.00 - 560.00
Meegoda (DEC)	150.00 - 170.00	280.00 - 300.00	150.00 - 170.00	250.00 - 260.00	270.00 - 280.00	290.00 - 300.00	-	-	-	250.00 - 350.00
Embilipitiya	60.00 - 80.00	200.00 - 250.00	80.00 - 100.00	240.00 - 250.00	250.00 - 280.00	280.00 - 320.00	-	-	-	350.00 - 400.00
Jaffna	150.00 - 160.00	280.00 - 300.00	150.00 - 160.00	-	-	450.00 - 480.00	-	-	-	-
Vavuniya	120.00 - 150.00	350.00 - 380.00	120.00 - 150.00	180.00 - 200.00	150.00 - 170.00	550.00 - 650.00	-	-	-	-
Mannar	180.00 - 200.00	350.00 - 380.00	150.00 - 160.00	240.00 - 250.00	280.00 - 300.00	600.00 - 650.00	-	-	-	750.00 - 800.00
Killinochchi	-	-	-	-	-	-	-	-	-	-
Mullaittivu	180.00 - 220.00	340.00 - 360.00	150.00 - 160.00	240.00 - 260.00	280.00 - 300.00	580.00 - 620.00	-	-	-	650.00 - 700.00
Batticaloa	-	400.00 - 400.00	150.00 - 150.00	250.00 - 250.00	-	500.00 - 500.00	-	-	-	800.00 - 800.00
Trincomalee	-	-	-	-	-	-	-	-	-	-
Veyangoda	120.00 - 150.00	260.00 - 300.00	130.00 - 150.00	180.00 - 200.00	250.00 - 280.00	260.00 - 300.00	-	-	-	250.00 - 300.00
Galenbindunuwewa	110.00 - 140.00	300.00 - 350.00	110.00 - 130.00	-	-	380.00 - 420.00	-	-	-	350.00 - 450.00
Bandarawela	140.00 - 160.00	300.00 - 350.00	150.00 - 160.00	200.00 - 220.00	260.00 - 280.00	320.00 - 480.00	-	-	-	450.00 - 500.00
Matale	180.00 - 200.00	400.00 - 440.00	160.00 - 200.00	160.00 - 200.00	360.00 - 400.00	520.00 - 580.00	-	-	-	400.00 - 500.00

**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 - 700.00	-	180.00 - 280.00	600.00 - 1000.00	300.00 - 800.00	300.00 - 600.00	600.00 - 1000.00	300.00 - 700.00	2300.00 - 3000.00	180.00 - 250.00
Gampaha	-	-	170.00 - 200.00	600.00 - 620.00	450.00 - 550.00	240.00 - 400.00	380.00 - 450.00	-	2750.00 - 2800.00	200.00 - 200.00
Kurunegala	-	-	170.00 - 200.00	-	-	-	480.00 - 500.00	-	-	200.00 - 220.00
Nikaweratiya	-	-	180.00 - 240.00	-	-	-	450.00 - 600.00	-	2500.00 - 2600.00	-
Dambulla	300.00 - 350.00	180.00 - 200.00	140.00 - 160.00	400.00 - 450.00	460.00 - 500.00	300.00 - 350.00	560.00 - 650.00	250.00 - 350.00	2900.00 - 3000.00	200.00 - 220.00
Anuradhapura	-	-	-	-	-	-	-	-	-	-
Thambuththegama	-	-	100.00 - 180.00	-	-	-	400.00 - 500.00	-	-	200.00 - 250.00
Polonnaruwa	-	-	180.00 - 200.00	-	-	-	-	-	3000.00 - 3000.00	250.00 - 250.00
Kaluthara	-	-	220.00 - 250.00	-	450.00 - 500.00	300.00 - 400.00	-	400.00 - 500.00	2600.00 - 3000.00	170.00 - 180.00
Badulla	300.00 - 400.00	100.00 - 150.00	120.00 - 200.00	650.00 - 750.00	400.00 - 500.00	250.00 - 300.00	580.00 - 700.00	300.00 - 400.00	2500.00 - 3000.00	200.00 - 250.00
Keppetipola	280.00 - 350.00	150.00 - 156.00	160.00 - 180.00	650.00 - 700.00	300.00 - 360.00	300.00 - 360.00	850.00 - 900.00	300.00 - 360.00	2400.00 - 2500.00	180.00 - 200.00
Moneragala	300.00 - 360.00	80.00 - 100.00	100.00 - 140.00	500.00 - 600.00	500.00 - 600.00	300.00 - 360.00	400.00 - 500.00	200.00 - 250.00	2800.00 - 3000.00	150.00 - 160.00
Kegalle	-	-	180.00 - 200.00	450.00 - 500.00	600.00 - 650.00	450.00 - 500.00	500.00 - 560.00	550.00 - 600.00	2450.00 - 2500.00	170.00 - 180.00
Ampara	-	-	180.00 - 200.00	600.00 - 650.00	-	-	600.00 - 600.00	-	2400.00 - 2500.00	-
Dehiattakandiya	-	-	-	-	-	-	-	-	-	-
Nuwaraeliya	300.00 - 320.00	200.00 - 220.00	180.00 - 200.00	700.00 - 750.00	300.00 - 320.00	450.00 - 500.00	800.00 - 850.00	320.00 - 340.00	2400.00 - 2600.00	220.00 - 240.00
Kandy	450.00 - 500.00	-	150.00 - 170.00	600.00 - 700.00	550.00 - 600.00	400.00 - 450.00	400.00 - 450.00	450.00 - 500.00	2400.00 - 2500.00	170.00 - 180.00
Puttalam	-	-	120.00 - 150.00	600.00 - 700.00	280.00 - 300.00	250.00 - 300.00	700.00 - 750.00	-	2800.00 - 3000.00	150.00 - 150.00
Hambantota	200.00 - 250.00	-	100.00 - 120.00	750.00 - 800.00	280.00 - 400.00	300.00 - 340.00	450.00 - 600.00	200.00 - 350.00	2800.00 - 3000.00	150.00 - 150.00
Rathnapura	400.00 - 500.00	100.00 - 250.00	120.00 - 180.00	-	400.00 - 500.00	300.00 - 400.00	-	250.00 - 400.00	2300.00 - 2800.00	130.00 - 160.00
Matara	320.00 - 350.00	-	150.00 - 160.00	650.00 - 700.00	500.00 - 600.00	350.00 - 380.00	650.00 - 700.00	-	2500.00 - 3000.00	180.00 - 200.00
Galle	-	280.00 - 300.00	200.00 - 200.00	900.00 - 900.00	-	-	-	-	3000.00 - 3000.00	180.00 - 200.00
Tissamaharama	-	-	120.00 - 140.00	-	420.00 - 450.00	-	-	-	2600.00 - 2800.00	180.00 - 190.00
Meegoda (DEC)	280.00 - 300.00	-	140.00 - 180.00	460.00 - 480.00	450.00 - 480.00	300.00 - 300.00	350.00 - 400.00	280.00 - 300.00	2400.00 - 2800.00	180.00 - 180.00
Embilipitiya	200.00 - 250.00	100.00 - 120.00	140.00 - 160.00	-	350.00 - 450.00	250.00 - 300.00	400.00 - 500.00	200.00 - 250.00	2550.00 - 2800.00	180.00 - 200.00
Jaffna	-	-	150.00 - 160.00	480.00 - 500.00	400.00 - 420.00	500.00 - 550.00	-	-	2500.00 - 2600.00	180.00 - 200.00
Vavuniya	-	-	120.00 - 150.00	400.00 - 450.00	400.00 - 450.00	200.00 - 240.00	-	-	2550.00 - 2600.00	200.00 - 240.00
Mannar	-	-	250.00 - 300.00	300.00 - 400.00	400.00 - 450.00	200.00 - 250.00	750.00 - 800.00	-	2750.00 - 2800.00	180.00 - 200.00
Killinochchi	-	-	-	-	-	-	-	-	-	-
Mullaittivu	-	-	180.00 - 220.00	350.00 - 400.00	-	-	-	-	2700.00 - 2800.00	180.00 - 220.00
Batticaloa	-	-	150.00 - 150.00	500.00 - 500.00	550.00 - 550.00	350.00 - 400.00	600.00 - 650.00	-	2200.00 - 2200.00	180.00 - 200.00
Trincomalee	-	-	-	-	-	-	-	-	-	-
Veyangoda	280.00 - 320.00	-	120.00 - 140.00	500.00 - 600.00	450.00 - 500.00	320.00 - 360.00	350.00 - 380.00	500.00 - 500.00	2600.00 - 2600.00	160.00 - 180.00
Galenbindunuwewa	-	-	130.00 - 170.00	-	500.00 - 500.00	280.00 - 300.00	400.00 - 500.00	200.00 - 200.00	2400.00 - 2600.00	200.00 - 220.00
Bandarawela	-	-	160.00 - 180.00	700.00 - 900.00	600.00 - 650.00	360.00 - 420.00	450.00 - 500.00	320.00 - 360.00	2600.00 - 2800.00	180.00 - 200.00
Matale	-	260.00 - 300.00	200.00 - 240.00	400.00 - 500.00	700.00 - 800.00	400.00 - 500.00	400.00 - 500.00	300.00 - 400.00	2400.00 - 2500.00	160.00 - 180.00

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

Week 19: 08 - 14 May 2026

Locations	Sea Fish					
	Salaya	Hurulla	Balaya	Kelawalla	Thora	Paraw
Colombo	500.00 – 800.00	1000.00 – 1200.00	900.00 – 1300.00	1600.00 – 1700.00	2800.00 – 3200.00	1300.00 – 1700.00
Kandy	700.00 – 750.00	1100.00 – 1200.00	950.00 – 1200.00	1700.00 – 1800.00	2600.00 – 2700.00	1500.00 – 1600.00
Kaluthara	700.00 – 750.00	-	1300.00 – 1400.00	1600.00 – 1800.00	-	1500.00 – 1500.00
Puttalam	600.00 – 650.00	1000.00 – 1050.00	1150.00 – 1250.00	1900.00 – 2000.00	2750.00 – 2800.00	1300.00 – 1350.00
Matara	800.00 – 850.00	-	-	1800.00 – 1900.00	-	-
Hambantota	900.00 – 950.00	-	1000.00 – 1050.00	-	-	-
Galle	-	-	1100.00 – 1200.00	-	-	-
Batticaloa	500.00 – 500.00	1000.00 – 1000.00	1500.00 – 1600.00	-	-	1500.00 – 1500.00
Trincomalee	-	-	-	-	-	-
Mannar	700.00 – 750.00	1000.00 – 1100.00	1300.00 – 1400.00	-	-	1300.00 – 1400.00

Locations	Sea Fish				Eggs	
	Mora	Shrimps	Thalapath	Teppeli	Brown	White
Colombo	1400.00 – 1700.00	1450.00 – 1700.00	2000.00 – 2300.00	-	29.00 – 33.00	27.00 – 31.00
Kandy	1600.00 – 1700.00	1700.00 – 1800.00	2300.00 – 2400.00	-	30.00 – 32.00	29.00 – 32.00
Kaluthara	-	1800.00 – 2000.00	1800.00 – 2000.00	-	-	-
Puttalam	2000.00 – 2250.00	2000.00 – 2200.00	2450.00 – 2500.00	-	32.00 – 33.00	30.00 – 32.00
Matara	-	2000.00 – 2100.00	2200.00 – 2300.00	-	-	25.00 – 26.00
Hambantota	-	1800.00 – 2000.00	2000.00 – 2100.00	-	25.00 – 26.00	30.00 – 31.00
Galle	-	1350.00 – 1400.00	-	-	26.00 – 26.00	26.00 – 26.00
Batticaloa	1000.00 – 1000.00	1500.00 – 1500.00	-	-	33.00 – 33.00	30.00 – 30.00
Trincomalee	-	-	-	-	-	-
Mannar	1550.00 – 1600.00	1350.00 – 1400.00	-	-	32.00 – 33.00	30.00 – 31.00

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

Week 19: 08 - 14 May 2026

Locations	Local Dried Fish					
	Sprats	Kattawa	Thora	Mora	Balaya	Anguluwa
Colombo	1600.00 – 1800.00	2450.00 – 2550.00	-	2700.00 – 2800.00	1250.00 – 1450.00	2000.00 – 2550.00
Kandy	1400.00 – 1450.00	-	-	2600.00 – 2700.00	1400.00 – 1450.00	-
Batticaloa	-	2800.00 – 2800.00	-	-	-	-
Trincomalee	-	-	-	-	-	-
Mannar	1000.00 – 1200.00	2400.00 – 2500.00	-	2000.00 – 2150.00	1000.00 – 1150.00	950.00 – 1000.00

Locations	Local Dried Fish			Imported Dried Fish		
	Maduwa	Koduwa	Salaya	Sprats	Kattawa	Thora
Colombo	1450.00 – 1800.00	-	700.00 – 850.00	900.00 – 1200.00	2200.00 – 2500.00	3000.00 – 3250.00
Kandy	-	-	800.00 – 850.00	1150.00 – 1300.00	2150.00 – 2200.00	-
Batticaloa	-	-	500.00 – 500.00	1100.00 – 1100.00	-	-
Trincomalee	-	-	-	-	-	-
Mannar	800.00 – 850.00	-	-	-	-	-

Locations	Imported Dried Fish					
	Mora	Balaya	Anguluwa	Maduwa	Koduwa	Salaya
Colombo	2450.00 – 2650.00	-	2100.00 – 2500.00	1000 – 1150	-	-
Kandy	-	-	-	-	-	-
Batticaloa	-	-	-	-	-	-
Trincomalee	-	-	-	-	-	-
Mannar	-	-	-	-	-	-

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

Week 19: 08 - 14 May 2026

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LOCATIONS	Sea Fish									Eggs	
	Salaya	Hurulla	Balaya	Kelawalla	Thora	Paraw	Mora	Thalapath	Brown	White	
Colombo	700.00 - 1000.00	1200.00 - 1320.00	1100.00 - 1600.00	1800.00 - 3000.00	3200.00 - 4400.00	1720.00 - 2800.00	1700.00 - 2000.00	2400.00 - 3200.00	30.00 - 35.00	29.00 - 33.00	
Gampaha	860.00 - 900.00	-	-	2000.00 - 2100.00	-	-	-	2700.00 - 2800.00	30.00 - 35.00	28.00 - 33.00	
Kurunegala	850.00 - 900.00	-	-	2000.00 - 2100.00	-	-	-	-	33.00 - 34.00	32.00 - 33.00	
Nikaweratiya	800.00 - 900.00	1200.00 - 1300.00	1000.00 - 1200.00	-	-	-	-	2800.00 - 3000.00	33.00 - 35.00	33.00 - 35.00	
Dambulla	800.00 - 900.00	1400.00 - 1500.00	1200.00 - 1300.00	2200.00 - 2400.00	2800.00 - 3000.00	1700.00 - 1800.00	1800.00 - 1900.00	2500.00 - 2700.00	31.00 - 33.00	29.00 - 30.00	
Anuradhapura	-	-	-	-	-	-	-	-	-	-	
Thambuththegama	-	-	-	-	-	-	-	-	32.00 - 35.00	32.00 - 34.00	
Polonnaruwa	800.00 - 800.00	1200.00 - 1200.00	1800.00 - 1800.00	2400.00 - 2400.00	2800.00 - 2800.00	-	1800.00 - 1800.00	2400.00 - 2400.00	32.00 - 33.00	30.00 - 31.00	
Kaluthara	900.00 - 900.00	-	-	2800.00 - 3200.00	-	2600.00 - 2800.00	-	2800.00 - 3000.00	35.00 - 36.00	30.00 - 33.00	
Badulla	600.00 - 660.00	1280.00 - 1300.00	1600.00 - 1680.00	1980.00 - 2000.00	-	1600.00 - 1700.00	1600.00 - 1680.00	2400.00 - 2480.00	30.00 - 32.00	30.00 - 33.00	
Keppetipola	650.00 - 660.00	-	1400.00 - 1500.00	2200.00 - 2300.00	-	-	-	2400.00 - 2500.00	30.00 - 32.00	26.00 - 29.00	
Moneragala	-	1300.00 - 1400.00	1200.00 - 1300.00	2500.00 - 2700.00	-	-	-	2800.00 - 3000.00	-	30.00 - 32.00	
Kegalle	1100.00 - 1150.00	1350.00 - 1400.00	-	2750.00 - 2800.00	-	1980.00 - 2000.00	2150.00 - 2200.00	3000.00 - 3100.00	35.00 - 36.00	33.00 - 34.00	
Ampara	800.00 - 900.00	1400.00 - 1500.00	-	2800.00 - 2800.00	-	-	-	2800.00 - 3000.00	-	31.00 - 34.00	
Dehiattakandiya	-	-	-	-	-	-	-	-	-	-	
Nuwaraeliya	660.00 - 680.00	-	1600.00 - 1700.00	2400.00 - 2500.00	-	1500.00 - 1600.00	1600.00 - 1700.00	2500.00 - 2600.00	30.00 - 32.00	26.00 - 29.00	
Kandy	800.00 - 880.00	1380.00 - 1450.00	1300.00 - 1450.00	2600.00 - 2700.00	3400.00 - 3500.00	1800.00 - 2000.00	1800.00 - 1900.00	2600.00 - 2700.00	35.00 - 36.00	32.00 - 34.00	
Puttalam	700.00 - 800.00	1100.00 - 1200.00	1350.00 - 1500.00	2200.00 - 2450.00	3200.00 - 3400.00	1500.00 - 1600.00	2600.00 - 2700.00	2800.00 - 3000.00	34.00 - 35.00	33.00 - 35.00	
Hambantota	-	-	1200.00 - 1250.00	-	-	-	1600.00 - 1600.00	2600.00 - 2700.00	33.00 - 35.00	27.00 - 28.00	
Rathnapura	700.00 - 800.00	-	-	2560.00 - 2600.00	4200.00 - 4400.00	2500.00 - 2600.00	1600.00 - 1800.00	2400.00 - 2600.00	34.00 - 35.00	31.00 - 33.00	
Matara	900.00 - 950.00	1400.00 - 1500.00	-	2500.00 - 2600.00	-	-	-	2800.00 - 2900.00	-	26.00 - 30.00	
Galle	1000.00 - 1100.00	1500.00 - 1650.00	1300.00 - 1400.00	2600.00 - 2800.00	2800.00 - 3000.00	2000.00 - 2400.00	1850.00 - 2000.00	2500.00 - 2600.00	28.00 - 32.00	28.00 - 28.00	
Tissamaharama	850.00 - 900.00	-	1350.00 - 1450.00	-	-	-	-	2300.00 - 2400.00	-	30.00 - 33.00	
Meegoda	900.00 - 960.00	-	1000.00 - 1160.00	3000.00 - 3000.00	-	1800.00 - 1800.00	-	3400.00 - 3400.00	32.00 - 33.00	28.00 - 32.00	
Embilipitiya	800.00 - 900.00	-	1300.00 - 1400.00	2400.00 - 2500.00	2800.00 - 2850.00	-	-	2500.00 - 2600.00	28.00 - 30.00	25.00 - 28.00	
Jaffna	650.00 - 700.00	1100.00 - 1200.00	1150.00 - 1250.00	2250.00 - 2300.00	2900.00 - 3000.00	1650.00 - 1700.00	2600.00 - 2700.00	-	34.00 - 34.00	33.00 - 33.00	
Vavuniya	650.00 - 700.00	1200.00 - 1300.00	1400.00 - 1500.00	2400.00 - 2500.00	2800.00 - 2900.00	1600.00 - 1700.00	3200.00 - 3300.00	2500.00 - 2600.00	33.00 - 35.00	32.00 - 34.00	
Mannar	800.00 - 850.00	-	1350.00 - 1400.00	-	-	1800.00 - 2000.00	2300.00 - 2350.00	-	35.00 - 36.00	32.00 - 33.00	
Killinochchi	-	-	-	-	-	-	-	-	-	-	
Mullaittivu	-	1000.00 - 1100.00	1200.00 - 1300.00	1900.00 - 2000.00	2300.00 - 2400.00	1500.00 - 1600.00	2400.00 - 2600.00	-	34.00 - 36.00	32.00 - 33.00	
Batticaloa	700.00 - 800.00	1500.00 - 1500.00	-	-	-	2200.00 - 2200.00	1500.00 - 1600.00	-	35.00 - 35.00	33.00 - 33.00	
Trincomalee	-	-	-	-	-	-	-	-	-	-	
Veyangoda	800.00 - 850.00	1600.00 - 1600.00	-	3000.00 - 3000.00	3500.00 - 3500.00	-	-	2600.00 - 2800.00	30.00 - 34.00	28.00 - 32.00	
Galenbindunuwewa	850.00 - 950.00	1400.00 - 1500.00	1000.00 - 1100.00	2500.00 - 2600.00	3000.00 - 3100.00	-	2000.00 - 2100.00	3000.00 - 3100.00	30.00 - 33.00	30.00 - 33.00	
Bandarawela	800.00 - 800.00	-	-	2400.00 - 2450.00	-	2400.00 - 2400.00	-	2600.00 - 2600.00	32.00 - 34.00	29.00 - 31.00	
Matale	900.00 - 1000.00	1200.00 - 1400.00	1200.00 - 1300.00	2700.00 - 2800.00	3100.00 - 3200.00	1700.00 - 1800.00	1600.00 - 1800.00	2800.00 - 2900.00	34.00 - 35.00	32.00 - 33.00	

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

Week 19: 08 - 14 May 2026

LOCATIONS	Dried Fish													
	Sprats-Imported		Kattawa		Thora		Mora		Balaya		Anguluwa		Salaya	
Colombo	1200.00	1600.00	2600.00	3300.00	3400.00	4000.00	3000.00	3400.00	1800.00	2800.00	2400.00	3400.00	900.00	1200.00
Gampaha	-	-	3000.00	3200.00	3800.00	3800.00	3000.00	3200.00	1900.00	2000.00	2650.00	2800.00	1350.00	1400.00
Kurunegala	-	-	2800.00	2900.00	-	-	-	-	1800.00	1900.00	-	-	1300.00	1400.00
Nikaweratiya	1200.00	1350.00	2200.00	2300.00	-	-	-	-	1800.00	2000.00	2800.00	3000.00	800.00	1000.00
Dambulla	-	-	2700.00	2800.00	-	-	2800.00	2900.00	1500.00	1600.00	2400.00	2500.00	-	-
Anuradhapura	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Thambuththegama	-	-	-	-	-	-	3000.00	3300.00	1400.00	1700.00	2800.00	3000.00	1000.00	1200.00
Polonnaruwa	1750.00	1800.00	-	-	-	-	-	-	-	-	-	-	-	-
Kaluthara	-	-	-	-	-	-	-	-	1400.00	1800.00	-	-	1000.00	1200.00
Badulla	1380.00	1400.00	2600.00	2650.00	-	-	3000.00	3050.00	1980.00	2000.00	-	-	-	-
Keppetipola	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Moneragala	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Kegalle	1780.00	1820.00	-	-	-	-	-	-	-	-	-	-	-	-
Ampara	1400.00	1600.00	2500.00	2600.00	-	-	2900.00	3000.00	2000.00	2200.00	-	-	-	-
Dehiattakandiya	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Nuwaraeliya	-	-	2900.00	3200.00	3250.00	3300.00	3000.00	3200.00	1800.00	1850.00	1800.00	1850.00	950.00	980.00
Kandy	-	-	-	-	-	-	3000.00	3200.00	1800.00	2000.00	2300.00	2400.00	1100.00	1150.00
Puttalam	1600.00	1650.00	2700.00	3000.00	-	-	2800.00	3000.00	1400.00	1600.00	1300.00	1400.00	1120.00	1200.00
Hambantota	-	-	-	-	-	-	-	-	1500.00	1500.00	-	-	-	-
Rathnapura	1300.00	1700.00	2700.00	2900.00	-	-	3000.00	3200.00	1720.00	1960.00	2400.00	2600.00	-	-
Matara	-	-	2700.00	2800.00	-	-	-	-	1600.00	1800.00	-	-	-	-
Galle	1600.00	1800.00	2200.00	2800.00	-	-	2600.00	2800.00	1600.00	1800.00	2000.00	2600.00	1200.00	1200.00
Tissamaharama	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Meegoda	-	-	2800.00	3000.00	-	-	2800.00	3000.00	1800.00	2000.00	-	-	1100.00	1200.00
Embilipitiya	-	-	2600.00	2650.00	-	-	-	-	1800.00	2000.00	-	-	950.00	1050.00
Jaffna	-	-	2100.00	2200.00	-	-	2500.00	2600.00	1400.00	1450.00	-	-	900.00	1000.00
Vavuniya	1700.00	1800.00	2500.00	2600.00	-	-	2700.00	2800.00	1200.00	1300.00	-	-	-	-
Mannar	1250.00	1300.00	2750.00	2800.00	-	-	2500.00	2600.00	1350.00	1400.00	-	-	-	-
Killinochchi	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Mullaittivu	1450.00	1550.00	2500.00	2600.00	2900.00	3000.00	2500.00	2600.00	1300.00	1400.00	-	-	1150.00	1250.00
Batticaloa	1300.00	1350.00	3200.00	3200.00	-	-	-	-	2800.00	2800.00	-	-	800.00	800.00
Trincomalee	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Veyangoda	1320.00	1400.00	-	-	-	-	-	-	1600.00	1800.00	-	-	1000.00	1200.00
Galenbindunuwewa	1200.00	1600.00	3300.00	3500.00	3300.00	3500.00	3300.00	3500.00	1950.00	2200.00	3000.00	3200.00	800.00	1000.00
Bandarawela	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Matale	-	-	2800.00	3000.00	-	-	3000.00	3200.00	2000.00	2100.00	2600.00	2700.00	900.00	1000.00

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

Week 19: 08 - 14 May 2026

LOCATIONS	Meat		Meat (Chicken)		Meat					
	Beef		Broiler	Curry	Mutton	Pork				
Colombo	3000.00	- 3200.00	1340.00	- 1480.00	1150.00	- 1300.00	3900.00	- 4600.00	2700.00	- 2800.00
Gampaha	-		1300.00	- 1400.00	1400.00	- 1500.00	4000.00	- 4000.00	2600.00	- 2600.00
Kurunegala	2600.00	- 2600.00	1280.00	- 1380.00	-		-		2700.00	- 2700.00
Nikaweratiya	2500.00	- 2600.00	1250.00	- 1400.00	-		-		-	
Dambulla	-		1400.00	- 1450.00	1450.00	- 1500.00	-		2600.00	- 2700.00
Anuradhapura	-		-		-		-		-	
Thambuththegama	-		1250.00	- 1350.00	-		-		2600.00	- 2800.00
Polonnaruwa	2700.00	- 2700.00	1380.00	- 1450.00	1600.00	- 1650.00	3700.00	- 3800.00	2800.00	- 2800.00
Kaluthara	2800.00	- 3000.00	1340.00	- 1380.00	1250.00	- 1380.00	-		2600.00	- 2700.00
Badulla	2600.00	- 2780.00	1400.00	- 1550.00	1430.00	- 1450.00	3580.00	- 3680.00	-	
Keppetipola	2200.00	- 2400.00	1320.00	- 1350.00	1400.00	- 1450.00	-		-	
Moneragala	2800.00	- 2800.00	1450.00	- 1550.00	1600.00	- 1700.00	-		3000.00	- 3200.00
Kegalle	2700.00	- 2750.00	1430.00	- 1450.00	1280.00	- 1300.00	3750.00	- 3850.00	2950.00	- 3000.00
Ampara	2400.00	- 2500.00	1400.00	- 1500.00	-		-		2900.00	- 3000.00
Dehiattakandiya	-		-		-		-		-	
Nuwaraeliya	2450.00	- 2550.00	1350.00	- 1380.00	1450.00	- 1460.00	3800.00	- 4000.00	2800.00	- 2900.00
Kandy	2600.00	- 2700.00	1220.00	- 1260.00	1280.00	- 1300.00	3800.00	- 3900.00	2800.00	- 2900.00
Puttalam	2700.00	- 2800.00	1400.00	- 1500.00	1600.00	- 1700.00	4500.00	- 4500.00	-	
Hambantota	-		1420.00	- 1450.00	1220.00	- 1320.00	-		3000.00	- 3100.00
Rathnapura	2900.00	- 2900.00	1300.00	- 1380.00	1250.00	- 1300.00	4000.00	- 4000.00	2700.00	- 2700.00
Matara	-		1380.00	- 1400.00	-		-		-	
Galle	2800.00	- 2800.00	1400.00	- 1400.00	1200.00	- 1200.00	3900.00	- 3900.00	4000.00	- 4000.00
Tissamaharama	-		1400.00	- 1550.00	-		-		-	
Meegoda	-		1360.00	- 1380.00	1380.00	- 1380.00	-		2900.00	- 3000.00
Embilipitiya	-		1290.00	- 1350.00	1250.00	- 1300.00	-		2650.00	- 2900.00
Jaffna	2300.00	- 2350.00	1500.00	- 1600.00	1650.00	- 1700.00	3600.00	- 3700.00	-	
Vavuniya	2200.00	- 2300.00	1600.00	- 1700.00	1650.00	- 1700.00	3900.00	- 4000.00	-	
Mannar	2250.00	- 2300.00	1550.00	- 1600.00	1600.00	- 1650.00	-		-	
Killinochchi	-		-		-		-		-	
Mullaittivu	2300.00	- 2300.00	1550.00	- 1600.00	1600.00	- 1650.00	-		-	
Batticaloa	2300.00	- 2300.00	1350.00	- 1400.00	1500.00	- 1500.00	4000.00	- 4000.00	-	
Trincomalee	-		-		-		-		-	
Veyangoda	2800.00	- 2800.00	1350.00	- 1400.00	-		-		2600.00	- 2700.00
Galenbindunuwewa	2600.00	- 2600.00	1250.00	- 1280.00	1450.00	- 1450.00	3600.00	- 3600.00	2400.00	- 2500.00
Bandarawela	2600.00	- 2600.00	1180.00	- 1250.00	-		3800.00	- 3900.00	-	
Matale	2600.00	- 2800.00	1320.00	- 1360.00	-		3800.00	- 4000.00	2700.00	- 2800.00

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

Week 19: 08 - 14 May 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 (%)
<b>Rice</b>							<b>Coconut</b>						
<b>Local</b>							Large	155.00 - 165.00	158.75	155.00	195.00	2.42	-18.59
Samba 1	250.00 - 255.00	251.43	251.43	241.67	0.00	4.04	Small	130.00 - 145.00	137.50	135.00	166.00	1.85	-17.17
Samba 2	245.00 - 248.00	246.50	246.50	236.50	0.00	4.23							
Keeri Samba	340.00 - 350.00	345.00	345.00	269.17	0.00	28.17	<b>Fruits (Rs/kg)</b>						
Nadu 1	210.00 - 212.00	210.67	210.57	227.17	0.05	-7.26	<b>Plantain</b>						
Nadu 2	205.00 - 208.00	206.50	206.50	221.00	0.00	-6.56	Ambul	80.00 - 120.00	99.09	120.83	87.00	-17.99	13.90
Raw (Red)	190.00 - 195.00	192.14	191.43	214.00	0.37	-10.21	Kolikuttu	180.00 - 250.00	199.09	268.18	180.00	-25.76	10.61
Raw (White)	195.00 - 210.00	201.25	205.00	214.00	-1.83	-5.96	Seeni	80.00 - 140.00	100.00	109.17	92.00	-8.40	8.70
<b>Imported</b>							Anamalu	180.00 - 230.00	197.50	233.33	197.60	-15.36	-0.05
Samba	225.00 - 235.00	228.75	230.00	231.00	-0.54	-0.97	Ambun	180.00 - 250.00	201.67	236.67	229.20	-14.79	-12.01
Nadu	-	-	-	-	-	-	Papaw	100.00 - 160.00	123.33	130.00	92.22	-5.13	33.73
Raw (Red)	-	-	-	-	-	-	Passion Fruit	450.00 - 700.00	593.75	450.00	344.40	31.94	72.40
Raw (White)	-	-	-	-	-	-	Pineapple	200.00 - 230.00	215.00	212.50	254.29	1.18	-15.45
<b>Dried Chillies</b>							Pineapple Medium	-	-	-	-	-	-
Imported	900.00 - 950.00	925.00	926.67	550.00	-0.18	68.18	Pineapple Small	-	-	-	-	-	-
<b>Onion</b>							<b>Mango</b>						
Sinnan	-	-	-	215.00	-	-	Betti	150.00 - 250.00	200.00	325.00	-	-38.46	-
Vedalan	220.00 - 320.00	265.00	242.50	260.00	9.28	1.92	Karthakolomban	300.00 - 600.00	450.00	510.00	1110.00	-11.76	-59.46
Imported	270.00 - 300.00	282.00	246.25	306.67	14.52	-8.04	Vilad	300.00 - 400.00	337.50	400.00	-	-15.63	-
<b>Big Onion</b>							Kohu	-	-	-	-	-	-
Imported	190.00 - 240.00	214.44	141.43	115.00	51.63	86.47	<b>Other</b>						
Local	-	-	-	-	-	-	Wood Apple	200.00 - 300.00	255.56	280.00	700.00	-8.73	-63.49
<b>Potato</b>							Orange	150.00 - 250.00	200.00	180.00	338.89	11.11	-40.98
Welimada	-	-	210.00	225.00	-	-	Avocado	500.00 - 800.00	654.17	640.00	491.67	2.21	33.05
N'Eliya	220.00 - 240.00	228.00	236.00	255.00	-3.39	-10.59	Slime Apple	150.00 - 200.00	178.75	268.75	142.78	-33.49	25.19
Imported	140.00 - 180.00	151.11	146.25	192.50	3.32	-21.50	Grapes Imp.,	2000.00 - 2350.00	2190.00	2235.71	1727.78	-2.04	26.75
<b>Pulses</b>							King Coconut	150.00 - 200.00	182.22	187.78	155.00	-2.96	17.56
Green Gram	800.00 - 850.00	825.00	824.00	760.00	0.12	8.55	<b>Sea Fish</b>						
Cowpea (White)	750.00 - 800.00	775.00	725.00	684.00	6.90	13.30	Salaya	500.00 - 800.00	662.50	575.00	393.33	15.22	68.43
Cowpea (Red)	700.00 - 750.00	725.00	775.00	594.00	-6.45	22.05	Hurulla	1000.00 - 1200.00	1112.50	-	1058.33	-	5.12
Red Dhal	220.00 - 235.00	228.33	239.17	255.00	-4.53	-10.46	Balaya	900.00 - 1300.00	1128.57	1166.67	1158.33	-3.27	-2.57
<b>Vegetable</b>							Kelawalla	1600.00 - 1700.00	1650.00	1766.67	1603.33	-6.60	2.91
Beans (Butter)	-	-	-	-	-	-	Thora	2800.00 - 3200.00	3028.57	2866.67	2075.00	5.65	45.96
Beans (Green)	450.00 - 550.00	490.00	565.00	577.00	-13.27	-15.08	Paraw	1300.00 - 1700.00	1500.00	1633.33	1345.00	-8.16	11.52
Carrot	180.00 - 250.00	208.00	212.00	640.00	-1.89	-67.50	Mora	1400.00 - 1700.00	1500.00	1633.33	1196.67	-8.16	25.35
Leeks	200.00 - 250.00	218.00	192.00	145.00	13.54	50.34	Shrimps	1450.00 - 1700.00	1591.67	1362.50	1841.67	16.82	-13.57
Beetroot	250.00 - 350.00	290.00	220.00	454.55	31.82	-36.20	Thalapat	2000.00 - 2300.00	2087.50	2100.00	1925.00	-0.60	8.44
Knolkhol	150.00 - 180.00	160.00	168.00	261.00	-4.76	-38.70	<b>Eggs</b>						
Raddish	100.00 - 130.00	113.00	112.00	129.00	0.89	-12.40	Brown	29.00 - 33.00	31.00	28.00	27.88	10.71	11.21
Cabbage	80.00 - 100.00	90.00	84.44	375.00	6.58	-76.00	White	27.00 - 31.00	29.00	26.00	25.63	11.54	13.17
Tomato	200.00 - 450.00	312.00	231.00	760.00	35.06	-58.95	<b>Dried Fish</b>						
Ladies Fingers	160.00 - 250.00	202.00	233.00	237.00	-13.30	-14.77	Sprats	1600.00 - 1800.00	1691.25	1312.50	1356.67	28.86	24.66
Brinjal	250.00 - 400.00	325.00	300.00	386.36	8.33	-15.88	Sprats (Imported)	900.00 - 1200.00	1031.25	1025.00	616.67	0.61	67.23
Capsicum	250.00 - 400.00	338.00	288.00	725.00	17.36	-53.38	Kattawa	2450.00 - 2550.00	2512.50	2316.67	-	8.45	-
Pumpkin	80.00 - 120.00	101.00	76.00	174.00	32.89	-41.95	Kattawa (Imported)	2200.00 - 2500.00	2407.14	2450.00	1640.00	-1.75	46.78
Cucumber	160.00 - 220.00	191.00	178.00	71.00	7.30	169.01	Thora	-	-	-	-	-	-
Bitter Gourd	300.00 - 450.00	377.00	350.00	425.00	7.71	-11.29	Thora (Imported)	3000.00 - 3250.00	3121.43	3250.00	-	-3.96	-
Snake Gourd	300.00 - 400.00	352.00	350.00	300.00	0.57	17.33	Mora	2700.00 - 2800.00	2757.14	2550.00	1903.33	8.12	44.86
Drumstick	150.00 - 700.00	383.33	341.67	919.23	12.20	-58.30	Mora (Imported)	2450.00 - 2650.00	2557.14	2466.67	-	3.67	-
Luffa	300.00 - 350.00	330.00	325.00	309.00	1.54	6.80	Balaya	1250.00 - 1450.00	1382.86	1466.67	1450.00	-5.71	-4.63
Long Beans	200.00 - 350.00	265.00	227.00	300.00	16.74	-11.67	Balaya (Imported)	-	-	-	-	-	-
Ash Plantain	60.00 - 100.00	74.55	84.00	91.00	-11.26	-18.08	Anguluwa	2000.00 - 2550.00	2307.14	-	-	-	-
Green Chillies	100.00 - 300.00	198.00	112.00	250.00	76.79	-20.80	Anguluwa (Imported)	2100.00 - 2500.00	2338.89	2166.67	1558.33	7.95	50.09
Lime	350.00 - 450.00	402.00	327.00	349.00	22.94	15.19	Maduwa	1450.00 - 1800.00	1557.14	1466.67	1255.00	6.17	24.08
<b>Root Crops</b>							Maduwa (Imported)	1000.00 - 1150.00	1078.57	-	-	-	-
Sweet Potato	150.00 - 200.00	173.75	172.00	228.00	1.02	-23.79	Koduwa	-	-	-	-	-	-
Manioc	120.00 - 150.00	133.75	125.00	128.00	7.00	4.49	Koduwa (Imported)	-	-	-	-	-	-
<b>Leafy Vegetable</b>							Salaya	700.00 - 850.00	791.25	832.50	696.67	-4.95	13.58
Mukunuwenna	120.00 - 130.00	125.00	115.00	96.00	8.70	30.21	Salaya (Imported)	-	-	-	-	-	-
Kankun	120.00 - 130.00	125.00	115.00	96.00	8.70	30.21							
Gotukola	280.00 - 300.00	290.00	290.00	292.00	0.00	-0.68							

This Week: Week 19: 08 - 14 May 2026  
 Last Week: Week 18: 01 - 07 May 2026

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

Week 19: 08 - 14 May 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 (%)
<b><u>Rice</u></b>													
<b>Local</b>													
Samba 1	260.00 - 280.00	273.68	272.25	248.33	1.43	10.21	Coconut						
Samba 2	-	-	-	-	-	-	Large	170.00 - 200.00	180.83	179.21	224.25	1.62	-19.36
Keeri Samba	360.00 - 390.00	376.79	375.33	272.67	1.45	38.19	Small	140.00 - 160.00	152.94	151.11	193.16	1.83	-20.82
Nadu 1	230.00 - 240.00	234.76	234.00	233.33	0.76	0.61	<b><u>Fruits (Rs/fruit)</u></b>						
Nadu 2	-	-	-	-	-	-	<b>Plantain</b>						
Raw (Red)	200.00 - 230.00	217.62	217.27	228.13	0.35	-4.61	Ambul (Rs/kg)	140.00 - 250.00	187.73	214.55	153.50	-26.82	22.30
Raw (White)	220.00 - 230.00	223.33	224.74	224.00	-1.40	-0.30	Kolikuttu (Rs/kg)	250.00 - 430.00	340.00	375.00	278.10	-35.00	22.26
<b>Imported</b>													
Samba	250.00 - 270.00	270.00	-	249.17	-	8.36	Seeni (Rs/kg)	120.00 - 250.00	190.00	198.10	155.56	-8.10	22.14
Nadu	-	-	-	-	-	-	Anamalu	250.00 - 380.00	326.25	334.00	308.44	-7.75	5.77
Raw (Red)	-	-	-	-	-	-	Ambun	250.00 - 360.00	311.82	335.33	318.75	-23.52	-2.17
Raw (White)	-	-	-	-	-	-	Papaw(Rs/kg)	180.00 - 280.00	230.95	232.86	169.09	-1.90	36.58
<b><u>Dried Chillies</u></b>													
Imported	980.00 - 1300.00	1185.50	1187.50	793.16	-2.00	49.47	Passion Fruit	600.00 - 1000.00	852.31	721.43	600.00	130.88	42.05
<b><u>Onion</u></b>													
Sinnan	-	-	-	-	-	-	Pineapple Large	280.00 - 450.00	363.64	372.11	341.50	-8.47	6.48
Vedalan	-	-	-	-	-	-	Pineapple Medium	-	-	-	-	-	-
Imported	350.00 - 480.00	410.00	409.62	407.27	0.38	0.67	Pineapple Small	-	-	-	-	-	-
<b><u>Big Onion</u></b>													
Imported	200.00 - 320.00	273.04	199.55	161.90	73.50	68.64	<b>Mango</b>						
<b>Local</b>													
<b><u>Potato</u></b>													
Welimada	-	-	345.00	-	-	-	Betti	300.00 - 400.00	350.00	391.67	-	-41.67	-
N'Eliya	380.00 - 440.00	396.84	411.25	394.29	-14.41	0.65	Karthakolomban	500.00 - 800.00	604.00	607.65	1151.25	-3.65	-47.54
Imported	180.00 - 320.00	224.35	208.18	236.11	16.17	-4.98	Vilad	450.00 - 700.00	537.50	537.50	-	0.00	-
<b><u>Pulses</u></b>													
Green Gram	900.00 - 1120.00	1000.48	977.00	883.53	23.48	13.24	Kohu	-	-	-	-	-	-
Cowpea (White)	900.00 - 1200.00	1044.44	1061.18	850.00	-16.73	22.88	<b><u>Other</u></b>						
Cowpea (Red)	880.00 - 1200.00	980.53	1047.65	808.33	-67.12	21.30	Wood Apple	300.00 - 800.00	581.25	673.53	907.73	-92.28	-35.97
Red Dhal	280.00 - 320.00	300.95	302.73	295.48	-1.77	1.85	Orange	300.00 - 600.00	447.33	430.53	451.25	16.81	-0.87
<b><u>Vegetable</u></b>													
Beans (Butter)	-	-	-	-	-	-	Avocado	600.00 - 1000.00	858.33	846.15	666.75	12.18	28.73
Beans(Green)	500.00 - 800.00	655.20	678.95	668.64	-23.75	-2.01	Slime Apple	300.00 - 700.00	521.43	586.67	420.63	-65.24	23.97
Carrot	250.00 - 480.00	370.83	405.26	870.45	-34.43	-57.40	Grapes (Imp., Rs/kg)	2300.00 - 3000.00	2692.31	2700.00	2282.35	-7.69	17.96
Leeks	260.00 - 480.00	372.92	344.21	304.55	28.71	22.45	King Coconut	180.00 - 250.00	218.00	220.56	206.92	-2.56	5.35
Beetroot	300.00 - 600.00	422.50	379.44	555.26	43.06	-23.91	<b><u>Sea Fish</u></b>						
Knolkhol	200.00 - 480.00	333.33	296.67	412.63	36.67	-19.22	Salaya	700.00 - 1000.00	883.33	951.11	543.57	-67.78	62.51
Raddish	200.00 - 400.00	298.26	285.29	264.09	12.97	12.94	Hurulla	1200.00 - 1320.00	1280.00	1300.00	1291.00	-20.00	-0.85
Cabbage	150.00 - 400.00	291.67	285.26	550.00	6.40	-46.97	Balaya	1100.00 - 1600.00	1350.00	1578.57	1450.00	-228.57	-6.90
Tomato	320.00 - 600.00	495.22	351.67	957.27	143.55	-48.27	Kelawalla	1800.00 - 3000.00	2504.55	2337.50	2303.85	167.05	8.71
Ladies Fingers	280.00 - 480.00	358.70	362.00	382.00	-3.30	-6.10	Thora	3200.00 - 4400.00	3691.67	3707.14	2887.50	-15.48	27.85
Brijjal	300.00 - 600.00	462.00	439.44	536.67	22.56	-13.91	Paraw	1720.00 - 2800.00	2124.44	2245.00	1954.17	-120.56	8.71
Capsicum	360.00 - 800.00	562.50	524.74	964.78	37.76	-41.70	Mora	1700.00 - 2000.00	1937.50	1925.00	-	12.50	-
Pumpkin	130.00 - 240.00	202.92	201.11	293.18	1.81	-30.79	Shrimps	1850.00 - 3200.00	2580.77	2635.71	2311.54	-54.95	11.65
Cucumber	200.00 - 360.00	268.18	260.00	195.24	8.18	37.36	Thalalpath	2400.00 - 3200.00	2926.92	2912.50	2725.00	14.42	7.41
Bitter Gourd	350.00 - 600.00	536.00	504.44	572.50	31.56	-6.38	<b><u>Eggs</u></b>						
Snake Gourd	350.00 - 600.00	486.00	445.71	461.36	40.29	5.34	Brown	30.00 - 35.00	32.85	30.60	28.72	2.25	14.36
Drumstick	500.00 - 1200.00	803.04	800.00	1295.00	3.04	-37.99	White	29.00 - 33.00	31.54	29.30	26.67	2.24	18.27
Luffa	350.00 - 600.00	498.00	488.00	460.50	10.00	8.14	<b><u>Dried Fish</u></b>						
Long Beans	250.00 - 560.00	407.39	369.33	425.00	38.06	-4.14	Sprats	2000.00 - 2400.00	2160.00	1956.25	1763.16	203.75	22.51
Ash Plantain	150.00 - 400.00	276.96	291.25	251.82	-14.29	9.98	Sprats (Imported)	1200.00 - 1600.00	1414.29	-	1035.00	-	36.65
Green Chillies	300.00 - 600.00	466.00	398.82	442.17	67.18	5.39	Kattawa	2600.00 - 3300.00	2968.42	3118.18	2331.25	-149.76	27.33
Lime	400.00 - 800.00	640.00	567.50	467.62	72.50	36.86	Thora	3400.00 - 4000.00	3660.00	-	-	-	-
<b><u>Root Crops</u></b>													
Sweet Potato	200.00 - 480.00	323.75	345.33	330.91	-21.58	-2.16	Mora	3000.00 - 3400.00	3140.00	3109.09	2525.00	30.91	24.36
Manioc	150.00 - 260.00	222.61	225.00	216.32	-2.39	2.91	Balaya	1800.00 - 2800.00	2366.67	2700.00	1750.00	-333.33	35.24
<b><u>Leafy Vegetable</u></b>													
Mukunuwenna	180.00 - 300.00	248.00	238.00	226.50	10.00	9.49	Anguluwa	2400.00 - 3400.00	2909.09	2850.00	2293.33	59.09	26.85
Kankun	180.00 - 300.00	254.00	238.00	210.00	16.00	20.95	Maduwa	-	-	-	-	-	-
Gotukola	300.00 - 400.00	328.82	326.15	274.67	2.67	19.72	Koduwa	-	-	-	-	-	-
<b><u>Meat</u></b>													
<b>Beef (without Bones)</b>													
<b>Chicken (Broiler)</b>													
<b>Chicken (Curry)</b>													
<b>Mutton</b>													
<b>Pork</b>													

This Week: Week 19: 08 - 14 May 2026  
 Last Week: Week 18: 01 - 07 May 2026

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

Week 19: 08 - 14 May 2026

COMMODITY	Range	Average Price	COMMODITY	Range	Average Price	COMMODITY	Range	Average Price
<b><u>Paddy</u></b>			<b><u>Vegetable (Up Country)</u></b>			<b><u>Snake Gourd</u></b>		
<b>Short Grain</b>			<b>Beans</b>			Dambulla	240.00 - 250.00	243.00
A'pura	-		Dambulla	450.00 - 480.00	462.25	Hambantota	-	
P'naruwa	136.00 - 138.00	137.20	Welimada	400.00 - 420.00	409.00	Embilipitiya	380.00 - 400.00	390.00
Kalawewa	132.00 - 136.00	133.60	Badulla	200.00 - 260.00	227.50	Matara	-	
Kurunegala	130.00 - 135.00	132.33	<b>Carrot</b>			A'pura	-	
Dehiattakandiya	-		N'Eliya	170.00 - 180.00	175.00	<b>Luffa</b>		
Nikaweratiya	130.00 - 135.00	132.50	Welimada	135.00 - 160.00	147.00	Dambulla	290.00 - 310.00	297.50
Ampara	130.00 - 136.00	133.50	Hanguranketha	170.00 - 210.00	190.00	Hambantota	-	
<b>Long Grain (White)</b>			<b>Leeks</b>			Embilipitiya	400.00 - 420.00	410.00
A'pura	-		N'Eliya	160.00 - 170.00	165.00	Matara	-	
P'naruwa	108.00 - 109.00	108.60	Welimada	145.00 - 160.00	153.00	A'pura	-	
Kalawewa	108.00 - 112.00	109.60	<b>Beetroot</b>			<b>Green Chillies</b>		
Kurunegala	108.00 - 111.00	109.67	N'Eliya	200.00 - 215.00	207.00	Dambulla	165.00 - 190.00	181.00
Dehiattakandiya	-		Dambulla	200.00 - 230.00	216.67	Hambantota	-	
Embilipitiya	-		Kurunegala	-		Embilipitiya	250.00 - 260.00	255.00
Nikaweratiya	108.00 - 112.00	110.25	Welimada	220.00 - 235.00	227.00	Puttalam	133.00 - 143.00	138.00
Hambantota	-		Hanguranketha	-		A'pura	-	
Ampara	102.00 - 107.00	104.67	<b>Knol Khol</b>			<b>Pumpkin</b>		
<b>Long Grain (Red)</b>			N'Eliya	150.00 - 160.00	153.00	Dambulla	100.00 - 125.00	113.00
Matara	100.00 - 105.00	102.50	Welimada	140.00 - 160.00	149.00	Hambantota	80.00 - 80.00	80.00
Hambantota	95.00 - 95.00	95.00	Hanguranketha	-		Embilipitiya	100.00 - 110.00	105.00
Embilipitiya	100.00 - 102.00	101.00	<b>Raddish</b>			Matara	70.00 - 80.00	75.00
<b>Keeri Samba</b>			N'Eliya	70.00 - 80.00	73.00	A'pura	-	
A'pura	-		Welimada	45.00 - 60.00	52.00	Moneragala	50.00 - 70.00	58.00
P'naruwa	183.00 - 184.00	183.80	Hambantota	-		<b>Cucumber</b>		
Kalawewa	165.00 - 175.00	168.60	Hanguranketha	-		A'pura	-	
Kurunegala	156.00 - 160.00	158.00	<b>Cabbage</b>			Dambulla	145.00 - 172.50	157.00
Dehiattakandiya	-		N'Eliya	65.00 - 80.00	73.00	Hambantota	-	
<b>Red Onion</b>			Welimada	35.00 - 50.00	42.00	Matara	120.00 - 130.00	123.33
Puttalam	190.00 - 190.00	190.00	Badulla	30.00 - 60.00	45.00	<b>Long Beans</b>		
Jaffna	-		Hanguranketha	40.00 - 80.00	60.00	Dambulla	176.00 - 210.00	193.20
<b>Big Onion</b>			<b>Tomato</b>			Hambantota	230.00 - 250.00	240.00
Dambulla	-		Welimada	340.00 - 355.00	347.00	Embilipitiya	250.00 - 270.00	260.00
Kalawewa	-		Hambantota	-		Matara	170.00 - 180.00	176.67
A'pura	-		Dambulla	250.00 - 280.00	260.00	A'pura	-	
<b>Potato</b>			Hanguranketha	150.00 - 250.00	198.00	<b>Ash Plantain</b>		
N'Eliya	200.00 - 215.00	207.00	<b>Vegetable (Low Country)</b>			Hambantota	25.00 - 30.00	27.50
Badulla	-		<b>Ladies Fingers</b>			Embilipitiya	90.00 - 100.00	95.00
Welimada	160.00 - 180.00	169.00	A'pura	-		Matara	-	
<b><u>Pulses</u></b>			Dambulla	200.00 - 240.00	224.00	<b>Lime</b>		
<b>Green Gram</b>			Hambantota	220.00 - 230.00	225.00	Hambantota	-	
Hambantota	-		Embilipitiya	260.00 - 270.00	265.00	Embilipitiya	250.00 - 270.00	260.00
Moneragala	500.00 - 550.00	520.00	Matara	200.00 - 230.00	216.67	Moneragala	280.00 - 300.00	288.00
Embilipitiya	720.00 - 730.00	725.00	<b>Brinjal</b>			<b><u>Fruits (Rs/kg)</u></b>		
Nikaweratiya	450.00 - 480.00	465.00	A'pura	-		<b>Banana</b>		
A'pura	-		Dambulla	270.00 - 310.00	288.00	<b>Ambul</b>		
<b>Cowpea</b>			Hambantota	220.00 - 230.00	225.00	Moneragala	40.00 - 50.00	44.00
Hambantota	-		Embilipitiya	320.00 - 340.00	330.00	Embilipitiya	20.00 - 40.00	30.00
Nikaweratiya	460.00 - 550.00	497.50	Matara	200.00 - 240.00	223.33	Hambantota	50.00 - 60.00	55.00
Moneragala	-		Welimada	200.00 - 230.00	219.00	<b>Kolikuttu</b>		
Embilipitiya	-		<b>Capsicum</b>			Moneragala	160.00 - 180.00	168.00
<b>Maize</b>			Badulla	-		Embilipitiya	100.00 - 130.00	115.00
A'pura	-		Welimada	340.00 - 360.00	350.00	Hambantota	180.00 - 200.00	190.00
Kalawewa	-		<b>Bitter Gourd</b>			<b>Papaw</b>		
<b>Gingelly</b>			A'pura	-		Moneragala	40.00 - 50.00	44.00
A'pura	-		Dambulla	330.00 - 350.00	337.50	Embilipitiya	70.00 - 80.00	75.00
Kalawewa	-		Hambantota	-		Hambantota	40.00 - 60.00	50.00
<b>Black Gram</b>			Embilipitiya	420.00 - 430.00	425.00	<b>Pineapple</b>		
A'pura	-		Matara	300.00 - 320.00	310.00	Divulapitiya	-	
Kalawewa	-							

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

**Week 19: 08 - 14 May 2026**

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<b>CROP</b>	<b>PELIYAGODA</b>	<b>MAHARAGAMA</b>	<b>KIRULAPONE</b>	<b>NUGEGODA</b>	<b>NARAHENPITA</b>	<b>DEMATAGODA</b>	<b>THOTALANGA</b>	<b>KADAWATHA</b>	<b>KIRIBATHGODA</b>
<b><u>Rice</u></b>									
<b>Local</b>									
Samba 1	260.00 - 270.00	280.00 - 280.00	260.00 - 270.00	270.00 - 280.00	280.00 - 280.00	280.00 - 280.00	270.00 - 280.00	270.00 - 270.00	270.00 - 280.00
Samba 2	-	-	-	-	-	-	-	-	-
Keeri Samba	360.00 - 370.00	370.00 - 370.00	370.00 - 380.00	380.00 - 390.00	380.00 - 390.00	-	370.00 - 380.00	370.00 - 370.00	380.00 - 385.00
Nadu 1	230.00 - 240.00	230.00 - 230.00	230.00 - 240.00	230.00 - 240.00	230.00 - 240.00	240.00 - 240.00	230.00 - 230.00	230.00 - 230.00	230.00 - 240.00
Nadu 2	-	-	-	-	-	-	-	-	-
Raw (Red)	220.00 - 220.00	220.00 - 220.00	200.00 - 220.00	200.00 - 220.00	220.00 - 230.00	220.00 - 220.00	220.00 - 220.00	210.00 - 220.00	220.00 - 220.00
Raw (White)	220.00 - 230.00	230.00 - 230.00	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
<b>Imported</b>									
Samba	-	-	250.00 - 260.00	260.00 - 270.00	-	-	-	-	-
Nadu	-	-	-	-	-	-	-	-	-
Raw (Red)	-	-	-	-	-	-	-	-	-
Raw (White)	-	-	-	-	-	-	-	-	-
<b><u>Dried Chillies</u></b>									
Imported	980.00 - 1000.00	1200.00 - 1200.00	1200.00 - 1300.00	1200.00 - 1300.00	1200.00 - 1300.00	1300.00 - 1300.00	1100.00 - 1200.00	1150.00 - 1200.00	1200.00 - 1300.00
<b><u>Red Onion</u></b>									
Sinnan	-	-	-	-	-	-	-	-	-
Vedalan	-	-	-	-	-	-	-	-	-
Imported	350.00 - 360.00	380.00 - 400.00	350.00 - 400.00	460.00 - 480.00	400.00 - 480.00	400.00 - 400.00	350.00 - 360.00	400.00 - 420.00	360.00 - 400.00
<b><u>Big Onion</u></b>									
Imported	280.00 - 300.00	300.00 - 320.00	280.00 - 300.00	300.00 - 320.00	280.00 - 300.00	300.00 - 320.00	200.00 - 240.00	200.00 - 220.00	200.00 - 240.00
Local	-	-	-	-	-	-	-	-	-
<b><u>Potato</u></b>									
Welimada	-	-	-	-	-	-	-	-	-
N'Eliya	400.00 - 400.00	380.00 - 400.00	380.00 - 400.00	380.00 - 400.00	400.00 - 440.00	380.00 - 400.00	380.00 - 400.00	380.00 - 400.00	400.00 - 440.00
Imported	300.00 - 320.00	220.00 - 240.00	180.00 - 200.00	200.00 - 220.00	220.00 - 240.00	200.00 - 240.00	180.00 - 200.00	200.00 - 220.00	200.00 - 220.00
<b><u>Pulses</u></b>									
Green Gram	900.00 - 1000.00	1000.00 - 1000.00	900.00 - 1000.00	950.00 - 1000.00	1000.00 - 1100.00	1000.00 - 1000.00	900.00 - 1000.00	900.00 - 1040.00	1100.00 - 1120.00
Cowpea (White)	1000.00 - 1000.00	1100.00 - 1100.00	900.00 - 950.00	1100.00 - 1200.00	1000.00 - 1100.00	1000.00 - 1000.00	950.00 - 1000.00	900.00 - 900.00	1100.00 - 1100.00
Cowpea (Red)	900.00 - 1000.00	1000.00 - 1000.00	900.00 - 950.00	1000.00 - 1200.00	1000.00 - 1100.00	900.00 - 900.00	900.00 - 1000.00	880.00 - 900.00	1000.00 - 1000.00
Red Dhal	280.00 - 300.00	320.00 - 320.00	300.00 - 320.00	320.00 - 320.00	300.00 - 320.00	300.00 - 320.00	280.00 - 280.00	280.00 - 300.00	320.00 - 320.00

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

**Week 19: 08 - 14 May 2026**

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<b>CROP</b>	<b>PELIYAGODA</b>	<b>MAHARAGAMA</b>	<b>KIRULAPONE</b>	<b>NUGEGODA</b>	<b>NARAHENPITA</b>	<b>DEMATAGODA</b>	<b>THOTALANGA</b>	<b>KADAWATHA</b>	<b>KIRIBATHGODA</b>
<b><i>Vegetable</i></b>									
Beans	500.00 - 600.00	800.00 - 800.00	600.00 - 680.00	800.00 - 800.00	650.00 - 800.00	800.00 - 800.00	500.00 - 600.00	520.00 - 600.00	600.00 - 600.00
Carrot	250.00 - 320.00	480.00 - 480.00	320.00 - 400.00	480.00 - 480.00	360.00 - 400.00	400.00 - 480.00	280.00 - 300.00	320.00 - 400.00	400.00 - 400.00
Leeks	260.00 - 320.00	480.00 - 480.00	320.00 - 400.00	480.00 - 480.00	280.00 - 360.00	400.00 - 400.00	260.00 - 280.00	320.00 - 320.00	400.00 - 400.00
Beetroot	350.00 - 460.00	560.00 - 600.00	400.00 - 480.00	600.00 - 600.00	300.00 - 480.00	320.00 - 400.00	300.00 - 320.00	320.00 - 320.00	400.00 - 480.00
Knolkhol	200.00 - 260.00	400.00 - 480.00	480.00 - 480.00	400.00 - 480.00	360.00 - 400.00	320.00 - 320.00	250.00 - 300.00	320.00 - 320.00	-
Raddish	200.00 - 260.00	360.00 - 400.00	320.00 - 320.00	400.00 - 400.00	280.00 - 320.00	240.00 - 260.00	280.00 - 300.00	240.00 - 320.00	240.00 - 300.00
Cabbage	150.00 - 160.00	360.00 - 400.00	280.00 - 320.00	320.00 - 400.00	240.00 - 250.00	200.00 - 240.00	160.00 - 160.00	240.00 - 240.00	320.00 - 320.00
Tomato	450.00 - 500.00	560.00 - 600.00	600.00 - 600.00	600.00 - 600.00	500.00 - 600.00	480.00 - 500.00	320.00 - 320.00	400.00 - 400.00	400.00 - 400.00
Ladies Fingers	300.00 - 400.00	480.00 - 480.00	400.00 - 400.00	400.00 - 400.00	400.00 - 400.00	400.00 - 400.00	280.00 - 300.00	320.00 - 400.00	320.00 - 400.00
Brinjal	300.00 - 500.00	600.00 - 600.00	400.00 - 480.00	600.00 - 600.00	400.00 - 480.00	400.00 - 480.00	450.00 - 500.00	300.00 - 400.00	400.00 - 400.00
Capsicum	400.00 - 500.00	540.00 - 800.00	600.00 - 600.00	800.00 - 800.00	480.00 - 600.00	600.00 - 600.00	360.00 - 400.00	440.00 - 480.00	400.00 - 500.00
Pumpkin	130.00 - 150.00	200.00 - 240.00	160.00 - 240.00	240.00 - 240.00	200.00 - 240.00	240.00 - 240.00	140.00 - 140.00	200.00 - 240.00	240.00 - 240.00
Cucumber	200.00 - 250.00	280.00 - 280.00	280.00 - 360.00	320.00 - 320.00	220.00 - 320.00	200.00 - 240.00	200.00 - 240.00	240.00 - 260.00	320.00 - 320.00
Bitter Gourd	350.00 - 450.00	560.00 - 560.00	600.00 - 600.00	600.00 - 600.00	560.00 - 600.00	400.00 - 600.00	600.00 - 600.00	520.00 - 520.00	600.00 - 600.00
Snake Gourd	350.00 - 500.00	400.00 - 400.00	400.00 - 480.00	600.00 - 600.00	480.00 - 600.00	600.00 - 600.00	400.00 - 500.00	400.00 - 400.00	480.00 - 520.00
Drumstick	500.00 - 900.00	600.00 - 1200.00	520.00 - 1200.00	800.00 - 1000.00	800.00 - 900.00	600.00 - 1000.00	550.00 - 600.00	500.00 - 500.00	800.00 - 800.00
Luffa	400.00 - 450.00	480.00 - 600.00	480.00 - 600.00	600.00 - 600.00	480.00 - 600.00	480.00 - 600.00	350.00 - 360.00	350.00 - 400.00	400.00 - 600.00
Long Beans	250.00 - 350.00	480.00 - 560.00	400.00 - 400.00	480.00 - 560.00	480.00 - 480.00	350.00 - 400.00	300.00 - 350.00	320.00 - 400.00	320.00 - 480.00
Ash Plantain	150.00 - 260.00	400.00 - 400.00	200.00 - 320.00	320.00 - 400.00	260.00 - 280.00	240.00 - 320.00	200.00 - 200.00	320.00 - 320.00	240.00 - 280.00
Green Chillies	300.00 - 450.00	600.00 - 600.00	400.00 - 600.00	500.00 - 600.00	400.00 - 500.00	500.00 - 600.00	300.00 - 350.00	400.00 - 600.00	400.00 - 400.00
Lime	400.00 - 600.00	600.00 - 800.00	600.00 - 800.00	800.00 - 800.00	500.00 - 700.00	600.00 - 600.00	450.00 - 450.00	800.00 - 800.00	600.00 - 800.00
<b><i>Root Crops</i></b>									
Sweet Potato	200.00 - 320.00	320.00 - 400.00	320.00 - 400.00	400.00 - 480.00	340.00 - 350.00	320.00 - 320.00	200.00 - 200.00	320.00 - 320.00	240.00 - 320.00
Manioc	200.00 - 250.00	220.00 - 240.00	200.00 - 240.00	250.00 - 260.00	200.00 - 240.00	240.00 - 250.00	150.00 - 160.00	180.00 - 200.00	200.00 - 200.00
<b><i>Leafy Vegetable</i></b>									
Mukunuwenna	200.00 - 200.00	240.00 - 240.00	240.00 - 240.00	300.00 - 300.00	240.00 - 240.00	240.00 - 300.00	180.00 - 240.00	300.00 - 300.00	240.00 - 240.00
Kankun	200.00 - 200.00	240.00 - 240.00	240.00 - 240.00	300.00 - 300.00	240.00 - 300.00	240.00 - 300.00	180.00 - 240.00	300.00 - 300.00	240.00 - 240.00
Gotukola	350.00 - 360.00	300.00 - 360.00	300.00 - 300.00	360.00 - 400.00	300.00 - 300.00	300.00 - 300.00	300.00 - 320.00	300.00 - 320.00	300.00 - 360.00
<b><i>Coconut</i></b>									
Large	180.00 - 190.00	180.00 - 180.00	180.00 - 180.00	170.00 - 190.00	170.00 - 200.00	180.00 - 180.00	170.00 - 180.00	170.00 - 180.00	180.00 - 200.00
Small	150.00 - 160.00	160.00 - 160.00	150.00 - 150.00	150.00 - 150.00	150.00 - 160.00	150.00 - 160.00	140.00 - 150.00	140.00 - 150.00	150.00 - 160.00

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

**Week 19: 08 - 14 May 2026**

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CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<i><b>Plantain</b></i>									
Ambul	150.00 - 160.00	200.00 - 230.00	240.00 - 250.00	200.00 - 240.00	160.00 - 200.00	200.00 - 220.00	140.00 - 150.00	200.00 - 200.00	140.00 - 160.00
Kolikuttu	250.00 - 300.00	360.00 - 400.00	400.00 - 430.00	340.00 - 380.00	350.00 - 400.00	350.00 - 400.00	250.00 - 300.00	350.00 - 350.00	250.00 - 300.00
Seeni	120.00 - 150.00	220.00 - 240.00	240.00 - 250.00	200.00 - 240.00	160.00 - 200.00	200.00 - 200.00	140.00 - 160.00	200.00 - 200.00	160.00 - 160.00
Anamalu	250.00 - 300.00	360.00 - 360.00	350.00 - 380.00	350.00 - 380.00	250.00 - 250.00	350.00 - 380.00	300.00 - 300.00	300.00 - 300.00	-
Ambun	250.00 - 300.00	360.00 - 360.00	-	-	250.00 - 250.00	350.00 - 360.00	350.00 - 350.00	300.00 - 300.00	-
<i><b>Pineapple</b></i>									
Large	300.00 - 400.00	360.00 - 360.00	400.00 - 450.00	300.00 - 400.00	300.00 - 400.00	300.00 - 400.00	280.00 - 300.00	280.00 - 300.00	-
Medium	-	-	-	-	-	-	-	-	-
Small	-	-	-	-	-	-	-	-	-
<i><b>Mango</b></i>									
Betti	300.00 - 400.00	-	-	-	300.00 - 300.00	400.00 - 400.00	-	-	-
Karthakolomban	680.00 - 800.00	-	500.00 - 700.00	700.00 - 800.00	500.00 - 500.00	500.00 - 600.00	500.00 - 500.00	600.00 - 600.00	-
Vilad	450.00 - 600.00	-	-	700.00 - 700.00	-	450.00 - 500.00	-	500.00 - 600.00	-
Kohu	-	-	-	-	-	-	-	-	-
<i><b>Other Fruits</b></i>									
Wood Apple	400.00 - 500.00	650.00 - 650.00	700.00 - 800.00	800.00 - 800.00	400.00 - 600.00	600.00 - 650.00	300.00 - 300.00	500.00 - 500.00	-
Orange	300.00 - 400.00	500.00 - 500.00	500.00 - 600.00	400.00 - 500.00	360.00 - 400.00	450.00 - 450.00	-	500.00 - 500.00	-
Avocado	600.00 - 900.00	600.00 - 600.00	1000.00 - 1000.00	800.00 - 1000.00	-	1000.00 - 1000.00	-	700.00 - 800.00	-
Slime Apple	350.00 - 350.00	600.00 - 600.00	600.00 - 700.00	600.00 - 700.00	400.00 - 450.00	550.00 - 650.00	300.00 - 300.00	-	-
Grapes	2400.00 - 2500.00	2300.00 - 2300.00	2800.00 - 3000.00	3000.00 - 3000.00	3000.00 - 3000.00	2800.00 - 3000.00	-	2500.00 - 2500.00	-
Papaw	250.00 - 270.00	240.00 - 240.00	250.00 - 280.00	240.00 - 250.00	200.00 - 250.00	180.00 - 200.00	180.00 - 250.00	200.00 - 200.00	-
Passion	700.00 - 900.00	-	1000.00 - 1000.00	1000.00 - 1000.00	1000.00 - 1000.00	800.00 - 900.00	600.00 - 600.00	600.00 - 600.00	-
King Coconut	200.00 - 250.00	250.00 - 250.00	-	220.00 - 230.00	200.00 - 250.00	220.00 - 250.00	180.00 - 200.00	220.00 - 220.00	-

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

**Week 19: 08 - 14 May 2026**

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CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<b><i>Sea Fish</i></b>									
Salaya	700.00 - 800.00	900.00 - 900.00	900.00 - 1000.00	900.00 - 900.00	1000.00 - 1000.00	1000.00 - 1000.00	800.00 - 800.00	880.00 - 920.00	880.00 - 920.00
Hurulla	1250.00 - 1300.00	-	-	1300.00 - 1300.00	1300.00 - 1300.00	1280.00 - 1280.00	1200.00 - 1200.00	1320.00 - 1320.00	1320.00 - 1320.00
Balaya	1250.00 - 1300.00	1300.00 - 1400.00	1100.00 - 1100.00	-	1600.00 - 1600.00	1600.00 - 1600.00	1300.00 - 1300.00	-	-
Kelawalla	1800.00 - 1900.00	2800.00 - 3000.00	2800.00 - 3000.00	3000.00 - 3000.00	-	-	2400.00 - 2400.00	2400.00 - 2400.00	2600.00 - 2600.00
Thora	3300.00 - 3500.00	3600.00 - 3600.00	4400.00 - 4400.00	3800.00 - 3800.00	4000.00 - 4000.00	3600.00 - 3600.00	3200.00 - 3200.00	3500.00 - 3500.00	3600.00 - 3600.00
Paraw	1750.00 - 1850.00	2400.00 - 2400.00	2400.00 - 2600.00	2800.00 - 2800.00	-	-	-	1720.00 - 1720.00	1800.00 - 1800.00
Mora	1700.00 - 1800.00	2000.00 - 2000.00	2000.00 - 2000.00	2000.00 - 2000.00	2000.00 - 2000.00	2000.00 - 2000.00	2000.00 - 2000.00	-	2000.00 - 2000.00
Shrimps Small	1850.00 - 2000.00	2800.00 - 2900.00	3200.00 - 3200.00	3000.00 - 3000.00	2500.00 - 2500.00	2600.00 - 2600.00	2600.00 - 2600.00	2500.00 - 2500.00	2500.00 - 2500.00
Talapath	2400.00 - 2500.00	3000.00 - 3200.00	3100.00 - 3200.00	3000.00 - 3000.00	3200.00 - 3200.00	3000.00 - 3000.00	3000.00 - 3000.00	3000.00 - 3000.00	3000.00 - 3000.00
<b><i>Eggs (Rs/egg)</i></b>									
Brown	34.00 - 35.00	34.00 - 34.00	30.00 - 30.00	30.00 - 34.00	34.00 - 34.00	33.00 - 34.00	32.00 - 32.00	32.00 - 33.00	32.00 - 32.00
White	32.00 - 33.00	33.00 - 33.00	29.00 - 29.00	33.00 - 33.00	33.00 - 33.00	31.00 - 32.00	30.00 - 30.00	30.00 - 31.00	30.00 - 30.00
<b><i>Dried Fish</i></b>									
Sprats	2000.00 - 2200.00	2000.00 - 2000.00	2200.00 - 2200.00	2400.00 - 2400.00	2000.00 - 2400.00	2000.00 - 2400.00	2000.00 - 2200.00	2000.00 - 2200.00	2200.00 - 2200.00
Kattawa	2600.00 - 3200.00	-	2800.00 - 3300.00	3200.00 - 3200.00	3200.00 - 3200.00	2800.00 - 3200.00	2900.00 - 3000.00	2800.00 - 3000.00	3000.00 - 3200.00
Thora	3500.00 - 3500.00	-	4000.00 - 4000.00	-	3600.00 - 3600.00	3400.00 - 3400.00	-	-	3800.00 - 3800.00
Mora	3000.00 - 3000.00	3200.00 - 3200.00	3000.00 - 3200.00	3000.00 - 3200.00	3400.00 - 3400.00	-	-	3000.00 - 3000.00	-
Balaya	1800.00 - 1900.00	1900.00 - 1900.00	-	2400.00 - 2400.00	2600.00 - 2800.00	2600.00 - 2600.00	-	2400.00 - 2600.00	2400.00 - 2400.00
Anguluwa	3200.00 - 3400.00	3200.00 - 3200.00	2600.00 - 2600.00	2800.00 - 2800.00	3000.00 - 3000.00	3000.00 - 3000.00	-	2400.00 - 2800.00	2800.00 - 2800.00
Salaya	1000.00 - 1100.00	-	1000.00 - 1100.00	1100.00 - 1200.00	-	-	1000.00 - 1000.00	900.00 - 1000.00	1100.00 - 1100.00
<b><i>Meat</i></b>									
Beef (without Bones)	-	3000.00 - 3000.00	3200.00 - 3200.00	-	3000.00 - 3000.00	-	3000.00 - 3000.00	3100.00 - 3100.00	-
Chicken (Broiler)	1340.00 - 1340.00	1450.00 - 1450.00	1380.00 - 1380.00	1380.00 - 1380.00	1340.00 - 1340.00	1400.00 - 1400.00	1380.00 - 1380.00	1400.00 - 1480.00	1460.00 - 1460.00
Chicken (Curry)	-	-	-	1250.00 - 1250.00	1150.00 - 1150.00	-	1150.00 - 1150.00	-	1300.00 - 1300.00
Mutton	-	4300.00 - 4300.00	4400.00 - 4400.00	4400.00 - 4400.00	3900.00 - 3900.00	-	4500.00 - 4500.00	4600.00 - 4600.00	4400.00 - 4400.00
Pork	-	2800.00 - 2800.00	-	-	-	-	-	-	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)
<b>Rice</b>												
Rice - (white Kekulu - normal )	361	9.88	1.52	-	0.03	0.09	10.67	-	6.94	26.29	1.22	1.5
Rice - (white Kekulu Samba)	355	8.81	1.53	-	0.03	0.09	8.11	-	9.82	30.48	0.92	1.7
Rice - ( Red Kekulu - normal )	366	8.64	2.12	-	0.05	0.1	8.39	-	4.73	31.7	0.88	1.84
Rice -Samba	369	6.86	2.45	-	0.05	0.13	12.79	-	8.71	37.26	1.18	1.49
Rice - Nadu White	366	7.76	1.48	-	0.03	0.12	9.35	-	4.57	20.1	0.64	1.61
<b>Dried chilies</b>	233	12.68	6.41	437	0.84	0.42	46.83	NA	107	231	5.39	1.65
<b>Onion</b>												
Big onions	48	1.67	0.24	0.16	0.01	0.1	32.99	7.58	14.82	16.94	0.45	0.25
Red onions	55	2.13	0.15	0.18	0.02	0.13	30.15	14.26	20.37	19.32	0.31	0.28
<b>Potatoes</b>	71	1.67	0.25		0.01	0.09	14.31	20.5	9.83	23.84	0.46	0.29
<b>Pulses</b>												
Green gram	290	21.97	0.93	19.5	0.28	0.33	135	NA	98.96	146	4.15	2.86
White cowpea	320	21.25	1.14	1.36	0.09	0.26	249	NA	84.1	213	5.04	3.57
Red cowpea	320	20.24	1.08	0.96	0.11	0.27	273	NA	81.83	194	4.95	3.4
Red Dhal	319	23.09	0.77	1.06	1.6	0.22	55	NA	41.27	66.63	7.45	3.34
<b>Vegetables</b>												
Beans	46	3.95	0.15	6.64	0.1	0.3	45.2	7.02	35.68	45.56	0.7	0.59
Carrot	30	0.85	0.45	1240	0.03	0.1	24.71	5.93	27.65	11.7	0.59	0.25
Leeks	30	1.74	0.49	18.56	0.02	0.19	42.63	4.65	29.28	11.77	1.49	0.43
Beetroot	31	2.12	0.15	1.52	0.01	0.09	108	4.51	20.29	34.88	0.77	0.29
Knolkhol	16	1.69	0.34		0.05	0.19	12.7	77.64	40.09	19.35	0.23	0.18
Radish	29	0.75	0.11		0.02	0.09	18.09	12.13	35.64	13.56	0.38	0.16
Cabbage	21	1.35	0.14	3.35	0.05	0.14	52.66	29.62	56.85	18.47	0.33	0.16

Tomatoes	20	0.88	0.56	165	0.03	0.09	20.16	25.58	9.69	14.93	0.31	0.12
Ladies fingers	26	2.06	0.19	12.41	0.08	0.28	70.62	24.48	92.26	55.23	0.96	0.44
Brinjal (Pandora Striped)	29	1.49	0.31	23	0.12	0.09	30.99	1.49	18.95	18	0.32	0.19
Brinjal (Chinese eggplant)	24	1.28	0.33	16.83	0.12	0.11	32.94	3.37	14.4	21.18	0.28	0.16
Capsicum	23	1.22	0.34	38.96	0.03	0.29	28.65	49.63	12.65	11.21	0.21	0.31
Pumpkin (Common)	31	0.86	0.3	30.41	0.02	0.09	17.72	8.73	18.75	9.93	0.49	0.25
Cucumber	19	0.98	0.24	0.58	0.01	0.08	19.66	4.08	22.1	18.22	0.67	0.21
Bitter gourd	19	1.47	0.23	55.08	0.05	0.06	53.1	46.89	25.19	35.81	1.75	0.26
Snake gourd (Dark green)	11	0.82	0.25	10.41	0.03	0.12	18.09	3.54	26.83	25.84	0.41	0.11
Snake gourd (Pale green)	11	0.89	0.25	5.14	0.03	0.07	16.52	2.85	27.11	21.77	0.47	0.2
Drumstick	30	2.48	0.12	3.13	0.06	0.12	60.48	92.33	22.27	28.51	0.5	0.26
Watakolu	12	0.86	0.15	59.33	0.01	0.07	25.48	6.41	14.67	14.01	4.42	0.45
Long beans	24	3.36	0.3	-	0.06	0.11	99.98	8.93	44.22	33.17	1.01	0.08
Ash Plantain	76	2.84	0.56	0.06	0.02	0.07	6.82	4.49	5.19	22.55	0.39	0.21
Green chillies	39	2.28	0.76	38.16	0.08	0.25	21.29	98.61	20.25	36.91	1.25	0.29
Limes	26	0.66	0.26	0.36	0.01	0.05	12.1	38.05	26	15.25	0.12	0.05
Kekiri	17	1.01	0.25	0.76	0.01	0.07	17.34	8.07	25.72	26.2	0.63	0.22
Ash pumpkin (Ash guord)	18	0.8	0.15		0.01	0.15	14.17	9.14	19.27	23.62	0.48	0.13
Cho-Cho	19	0.58	0.12	0.3	0.04	0.07	63.81	23.76	20.55	13.02	0.49	0.12
Thalana batu (Little prince)	21	1.28	0.39	24.33	0.12	0.09	38.63	2.4	12.38	19.62	0.31	0.22
Thalana batu (Thai eggplant)	21	1.45	0.26	18.33	0.11	0.09	31.18	2.71	17.24	37.22	0.37	0.24
Thibbatu	61	1.66	1.96	15.89	0.03	1.02	72.39	10.8	105	57.46	1.06	0.59
Kohila yams	27	0.64	0.16	1.72	0.01	0.14	4.64	1.67	52.33	33.95	0.61	1.62
Kehel muwa	19	1.36	0.63	4.27	0.02	0.12	40.51	8.16	35.09	31.43	0.38	0.39
Ambaralla	37	0.73	0.44	3.36	0.01	0.1	44.49	35.51	20.7	9.28	0.7	0.12
Mango	50	0.75	0.09	14.5	0.02	0.14	34.89	91.63	28.56	17.74	0.5	0.09
Mushroom	27	2.54	0.42	-	0.15	0.13	7.81	11.56	0.9	14.42	1.32	0.79
Dambala	21	1.84	0.2	38.74	0.08	0.4	33.69	19.82	68.24	31.38	1.2	0.44
<b>Coconuts nuts</b>	<b>390</b>	<b>3.67</b>	<b>39.92</b>	<b>-</b>	<b>0.05</b>	<b>0.11</b>	<b>14.86</b>	<b>-</b>				

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

Shark	95	21.6	0.83	1.11	0.04	0.11	8.57	8.44	32.58	0.41	0.74
Paraw	87	20.02	0.7	1.49	0.02	0.16	6.77	8.17	31.68	0.67	0.41
Thalapath	91	16.04	2.88	12.03	0.1	0.13	78.22	7.64	24.89	0.71	0.67
Kelawalla	109	21.47	2.55	15.95	0.17	0.73	77.39	13.35	33.82	0.68	0.64
Haedaella	87	19.88	0.78	12.18	0.04	0.06	11.7	36.6	53	0.54	0.65
Hurulla	88	17.08	2.18	10.02	0.14	1.66	61.66	103	35.45	1.24	1.05
Karalla / Katuwalla	97	21.8	1.06	1.25	0.02	0.1	14.38	37.06	39.05	0.24	0.42
Kumbala / Angila	101	21.51	1.53	16.34	0.1	0.1	7.13	31.27	37.46	1.46	0.67
Salaya / Sudaya	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

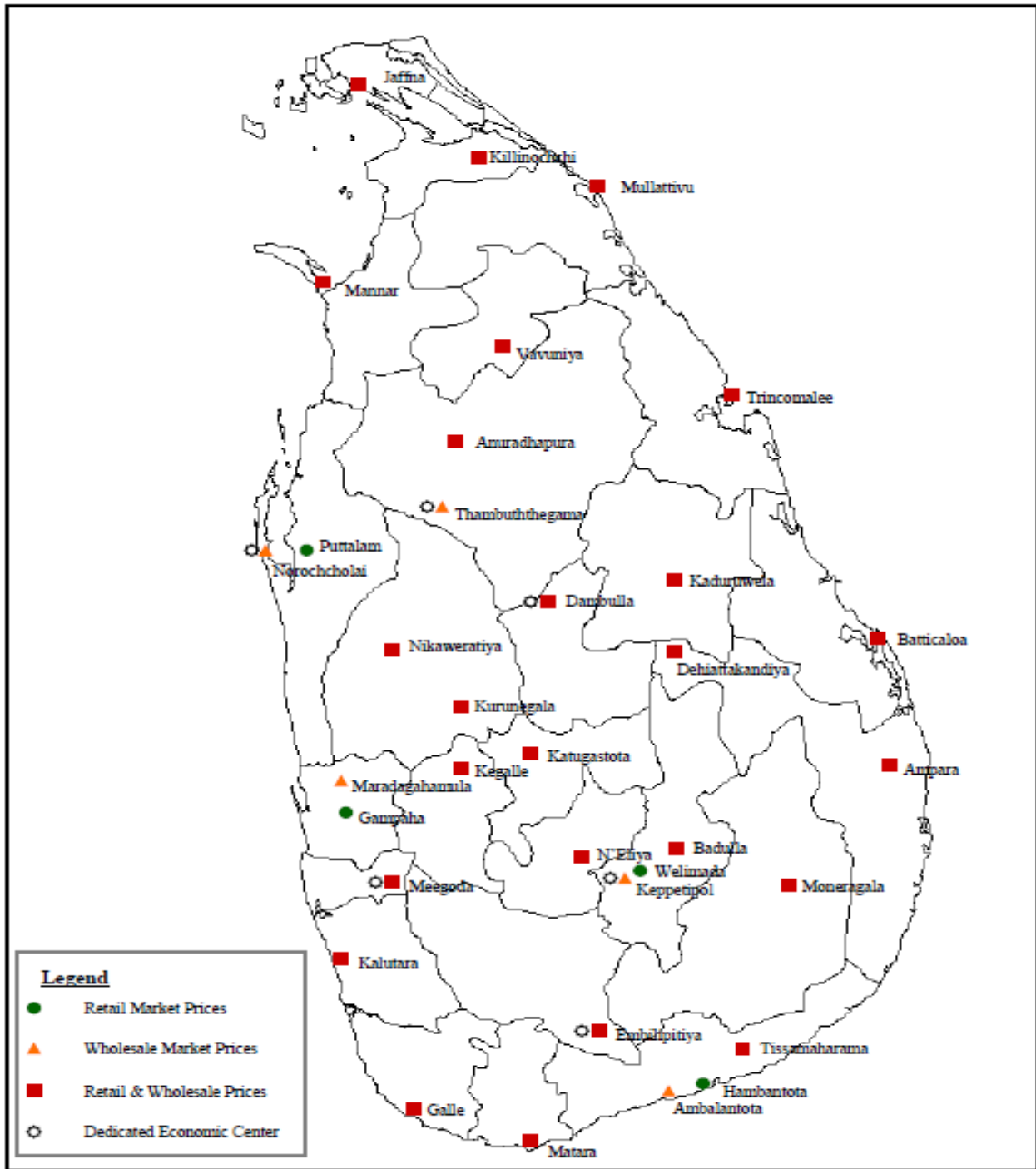
#### Fruits

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

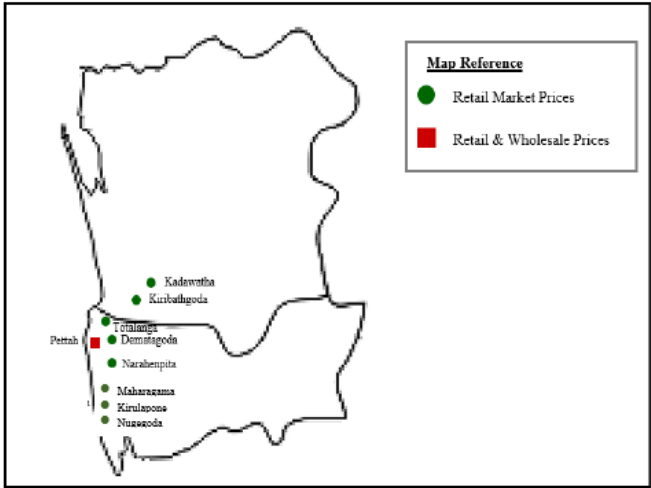
**Source: Sri Lanka Food Composition Tables, Ministry of Health - 2021.**

# Price Collecting Areas



**Legend**

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





HARTI



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