

RETAIL MARKET AT A GLANCE

Summary

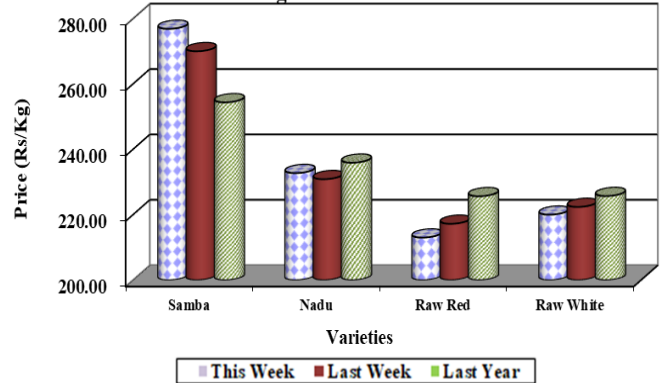
Paddy/ Rice

Prices of samba, nadu and imported samba have slightly increased. The highest price increase of Rs.7.00/kg was recorded for samba. Further, the highest price decrease of Rs.4.00/kg was recorded for raw red. Compared to the same period of the last year, the highest price increase was reported for keeri samba as 30%.

Farmgate price of paddy in most of the major producing areas has decreased, except for long grain red rice. The highest price decrease was reported for keeri samba paddy as Rs.9.00/kg in Polonnaruwa. Further, a price increase of Rs.1.00/kg reported in Embilipitiya for long grain red paddy.

(Page No.01)

Average Retail Prices of Rice

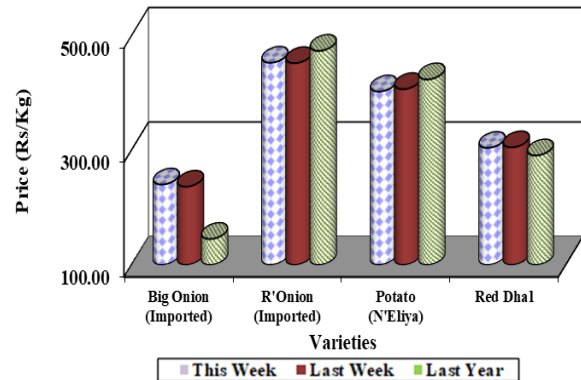


Other Field Crops

Prices of imported dried chilies has increased by Rs.23.00/kg and the price ranged between Rs.1000.00-1400.00/kg. Meanwhile, prices of imported big onions have increased by Rs. 4.00/kg. Further, prices of imported potato has increased by Rs.12.00/kg while prices of Nuwara Eliya potatoes has decreased by Rs4.00/kg.

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Average Retail Prices of Other Field Crops

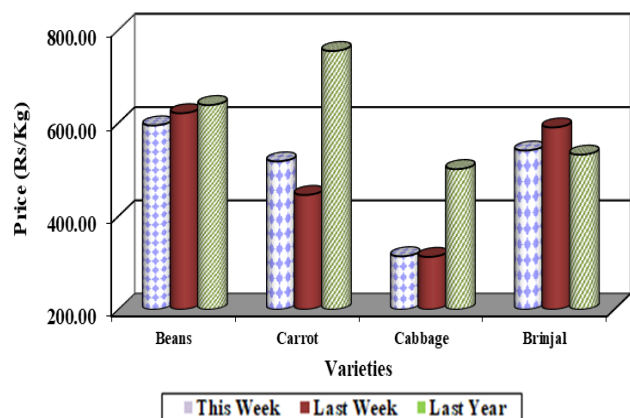


Vegetables

Retail prices of most of the up-country vegetable varieties has increased in line with the upward wholesale price trend in the lean season. Considering the up-country vegetables, the highest price increase was reported for tomato at Rs.198.00/kg. Considering low-country vegetable varieties, the highest price decrease was reported for drumsticks as Rs.147.00/kg.

(Page No.03-04)

Average Retail Prices of Vegetables



Eggs

Price of a both brown and white egg has decreased by around Rs.1.00/egg and the price ranges have been reported between Rs.40.00-43.00/egg and Rs.37.00-39.00/egg, respectively. Compared to the same period in the previous year, the retail price of both brown and white eggs has increased by 10% and 11% respectively.

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Rice

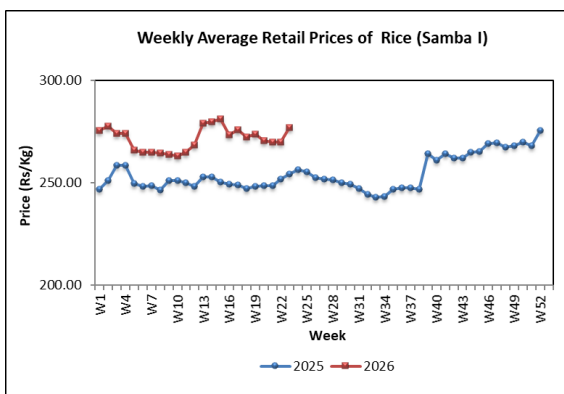
Wholesale

Price of all the local rice varieties have not changed significantly. Price ranges of keeri samba and raw red were Rs.320.00-340.00/kg and Rs.175.00-185.00/kg respectively.

Compared to same period of last year, the highest price increase of 19% recorded for keeri samba and the highest price decrease of 17% recorded for raw red.

Retail

Prices of samba, nadu and imported samba have increased. Prices of keeri samba, raw red and raw white have decreased. The highest price increase of Rs.7.00/kg was recorded for samba. The highest price decrease of Rs.4.00/kg was recorded for raw red.



Compared to the same period of the last year, the highest price increase of 30% was recorded for keeri samba while the highest

price decreased of 6% was recorded for raw red.

Paddy

The average farmgate prices of major paddy varieties in some major paddy producing areas have decreased over the previous week. Accordingly, the price of short grain (samba) paddy ranged between Rs.120.00-130.00/kg, recording a decrease of Rs.10.00/kg in Ampara and Nikaweratiya regions. The price of keeri samba paddy varied between Rs.146.00-160.00/kg, recording a decrease of Rs. 16.00/kg in the Polonnaruwa region. The price of long grain white paddy varied between Rs.90.00-105.00/kg in major producing areas, recording a decrease of Rs.8.00/kg in the Ampara region. Additionally, the price of long grain red paddy ranged between Rs.98.00-100.00/kg in major producing areas.

Compared to the same time period last year, the average prices of short grain, long grain white and long grain red paddy have decreased significantly. However, average prices of keeri samba paddy have risen in major producing areas.

Dried Chilies

Wholesale

The price of imported dried chili has decreased by 3% and price ranged Rs.950.00-1050.00/kg,

Compared to same period of last year, current whole sale price of imported dried chili has increased by 91%.

Retail

Price of imported dried chili has increased by Rs.23.00/kg and price ranged Rs.1100.00-1400.00/kg.

Compared to the same period of the last year, current retail price of imported dried chili has increased by 58%.

Onion

Wholesale

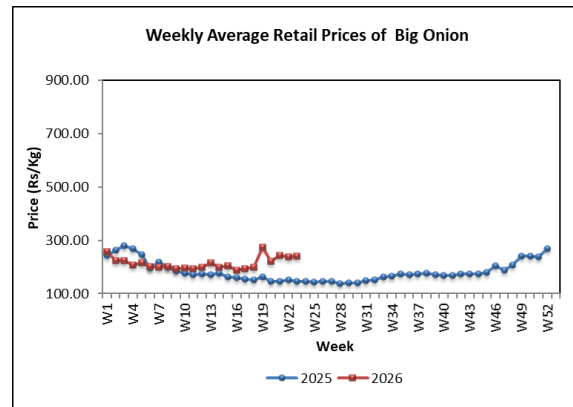
Price of sinnan red onion has decreased by 22% due to availability of low-quality stocks and price ranged Rs.150.00-200.00/kg, Price of imported red onion and imported big onion have increased 2% and 10% and price ranged Rs.290.00-310.00/kg and Rs.160.00-220.00/kg.

Compared to same period of last year, current wholesale price of imported red onion have decreased by 20% and 9% while imported big onion has increased by

101% due to unavailability of sufficient stocks.

Retail

Price of imported red onions has increased of Rs.1.00/kg. Price of imported big onions has increased of Rs.4.00/kg.



Compared to the same period of the last year, highest price increase of 66% was recorded for imported big onions and highest price decreased of 4% was recorded for imported red onion.

Potato

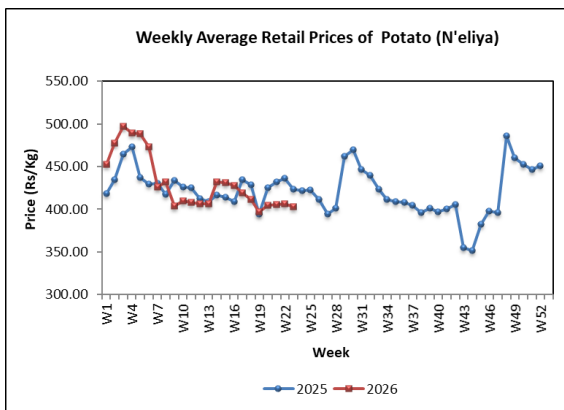
Wholesale

Price of imported potato has increased by 9% due to unavailability of sufficient stocks and price ranged Rs.170.00-180.00/kg. The price of Nuwara Eliya potato has not changed significantly and price ranged.280.00-310.00/kg respectively.

Compared to same period of last year, current wholesale price of Nuwara Eliya and imported potatoes have increased by 18% and 16% respectively.

Retail

Price of imported potatoes has increased by Rs.12.00/kg and price of Nuwara Eliya potatoes has decreased of Rs.4.00/kg.



Compared to the same period of the last year, highest price increase of 7% was recorded for imported potatoes and highest price decreased of 5% was recorded for Nuwara Eliya potato.

Pulses

Wholesale

Price of green gram, white cowpea, red cowpea and red dhal have decreased in the range of 3%-8% and price ranges of Rs.650.00-750.00/kg and Rs.230.00-240.00/kg for white cowpea and red dhal.

Compared to same period of last year, the highest price increase of 15% was recorded for green gram.

Retail

Prices of all types of pulses varieties have decreased. The highest price decreased of Rs.27.00/kg was recorded for white cowpea.

Compared to the same period of the last year, price of white cowpea increased by 22%.

Vegetables

Wholesale

Prices of most of the upcountry vegetables have increased further, with decreased supply from most of producing areas. But the prices of most of the low country vegetables have decreased further, with increased supply form Kandy, Puttalam, Melsiripura and Hettipola. Among the upcountry vegetable varieties, the highest price increase of 70% reported for tomato, with decreased supply from Sooriyawewa and Balangoda. Similarly, the prices of raddish have also increased by 16%, due to decreased supply from Nuwara Eliya. While the prices of carrot and beetroot have increased by 14%. However, the

Weekly Food Commodities Bulletin

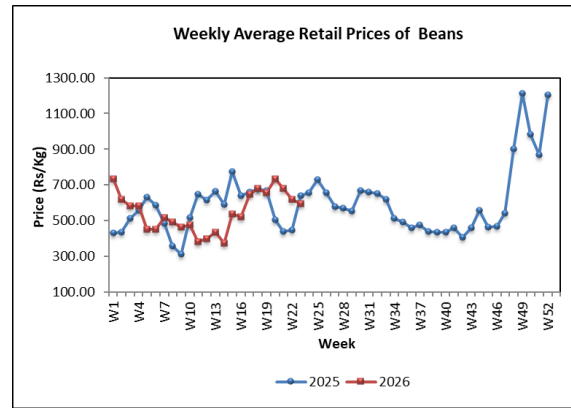
prices of leeks have decreased by 19%, with increased supply from Nuwara Eliya and Welimada.

Considering the low-country vegetables, the highest price decrease was reported for capsicum as 16%, due to increased supply from Ragala. In addition, prices of drumstick have also decreased by 10%, with increased supply from Jaffna. While the prices of luffa have decrease by 9%, with increased supply from Kandy. But the Prices of long beans have increased by 50%, with decrease supply from Balangoda. Prices of green chilly have decreased by 17%, due to increase supply from producing areas.

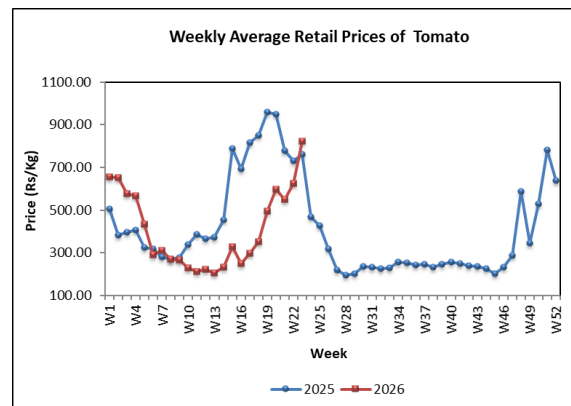
Compared to the same period of last year, the prices of most of the vegetables have increased, with the highest price increase of 82% reported for luffa.

Retail

Prices of most of up-country vegetable varieties have increased. The highest price increase was reported for tomato by Rs.198.00/kg. While prices of beetroot and carrot have increased by Rs.77.00/ kg and Rs.72.00/kg respectively. However, the price of leeks has decreased by Rs. 52.00/kg.



Prices of most of low-country vegetable varieties have decreased. The highest price decrease was reported for drumstick by Rs.147.00/kg. While prices of both brinjal and capsicum have decreased by Rs. 49.00/kg. However, the price of long beans has increased by Rs.76.00/kg. Also, the price of lime has increased by Rs. 128.00/kg.



Compared to the same period of last year, prices of most varieties have increased with a highest price increase of 48% reported for ladies fingers.

Coconut
Wholesale

Prices of both large and small coconut have decreased by 4% and 5% respectively, with increased supply from major producing areas. Price ranges were Rs.140.00-160.00 for a large nut and Rs.120.00-140.00 for a small nut.

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

Retail

Prices of both large nuts and small nuts have decreased by around Rs. 6.00/nut and Rs.3.00/nut respectively. Prices ranged Rs.160.00-180.00 for a large nut and Rs. 130.00-150.00 for a small nut.

Compared to the same period of last year, the current retail prices of both large and small nuts have decreased by 19% and 26% respectively.

Fruits
Wholesale

Prices of most of the fruit varieties have increased due to low supply to the market. The highest price increase of 42% was reported for betti mango. Further, prices of orange(local) and slime apple have increased by 18% and 14% respectively

due to limited supply. Moreover, prices of papaw and wood apple have increased by 13% and 10% respectively due to low supply to the market. However, prices of passion fruit and avocado have decreased by 13% and 10% respectively due to high supply.

Compared to the same period of last year, prices of most of the fruit varieties have increased and the highest price increase of 71% was noted for slime apple.

Retail

In line with the increased wholesale prices, retail prices of most of the fruits have also increased. The highest price increase of Rs. 54.00/kg was reported for passion fruit. Price of slime apple and avocado have increased by Rs. 51.00/kg and Rs.22.00/kg respectively. Also, prices of papaw, pineapple and betti mango increased by Rs.20.00/kg, Rs.19.00/kg and Rs.18.00/kg. However, the price of imported grapes has decreased by Rs. 80.00/kg.

Compared to the same period of last year, current prices of most of the fruits have increased and highest price increase was reported for papaw 44%.

Fresh Fish

Wholesale

The prices for most fresh fish types have increased in the range of 2% to 27%. The highest price increase was noted for balaya as 27% with a price range of Rs.900.00-1500.00/kg. The second highest price increase of 11% was reported for paraw with a price range of Rs.1200.00-1800.00/kg. The price of shrimps has decreased by 15%. The second highest price decrease was noted for thora as 9%.

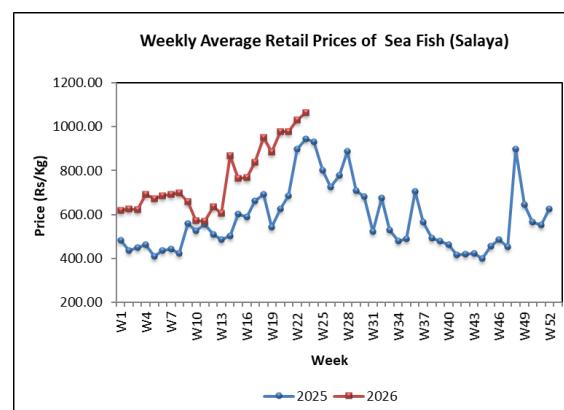
Compared to the same period of last year, current wholesale prices of most of the fresh fish types have decreased in the range of 4%-35% and the highest price decrease was noted for salaya.

Retail

Retail prices of all fish species except thora, Paraw and shrimp have increased. The highest price increase was reported for balaya by Rs.490.00/kg. While the prices of hurulla and salaya have increases by Rs.73.00/kg and Rs.33.00/kg respectively. The highest price decrease was reported for shrimp by 307.00/kg.

Compared to the same period last year the retail prices of all the fish species expect for balaya and thora have increased in the

range of 1%-17%. The highest price increase was recorded for kelawalla.



Dried Fish

Wholesale

Prices of most of the local and dried fish types have increased in the range of 1%-13%. The highest price increase of 13% was noted for local sprat with a price range of Rs.2000.00 - 2200.00/kg. The second highest price increase of 9% was noted for local anguluwa with a price range of Rs.2100.00-2800.00/kg. Price of imported anguluwa has decreased by 11% with a price range of Rs.2000.00-2100/kg.

Compared to the same period of last year, the current wholesale prices of most of the dried fish types have increased and the highest price increase was noted for imported katta.

Retail

Prices of most of the dried fish varieties have increased. The highest price increase was recorded for thora as Rs.275.00/kg. Prices of katta and local sprats have also increased by Rs.235.00/kg and Rs.202.00/kg respectively. While the price of balaya, has decreased by Rs.108.00/kg.

Compared to the same period last year, prices of all the dried fish varieties except balaya and salaya have increased in the range of 16%-35%. The highest Price increase was recorded for imported katta.

Eggs

Wholesale

The prices of brown and white eggs have decreased by 2% and 3% respectively. Price range of a brown egg was Rs.39.00-40.00 and the price range of a white egg was Rs. 36.00-38.00.

Compared to the same period of last year, current wholesale price of brown and white eggs have increased by 14% and 13% respectively.

Retail

Price of both brown eggs and white eggs have decreased by about Rs.1.00/egg. Price ranged Rs.40.00-43.00.00 for brown eggs and Rs. 37.00-39.00 for white eggs.

Compared to the same period of last year, retail prices of brown and white eggs have increased by 10% and 11% respectively.

Meat

Retail

There was no change in the price of mutton. Retail prices of other varieties except pork have decreased. The highest price decrease was reported for beef, at Rs. 100.00/kg. The price of mutton has decreased by Rs.153.00/kg.

Compared to the same period last year, prices of all meats have increased. The highest price increase was noted for pork at 34%.

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 23: 05 - 11 June 2026

LOCATIONS	Rice Varieties													
	Samba 1		Samba 2		Keeri Samba		Nadu 1		Nadu 2		Raw Red		Raw White	
Colombo	240.00	245.00	235.00	238.00	320.00	340.00	200.00	205.00	195.00	198.00	175.00	185.00	185.00	195.00
Divulapitiya	280.00	285.00	230.00	250.00	335.00	360.00	227.00	228.00	190.00	210.00	176.00	190.00	178.00	198.00
Kurunegala	-	-	239.00	240.00	-	-	227.00	228.00	200.00	206.00	-	-	190.00	195.00
Nikaweratiya	275.00	285.00	235.00	240.00	380.00	390.00	225.00	230.00	185.00	190.00	-	-	180.00	188.00
Badulla	-	-	238.00	238.00	355.00	360.00	225.00	228.00	-	-	170.00	180.00	185.00	195.00
Puttalam	-	-	238.00	240.00	-	-	227.00	228.00	-	-	-	-	-	-
Dambulla	280.00	285.00	-	-	-	-	-	-	205.00	208.00	-	-	195.00	200.00
Anuradhapura	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Tambuttegama	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Polonnaruwa	-	-	-	-	-	-	218.00	222.00	-	-	190.00	191.00	210.00	210.00
Kalutara	-	-	240.00	245.00	-	-	226.00	228.00	205.00	210.00	170.00	200.00	180.00	210.00
Ampara	-	-	-	-	-	-	230.00	230.00	205.00	210.00	165.00	180.00	175.00	185.00
Kandy	265.00	270.00	240.00	245.00	340.00	350.00	220.00	222.00	200.00	205.00	180.00	183.00	190.00	195.00
Moneragala	-	-	235.00	240.00	380.00	385.00	226.00	230.00	-	-	160.00	170.00	170.00	180.00
Kegalle	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Dehiattakandiya	285.00	285.00	-	-	370.00	375.00	225.00	225.00	205.00	218.00	-	-	185.00	185.00
Hambantota	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Matara	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Galle	-	-	240.00	250.00	360.00	390.00	220.00	220.00	210.00	210.00	160.00	170.00	185.00	200.00
Meegoda	-	-	237.00	238.00	-	-	210.00	214.00	198.00	202.00	166.00	170.00	182.00	190.00
Tissamaharama	-	-	-	-	-	-	229.00	229.00	-	-	156.00	157.00	195.00	197.00
Embilipitiya	-	-	248.00	250.00	375.00	380.00	224.00	225.00	-	-	158.00	165.00	182.00	185.00
Jaffna	-	-	-	-	-	-	230.00	230.00	-	-	170.00	170.00	205.00	210.00
Vavuniya	-	-	234.00	238.00	-	-	220.00	228.00	-	-	170.00	175.00	200.00	205.00
Mannar	-	-	245.00	248.00	330.00	335.00	210.00	215.00	-	-	185.00	195.00	197.00	200.00
Killinochchi	-	-	-	-	-	-	210.00	214.00	-	-	175.00	178.00	195.00	205.00
Mullattivu	-	-	-	-	-	-	215.00	220.00	-	-	180.00	186.00	210.00	212.00
Batticaloa	-	-	235.00	240.00	335.00	340.00	-	-	200.00	200.00	190.00	190.00	190.00	190.00
Trincomalee	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Galenbindunuwew	-	-	239.00	239.00	-	-	227.00	229.00	205.00	217.00	-	-	195.00	210.00
Matale	-	-	-	-	-	-	-	-	-	-	-	-	-	-

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

Week 23: 05 - 11 June 2026

LOCATIONS	Rice Varieties													
	Samba 1		Samba 2		Keeri Samba		Nadu 1		Nadu 2		Raw Red		Raw White	
Colombo	260.00	285.00	-	-	360.00	390.00	230.00	240.00	-	-	200.00	230.00	210.00	230.00
Gampaha	-	-	240.00	240.00	-	-	230.00	230.00	220.00	225.00	210.00	220.00	210.00	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	400.00	230.00	235.00	190.00	200.00	-	-	185.00	195.00
Dambulla	285.00	290.00	250.00	260.00	370.00	380.00	228.00	230.00	210.00	220.00	215.00	220.00	210.00	220.00
Anuradhapura	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Thambuththegama	285.00	300.00	240.00	265.00	390.00	400.00	230.00	235.00	205.00	218.00	215.00	230.00	205.00	215.00
Polonnaruwa	-	-	239.00	240.00	370.00	370.00	230.00	230.00	-	-	216.00	220.00	220.00	220.00
Kaluthara	280.00	290.00	240.00	260.00	380.00	390.00	230.00	230.00	210.00	215.00	170.00	220.00	190.00	220.00
Badulla	-	-	240.00	240.00	380.00	385.00	228.00	230.00	-	-	170.00	185.00	190.00	200.00
Keppetipola	-	-	250.00	260.00	-	-	230.00	232.00	225.00	226.00	168.00	170.00	190.00	195.00
Moneragala	-	-	240.00	245.00	385.00	395.00	230.00	240.00	-	-	170.00	180.00	180.00	190.00
Kegalle	-	-	240.00	250.00	-	-	230.00	230.00	215.00	220.00	220.00	220.00	215.00	220.00
Ampara	-	-	240.00	250.00	360.00	380.00	230.00	230.00	200.00	210.00	175.00	200.00	180.00	220.00
Dehiattakandiya	285.00	285.00	-	-	380.00	380.00	230.00	230.00	208.00	220.00	220.00	220.00	190.00	220.00
Nuwaraeliya	-	-	250.00	260.00	370.00	380.00	225.00	230.00	215.00	218.00	184.00	188.00	190.00	200.00
Kandy	280.00	285.00	245.00	250.00	380.00	385.00	228.00	230.00	215.00	220.00	195.00	210.00	210.00	215.00
Puttalam	290.00	300.00	245.00	255.00	375.00	380.00	230.00	230.00	215.00	220.00	220.00	230.00	210.00	220.00
Hambantota	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Rathnapura	300.00	305.00	-	-	380.00	390.00	230.00	240.00	220.00	222.00	178.00	184.00	195.00	199.00
Matara	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Galle	280.00	300.00	260.00	260.00	380.00	400.00	230.00	240.00	-	-	180.00	210.00	200.00	220.00
Tissamaharama	-	-	240.00	240.00	-	-	230.00	230.00	-	-	160.00	165.00	200.00	205.00
Meegoda (DEC)	-	-	240.00	240.00	-	-	225.00	230.00	210.00	220.00	185.00	200.00	210.00	220.00
Embilipitiya	-	-	240.00	260.00	375.00	385.00	230.00	230.00	215.00	220.00	158.00	170.00	195.00	210.00
Jaffna	-	-	-	-	-	-	-	-	-	-	180.00	190.00	215.00	220.00
Vavuniya	-	-	240.00	250.00	-	-	230.00	238.00	-	-	180.00	186.00	210.00	215.00
Mannar	-	-	255.00	260.00	360.00	360.00	230.00	235.00	-	-	200.00	205.00	220.00	225.00
Killinochchi	-	-	-	-	-	-	215.00	220.00	-	-	180.00	185.00	210.00	215.00
Mullaittivu	-	-	-	-	-	-	218.00	223.00	-	-	185.00	218.00	213.00	218.00
Batticaloa	-	-	250.00	250.00	360.00	365.00	220.00	220.00	-	-	200.00	200.00	200.00	200.00
Trincomalee	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Hanguranketha	-	-	240.00	240.00	-	-	227.00	230.00	-	-	190.00	195.00	200.00	220.00
Veyangoda	-	-	240.00	240.00	-	-	230.00	230.00	202.00	220.00	210.00	220.00	190.00	210.00
Galenbindunuwewa	280.00	280.00	240.00	240.00	390.00	400.00	230.00	230.00	210.00	220.00	220.00	220.00	200.00	220.00
Bandarawela	-	-	-	-	360.00	370.00	230.00	230.00	215.00	218.00	180.00	185.00	190.00	195.00
Matale	-	-	-	-	-	-	-	-	-	-	-	-	-	-

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

Week 23: 05 - 11 June 2026

LOCATION	Dried Chillies	Red Onion		Big Onion	Potato			Pulses		
	Imported	Imported	Local		Imported	Welimada	Nuwara Eliya	Green Gram	Cowpea	Red Dhal
Colombo	950.00 - 1050.00	290.00 - 360.00	-	160.00 - 220.00	170.00 - 180.00	-	280.00 - 310.00	750.00 - 860.00	650.00 - 750.00	230.00 - 240.00
Kurunegala	980.00 - 1000.00	350.00 - 380.00	-	210.00 - 220.00	170.00 - 180.00	-	-	860.00 - 890.00	740.00 - 760.00	246.00 - 250.00
Nikaweratiya	960.00 - 990.00	380.00 - 400.00	-	200.00 - 225.00	165.00 - 180.00	-	-	830.00 - 850.00	-	240.00 - 250.00
Dehiattakandiya	1050.00 - 1100.00	380.00 - 400.00	-	200.00 - 230.00	175.00 - 195.00	-	270.00 - 370.00	650.00 - 850.00	-	238.00 - 265.00
Dambulla (DEC)	960.00 - 970.00	-	-	165.00 - 170.00	-	220.00 - 240.00	270.00 - 280.00	580.00 - 650.00	-	-
Anuradhapura	-	-	-	-	-	-	-	-	-	-
Thambuththegama	-	-	-	165.00 - 230.00	160.00 - 175.00	-	-	-	-	-
Polonnaruwa	980.00 - 1020.00	390.00 - 440.00	-	200.00 - 215.00	185.00 - 200.00	-	285.00 - 320.00	850.00 - 885.00	700.00 - 735.00	250.00 - 260.00
Kaluthara	1000.00 - 1100.00	350.00 - 380.00	-	200.00 - 220.00	190.00 - 200.00	-	-	800.00 - 850.00	750.00 - 800.00	240.00 - 255.00
Puttalam	-	-	220.00 - 320.00	-	185.00 - 200.00	-	-	-	-	-
Kandy	1040.00 - 1050.00	340.00 - 350.00	-	170.00 - 220.00	170.00 - 180.00	230.00 - 260.00	270.00 - 290.00	800.00 - 850.00	800.00 - 840.00	235.00 - 245.00
Matara	-	-	-	-	-	-	-	-	-	-
Hambantota	-	-	-	-	-	-	-	-	-	-
Kegalle	980.00 - 1000.00	360.00 - 370.00	-	210.00 - 220.00	170.00 - 180.00	-	280.00 - 290.00	840.00 - 860.00	800.00 - 820.00	240.00 - 250.00
Galle	1000.00 - 1020.00	350.00 - 380.00	-	180.00 - 220.00	180.00 - 200.00	-	-	800.00 - 850.00	800.00 - 850.00	-
Tissamaharama	1000.00 - 1020.00	400.00 - 410.00	-	210.00 - 220.00	195.00 - 200.00	-	295.00 - 300.00	850.00 - 860.00	-	250.00 - 255.00
Meegoda (DEC)	-	340.00 - 360.00	-	185.00 - 210.00	170.00 - 180.00	-	290.00 - 310.00	820.00 - 840.00	700.00 - 780.00	230.00 - 250.00
Jaffna	1000.00 - 1050.00	-	-	230.00 - 230.00	180.00 - 190.00	-	-	770.00 - 780.00	-	260.00 - 260.00
Vavuniya	1040.00 - 1060.00	350.00 - 380.00	-	-	200.00 - 210.00	-	-	800.00 - 820.00	-	250.00 - 258.00
Mannar	990.00 - 995.00	-	-	180.00 - 200.00	165.00 - 170.00	-	-	800.00 - 850.00	-	250.00 - 260.00
Killinochchi	1000.00 - 1050.00	-	-	200.00 - 220.00	180.00 - 200.00	-	-	800.00 - 840.00	-	250.00 - 260.00
Mullattivu	1040.00 - 1080.00	-	-	210.00 - 220.00	170.00 - 190.00	-	-	830.00 - 880.00	-	-
Batticaloa	1000.00 - 1000.00	-	-	190.00 - 190.00	180.00 - 180.00	-	280.00 - 280.00	850.00 - 850.00	-	260.00 - 260.00
Trincomalee	-	-	-	-	-	-	-	-	-	-
Galenbindunuwewa	980.00 - 1115.00	345.00 - 410.00	-	205.00 - 225.00	180.00 - 200.00	-	-	795.00 - 870.00	775.00 - 800.00	241.00 - 250.00
Matale	-	-	-	-	-	-	-	-	-	-

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

Week 23: 05 - 11 June 2026

LOCATIONS	Dried Chillies	Red Onion		Big Onion	Potato			Pulses		
	Imported	Imported	Local		Imported	Welimada	Nuwara Eliya	Green Gram	Cowpea	Red Dhal
Colombo	1000.00 - 1400.00	380.00 - 520.00	-	220.00 - 260.00	200.00 - 260.00	-	380.00 - 450.00	900.00 - 1100.00	900.00 - 1200.00	270.00 - 340.00
Gampaha	1000.00 - 1200.00	480.00 - 520.00	-	240.00 - 290.00	240.00 - 260.00	-	400.00 - 460.00	920.00 - 1100.00	770.00 - 1000.00	275.00 - 300.00
Kurunegala	1000.00 - 1200.00	450.00 - 500.00	-	240.00 - 260.00	220.00 - 250.00	-	-	900.00 - 1000.00	850.00 - 930.00	270.00 - 280.00
Nikaweratiya	1000.00 - 1120.00	400.00 - 430.00	-	225.00 - 245.00	190.00 - 200.00	-	-	880.00 - 940.00	740.00 - 780.00	250.00 - 265.00
Dambulla	1050.00 - 1100.00	400.00 - 420.00	380.00 - 400.00	200.00 - 220.00	200.00 - 220.00	300.00 - 320.00	-	800.00 - 900.00	780.00 - 850.00	260.00 - 270.00
Anuradhapura	-	-	-	-	-	-	-	-	-	-
Thambuththegama	1100.00 - 1250.00	420.00 - 480.00	-	220.00 - 250.00	200.00 - 230.00	-	-	850.00 - 1000.00	780.00 - 850.00	250.00 - 265.00
Polonnaruwa	1000.00 - 1150.00	400.00 - 480.00	-	220.00 - 280.00	200.00 - 240.00	-	360.00 - 400.00	860.00 - 900.00	720.00 - 750.00	260.00 - 280.00
Kaluthara	1100.00 - 1200.00	440.00 - 500.00	-	240.00 - 260.00	200.00 - 250.00	-	380.00 - 440.00	850.00 - 900.00	780.00 - 980.00	250.00 - 260.00
Badulla	1000.00 - 1100.00	400.00 - 400.00	-	230.00 - 250.00	190.00 - 200.00	380.00 - 400.00	-	850.00 - 900.00	800.00 - 880.00	260.00 - 280.00
Keppetipola	1050.00 - 1150.00	370.00 - 400.00	320.00 - 330.00	220.00 - 230.00	210.00 - 220.00	300.00 - 330.00	-	850.00 - 900.00	850.00 - 860.00	300.00 - 340.00
Moneragala	1100.00 - 1150.00	420.00 - 480.00	-	240.00 - 260.00	200.00 - 240.00	360.00 - 400.00	-	800.00 - 900.00	750.00 - 860.00	280.00 - 300.00
Kegalle	1100.00 - 1160.00	400.00 - 420.00	-	240.00 - 260.00	200.00 - 220.00	300.00 - 340.00	-	880.00 - 920.00	840.00 - 880.00	280.00 - 300.00
Ampara	1050.00 - 1100.00	420.00 - 450.00	-	235.00 - 260.00	210.00 - 220.00	350.00 - 380.00	-	900.00 - 950.00	850.00 - 870.00	245.00 - 255.00
Dehiattakandiya	1100.00 - 1300.00	400.00 - 480.00	-	220.00 - 240.00	200.00 - 220.00	-	380.00 - 400.00	700.00 - 900.00	1000.00 - 1000.00	250.00 - 280.00
Nuwaraeliya	1100.00 - 1200.00	390.00 - 400.00	340.00 - 350.00	210.00 - 230.00	190.00 - 210.00	-	320.00 - 340.00	850.00 - 880.00	840.00 - 860.00	265.00 - 300.00
Kandy	1100.00 - 1160.00	420.00 - 440.00	-	260.00 - 270.00	240.00 - 260.00	300.00 - 320.00	340.00 - 360.00	960.00 - 1000.00	960.00 - 1000.00	270.00 - 300.00
Puttalam	1100.00 - 1150.00	-	360.00 - 400.00	250.00 - 260.00	240.00 - 260.00	-	-	900.00 - 950.00	950.00 - 1000.00	260.00 - 280.00
Rathnapura	1150.00 - 1200.00	440.00 - 500.00	-	240.00 - 280.00	215.00 - 240.00	-	-	840.00 - 940.00	820.00 - 920.00	280.00 - 300.00
Hambantota	-	-	-	-	-	-	-	-	-	-
Matara	-	-	-	-	-	-	-	-	-	-
Galle	1100.00 - 1200.00	440.00 - 500.00	-	230.00 - 240.00	220.00 - 260.00	-	380.00 - 400.00	950.00 - 980.00	850.00 - 1000.00	280.00 - 320.00
Tissamaharama	1080.00 - 1150.00	440.00 - 460.00	-	230.00 - 240.00	220.00 - 230.00	-	-	900.00 - 950.00	-	270.00 - 280.00
Meegoda (DEC)	1050.00 - 1150.00	440.00 - 480.00	-	230.00 - 240.00	220.00 - 260.00	-	400.00 - 400.00	900.00 - 1000.00	850.00 - 900.00	260.00 - 320.00
Embilipitiya	1040.00 - 1100.00	-	420.00 - 480.00	228.00 - 240.00	210.00 - 240.00	380.00 - 400.00	-	850.00 - 900.00	690.00 - 900.00	260.00 - 280.00
Jaffna	1100.00 - 1150.00	-	-	245.00 - 250.00	230.00 - 240.00	-	-	820.00 - 850.00	-	270.00 - 280.00
Vavuniya	1100.00 - 1150.00	400.00 - 450.00	-	-	250.00 - 260.00	-	-	960.00 - 1020.00	-	265.00 - 270.00
Mannar	1100.00 - 1150.00	-	-	220.00 - 240.00	200.00 - 220.00	-	-	900.00 - 950.00	-	270.00 - 280.00
Killinochchi	1060.00 - 1100.00	-	-	230.00 - 250.00	210.00 - 230.00	-	-	850.00 - 900.00	-	270.00 - 280.00
Mullaittivu	1060.00 - 1100.00	-	-	-	180.00 - 200.00	-	-	850.00 - 900.00	-	270.00 - 275.00
Batticaloa	1100.00 - 1150.00	-	-	250.00 - 250.00	200.00 - 200.00	-	380.00 - 400.00	900.00 - 950.00	-	300.00 - 300.00
Trincomalee	-	-	-	-	-	-	-	-	-	-
Hanguranketha	1000.00 - 1100.00	-	350.00 - 350.00	248.00 - 250.00	200.00 - 220.00	-	-	875.00 - 950.00	650.00 - 800.00	250.00 - 260.00
Veyangoda	1000.00 - 1100.00	480.00 - 560.00	-	240.00 - 280.00	220.00 - 240.00	360.00 - 400.00	400.00 - 440.00	920.00 - 1000.00	800.00 - 960.00	260.00 - 280.00
Galenbindunuwewa	1000.00 - 1150.00	370.00 - 440.00	-	230.00 - 260.00	190.00 - 220.00	300.00 - 300.00	-	825.00 - 900.00	800.00 - 830.00	250.00 - 280.00
Bandarawela	1100.00 - 1150.00	360.00 - 400.00	400.00 - 440.00	200.00 - 220.00	200.00 - 220.00	320.00 - 340.00	-	900.00 - 950.00	800.00 - 850.00	260.00 - 275.00
Matale	-	-	-	-	-	-	-	-	-	-

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

Week 23: 05 - 11 June 2026

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

Locations	Raddish	Cabbage	Tomato	Ladies Fingers	Brinjal	Capsicum
Colombo	160.00 - 250.00	100.00 - 150.00	500.00 - 800.00	150.00 - 200.00	250.00 - 450.00	250.00 - 400.00
Meegoda (DEC)	160.00 - 200.00	140.00 - 190.00	500.00 - 750.00	140.00 - 200.00	300.00 - 400.00	330.00 - 380.00
Moneragala	150.00 - 160.00	150.00 - 180.00	530.00 - 550.00	200.00 - 250.00	300.00 - 350.00	400.00 - 430.00
Dambulla (DEC)	100.00 - 130.00	120.00 - 130.00	450.00 - 650.00	200.00 - 250.00	300.00 - 400.00	300.00 - 350.00
Keppetipola (DEC)	120.00 - 150.00	80.00 - 120.00	420.00 - 630.00	-	260.00 - 320.00	320.00 - 400.00
Norochchole (DEC)	80.00 - 130.00	-	-	120.00 - 180.00	200.00 - 250.00	350.00 - 520.00
Nuwara Eliya	120.00 - 180.00	130.00 - 170.00	430.00 - 640.00	-	-	340.00 - 420.00
Kandy	130.00 - 150.00	150.00 - 180.00	500.00 - 650.00	150.00 - 220.00	300.00 - 350.00	300.00 - 350.00
Hambantota	-	-	-	-	-	-
Thambuththegama (DEC)	120.00 - 160.00	130.00 - 180.00	450.00 - 600.00	160.00 - 220.00	250.00 - 550.00	350.00 - 500.00
Tissamaharama	240.00 - 250.00	-	580.00 - 600.00	250.00 - 270.00	380.00 - 400.00	400.00 - 420.00
Jaffna	-	-	-	-	-	-
Bandarawela	120.00 - 140.00	90.00 - 120.00	420.00 - 630.00	180.00 - 210.00	280.00 - 360.00	330.00 - 400.00
Veyangoda	160.00 - 200.00	150.00 - 180.00	500.00 - 700.00	150.00 - 220.00	300.00 - 420.00	300.00 - 400.00

Locations	Pumpkin	Cucumber	Bitter Gourd	Snake Gourd	Drumstick	Luffa
Colombo	80.00 - 110.00	100.00 - 150.00	500.00 - 650.00	230.00 - 330.00	400.00 - 700.00	250.00 - 400.00
Meegoda (DEC)	80.00 - 120.00	120.00 - 180.00	550.00 - 680.00	270.00 - 340.00	-	330.00 - 370.00
Moneragala	100.00 - 120.00	150.00 - 180.00	500.00 - 550.00	280.00 - 300.00	-	380.00 - 400.00
Dambulla (DEC)	65.00 - 100.00	80.00 - 100.00	550.00 - 650.00	250.00 - 280.00	450.00 - 550.00	280.00 - 330.00
Keppetipola (DEC)	90.00 - 110.00	110.00 - 180.00	-	-	480.00 - 650.00	-
Norochchole (DEC)	80.00 - 90.00	70.00 - 100.00	-	200.00 - 250.00	500.00 - 600.00	180.00 - 250.00
Nuwara Eliya	-	-	-	-	-	-
Kandy	80.00 - 110.00	90.00 - 130.00	500.00 - 550.00	250.00 - 330.00	-	220.00 - 260.00
Hambantota	-	-	-	-	-	-
Thambuththegama (DEC)	90.00 - 110.00	70.00 - 100.00	450.00 - 600.00	250.00 - 300.00	-	320.00 - 400.00
Tissamaharama	-	160.00 - 180.00	560.00 - 580.00	240.00 - 260.00	-	390.00 - 410.00
Jaffna	-	-	-	-	-	-
Bandarawela	100.00 - 110.00	150.00 - 180.00	520.00 - 550.00	280.00 - 320.00	520.00 - 620.00	320.00 - 360.00
Veyangoda	90.00 - 110.00	100.00 - 150.00	600.00 - 680.00	300.00 - 350.00	-	300.00 - 370.00

Table 06 (Contd.)

	Long Beans	Ash Plantain	Green Chillies	Lime	Sweet Potatoe	Manioc
Colombo	200.00 - 300.00	100.00 - 120.00	350.00 - 500.00	400.00 - 650.00	100.00 - 180.00	100.00 - 130.00
Meegoda (DEC)	280.00 - 330.00	100.00 - 130.00	420.00 - 600.00	380.00 - 520.00	110.00 - 130.00	100.00 - 120.00
Moneragala	200.00 - 250.00	60.00 - 70.00	350.00 - 400.00	300.00 - 350.00	200.00 - 230.00	80.00 - 120.00
Dambulla (DEC)	150.00 - 250.00	80.00 - 110.00	300.00 - 450.00	300.00 - 330.00	110.00 - 140.00	120.00 - 130.00
Keppetipola (DEC)	-	-	300.00 - 500.00	-	140.00 - 160.00	120.00 - 130.00
Norochchole (DEC)	300.00 - 350.00	80.00 - 120.00	450.00 - 450.00	-	-	120.00 - 150.00
Nuwara Eliya	-	-	-	-	-	-
Kandy	250.00 - 300.00	120.00 - 150.00	400.00 - 450.00	400.00 - 550.00	130.00 - 170.00	110.00 - 130.00
Hambantota	-	-	-	-	-	-
Thambuththegama (DEC)	260.00 - 320.00	70.00 - 100.00	400.00 - 500.00	350.00 - 480.00	150.00 - 180.00	100.00 - 130.00
Tissamaharama	200.00 - 210.00	90.00 - 110.00	530.00 - 550.00	600.00 - 620.00	180.00 - 200.00	160.00 - 170.00
Jaffna	-	-	-	-	-	-
Bandarawela	180.00 - 240.00	100.00 - 120.00	330.00 - 480.00	500.00 - 650.00	150.00 - 170.00	110.00 - 120.00
Veyangoda	250.00 - 320.00	100.00 - 130.00	450.00 - 500.00	300.00 - 520.00	130.00 - 150.00	100.00 - 120.00

Locations	Leafy Vegetables (Rs/kg)			Coconut (Rs/nut)	
	Mukunuwenna	Kankun	Gotukola	Large	Small
Colombo	90.00 - 120.00	90.00 - 120.00	380.00 - 400.00	140.00 - 160.00	120.00 - 140.00
Meegoda (DEC)	-	-	-	-	-
Norochchole (DEC)	-	-	-	-	-
Nuwara Eliya	-	-	-	-	-
Dambulla (DEC)	-	175.00 - 200.00	-	-	90.00 - 95.00
Kandy	160.00 - 180.00	160.00 - 180.00	280.00 - 300.00	140.00 - 150.00	100.00 - 120.00
Hambantota	-	-	-	-	-
Thambuththegama (DEC)	-	-	-	-	-
Tissamaharama	120.00 - 140.00	120.00 - 140.00	250.00 - 275.00	-	-
Jaffna	-	-	-	-	-
Bandarawela	150.00 - 180.00	150.00 - 180.00	240.00 - 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 23: 05 - 11 June 2026

LOCATIONS	Up Country Varieties																
	Butter Beans		Green Beans		Carrot		Leeks		Beetroot		Knol Khol		Raddish		Cabbage		Tomato
Colombo	-	450.00 - 700.00	400.00 - 600.00	350.00 - 600.00	350.00 - 800.00	350.00 - 800.00	220.00 - 400.00	150.00 - 400.00	600.00 - 1000.00								
Gampaha	-	480.00 - 560.00	440.00 - 480.00	480.00 - 550.00	480.00 - 580.00	520.00 - 600.00	350.00 - 380.00	-	760.00 - 800.00								
Kurunegala	-	560.00 - 600.00	450.00 - 500.00	400.00 - 460.00	500.00 - 560.00	540.00 - 600.00	260.00 - 320.00	-	780.00 - 820.00								
Nikaweratiya	-	520.00 - 600.00	540.00 - 600.00	480.00 - 560.00	520.00 - 600.00	400.00 - 480.00	300.00 - 350.00	320.00 - 350.00	720.00 - 800.00								
Dambulla	-	500.00 - 600.00	480.00 - 560.00	480.00 - 540.00	580.00 - 640.00	440.00 - 480.00	260.00 - 300.00	280.00 - 300.00	700.00 - 780.00								
Anuradhapura	-	-	-	-	-	-	-	-	-								
Thambuththegama	-	500.00 - 580.00	500.00 - 600.00	400.00 - 480.00	500.00 - 600.00	-	200.00 - 250.00	200.00 - 280.00	600.00 - 750.00								
Polonnaruwa	-	720.00 - 800.00	520.00 - 560.00	540.00 - 560.00	500.00 - 560.00	-	240.00 - 360.00	260.00 - 360.00	850.00 - 900.00								
Kaluthara	-	480.00 - 560.00	400.00 - 520.00	460.00 - 600.00	480.00 - 600.00	400.00 - 480.00	240.00 - 320.00	320.00 - 360.00	600.00 - 800.00								
Badulla	-	480.00 - 520.00	520.00 - 600.00	520.00 - 600.00	520.00 - 600.00	520.00 - 600.00	240.00 - 320.00	300.00 - 320.00	560.00 - 600.00								
Keppetipola	-	370.00 - 400.00	350.00 - 360.00	320.00 - 350.00	350.00 - 380.00	340.00 - 360.00	180.00 - 200.00	130.00 - 150.00	480.00 - 520.00								
Moneragala	-	480.00 - 520.00	440.00 - 480.00	440.00 - 480.00	480.00 - 520.00	-	200.00 - 240.00	200.00 - 240.00	600.00 - 660.00								
Kegalle	-	520.00 - 560.00	520.00 - 560.00	480.00 - 520.00	400.00 - 420.00	440.00 - 480.00	320.00 - 360.00	280.00 - 320.00	760.00 - 800.00								
Ampara	-	400.00 - 480.00	480.00 - 520.00	440.00 - 500.00	400.00 - 460.00	-	280.00 - 320.00	260.00 - 340.00	650.00 - 680.00								
Dehiattakandiya	-	600.00 - 600.00	400.00 - 600.00	400.00 - 600.00	-	-	200.00 - 300.00	200.00 - 300.00	600.00 - 800.00								
Nuwaraeliya	-	440.00 - 460.00	460.00 - 480.00	360.00 - 380.00	380.00 - 400.00	350.00 - 360.00	220.00 - 240.00	220.00 - 240.00	560.00 - 600.00								
Kandy	-	600.00 - 640.00	480.00 - 520.00	450.00 - 480.00	550.00 - 600.00	450.00 - 480.00	200.00 - 240.00	240.00 - 260.00	600.00 - 640.00								
Puttalam	-	720.00 - 800.00	600.00 - 640.00	600.00 - 650.00	600.00 - 600.00	580.00 - 600.00	300.00 - 400.00	-	800.00 - 900.00								
Hambantota	-	-	-	-	-	-	-	-	-								
Rathnapura	-	450.00 - 550.00	500.00 - 560.00	500.00 - 580.00	400.00 - 520.00	320.00 - 350.00	200.00 - 240.00	160.00 - 240.00	700.00 - 760.00								
Matara	-	-	-	-	-	-	-	-	-								
Galle	-	600.00 - 640.00	600.00 - 640.00	560.00 - 600.00	-	600.00 - 640.00	400.00 - 440.00	360.00 - 440.00	-								
Tissamaharama	-	460.00 - 480.00	480.00 - 500.00	430.00 - 450.00	460.00 - 480.00	380.00 - 400.00	280.00 - 300.00	280.00 - 300.00	640.00 - 660.00								
Meegoda (DEC)	-	520.00 - 600.00	560.00 - 600.00	520.00 - 600.00	-	520.00 - 600.00	320.00 - 400.00	360.00 - 400.00	800.00 - 1000.00								
Embilipitiya	-	400.00 - 480.00	400.00 - 480.00	400.00 - 480.00	550.00 - 600.00	-	280.00 - 320.00	280.00 - 320.00	520.00 - 600.00								
Jaffna	-	750.00 - 760.00	550.00 - 600.00	480.00 - 520.00	-	-	250.00 - 300.00	300.00 - 350.00	800.00 - 820.00								
Vavuniya	-	400.00 - 550.00	600.00 - 700.00	500.00 - 580.00	600.00 - 650.00	-	300.00 - 340.00	400.00 - 500.00	800.00 - 850.00								
Mannar	-	750.00 - 800.00	550.00 - 600.00	480.00 - 500.00	450.00 - 500.00	-	200.00 - 220.00	350.00 - 360.00	750.00 - 800.00								
Killinochchi	-	700.00 - 740.00	560.00 - 600.00	460.00 - 500.00	500.00 - 540.00	-	200.00 - 230.00	360.00 - 400.00	780.00 - 820.00								
Mullaittivu	-	700.00 - 750.00	550.00 - 600.00	450.00 - 500.00	450.00 - 500.00	-	250.00 - 300.00	340.00 - 400.00	900.00 - 950.00								
Batticaloa	-	480.00 - 500.00	480.00 - 500.00	450.00 - 450.00	550.00 - 600.00	-	-	-	750.00 - 800.00								
Trincomalee	-	-	-	-	-	-	-	-	-								
Hanguranketha	-	450.00 - 500.00	440.00 - 480.00	360.00 - 400.00	-	400.00 - 410.00	180.00 - 210.00	200.00 - 220.00	580.00 - 610.00								
Veyangoda	-	480.00 - 520.00	480.00 - 560.00	400.00 - 480.00	-	440.00 - 520.00	240.00 - 280.00	240.00 - 320.00	700.00 - 900.00								
Galenbindunuwewa	-	640.00 - 720.00	520.00 - 600.00	540.00 - 600.00	460.00 - 540.00	-	180.00 - 240.00	300.00 - 360.00	600.00 - 680.00								
Bandarawela	-	400.00 - 440.00	380.00 - 440.00	360.00 - 400.00	400.00 - 440.00	380.00 - 400.00	180.00 - 200.00	200.00 - 240.00	540.00 - 600.00								
Matale	-	-	-	-	-	-	-	-	-								

Table 07 (Contd.)

LOCATIONS	Low Country Varieties										
	Ladies Fingers	Brinjal	Capsicum	Pumpkin	Cucumber	Bitter Gourd	Snake Gourd	Drumstick	Luffa	Long Beans	
Colombo	250.00 - 600.00	400.00 - 680.00	400.00 - 800.00	150.00 - 280.00	200.00 - 360.00	550.00 - 800.00	280.00 - 600.00	500.00 - 1000.00	350.00 - 600.00	300.00 - 600.00	
Gampaha	360.00 - 400.00	520.00 - 560.00	600.00 - 640.00	240.00 - 260.00	240.00 - 320.00	800.00 - 840.00	480.00 - 520.00	-	520.00 - 560.00	400.00 - 440.00	
Kurunegala	360.00 - 400.00	580.00 - 640.00	580.00 - 620.00	200.00 - 240.00	200.00 - 240.00	800.00 - 860.00	460.00 - 500.00	-	500.00 - 540.00	350.00 - 400.00	
Nikaweratiya	320.00 - 380.00	500.00 - 580.00	600.00 - 720.00	200.00 - 240.00	220.00 - 260.00	680.00 - 740.00	360.00 - 420.00	-	480.00 - 560.00	400.00 - 440.00	
Dambulla	320.00 - 380.00	480.00 - 560.00	500.00 - 600.00	180.00 - 220.00	180.00 - 200.00	760.00 - 800.00	460.00 - 480.00	700.00 - 800.00	460.00 - 480.00	300.00 - 400.00	
Anuradhapura	-	-	-	-	-	-	-	-	-	-	
Thambuththegama	300.00 - 360.00	360.00 - 480.00	400.00 - 520.00	160.00 - 250.00	120.00 - 200.00	650.00 - 800.00	440.00 - 550.00	-	400.00 - 550.00	400.00 - 500.00	
Polonnaruwa	360.00 - 460.00	600.00 - 640.00	760.00 - 820.00	160.00 - 200.00	200.00 - 280.00	880.00 - 960.00	380.00 - 480.00	800.00 - 900.00	480.00 - 580.00	380.00 - 440.00	
Kaluthara	300.00 - 400.00	300.00 - 480.00	600.00 - 700.00	180.00 - 240.00	200.00 - 300.00	600.00 - 800.00	380.00 - 520.00	-	380.00 - 520.00	320.00 - 400.00	
Badulla	320.00 - 400.00	580.00 - 600.00	520.00 - 600.00	200.00 - 320.00	320.00 - 400.00	750.00 - 800.00	520.00 - 600.00	700.00 - 800.00	520.00 - 600.00	400.00 - 560.00	
Keppetipola	260.00 - 300.00	340.00 - 360.00	430.00 - 460.00	140.00 - 150.00	170.00 - 200.00	630.00 - 660.00	340.00 - 360.00	680.00 - 720.00	360.00 - 380.00	280.00 - 300.00	
Moneragala	320.00 - 360.00	400.00 - 420.00	480.00 - 520.00	160.00 - 200.00	240.00 - 260.00	600.00 - 660.00	320.00 - 380.00	-	460.00 - 480.00	300.00 - 320.00	
Kegalle	360.00 - 400.00	560.00 - 600.00	600.00 - 640.00	200.00 - 240.00	280.00 - 320.00	680.00 - 720.00	500.00 - 520.00	640.00 - 680.00	480.00 - 520.00	360.00 - 400.00	
Ampara	320.00 - 340.00	400.00 - 440.00	460.00 - 620.00	200.00 - 220.00	240.00 - 300.00	-	440.00 - 460.00	560.00 - 720.00	360.00 - 400.00	380.00 - 400.00	
Dehiattakandiya	400.00 - 400.00	320.00 - 400.00	400.00 - 500.00	200.00 - 200.00	150.00 - 200.00	800.00 - 800.00	400.00 - 480.00	-	400.00 - 400.00	300.00 - 400.00	
Nuwaraeliya	280.00 - 300.00	400.00 - 420.00	450.00 - 460.00	200.00 - 220.00	220.00 - 240.00	680.00 - 700.00	380.00 - 400.00	-	420.00 - 440.00	320.00 - 340.00	
Kandy	300.00 - 320.00	450.00 - 480.00	600.00 - 640.00	160.00 - 200.00	160.00 - 180.00	650.00 - 700.00	400.00 - 450.00	-	360.00 - 400.00	360.00 - 400.00	
Puttalam	350.00 - 400.00	600.00 - 720.00	720.00 - 800.00	240.00 - 250.00	280.00 - 320.00	780.00 - 800.00	360.00 - 400.00	-	600.00 - 680.00	550.00 - 600.00	
Rathnapura	300.00 - 360.00	450.00 - 520.00	700.00 - 800.00	130.00 - 180.00	220.00 - 280.00	700.00 - 750.00	320.00 - 400.00	-	460.00 - 530.00	320.00 - 400.00	
Hambantota	-	-	-	-	-	-	-	-	-	-	
Matara	-	-	-	-	-	-	-	-	-	-	
Galle	400.00 - 480.00	540.00 - 580.00	680.00 - 760.00	180.00 - 220.00	200.00 - 280.00	800.00 - 840.00	480.00 - 560.00	-	500.00 - 560.00	460.00 - 480.00	
Tissamaharama	300.00 - 320.00	440.00 - 460.00	460.00 - 480.00	180.00 - 200.00	220.00 - 230.00	620.00 - 640.00	300.00 - 320.00	-	440.00 - 460.00	240.00 - 260.00	
Meegoda (DEC)	320.00 - 400.00	560.00 - 640.00	520.00 - 640.00	200.00 - 200.00	240.00 - 300.00	800.00 - 840.00	520.00 - 600.00	-	560.00 - 600.00	440.00 - 520.00	
Embilipitiya	280.00 - 320.00	250.00 - 320.00	480.00 - 520.00	160.00 - 200.00	240.00 - 280.00	600.00 - 750.00	280.00 - 320.00	400.00 - 480.00	400.00 - 480.00	400.00 - 480.00	
Jaffna	250.00 - 300.00	500.00 - 550.00	600.00 - 650.00	140.00 - 160.00	180.00 - 200.00	800.00 - 850.00	300.00 - 320.00	800.00 - 850.00	-	350.00 - 400.00	
Vavuniya	400.00 - 450.00	400.00 - 450.00	600.00 - 650.00	200.00 - 240.00	200.00 - 240.00	900.00 - 1000.00	300.00 - 340.00	600.00 - 700.00	300.00 - 350.00	450.00 - 500.00	
Mannar	400.00 - 450.00	650.00 - 700.00	750.00 - 800.00	160.00 - 180.00	180.00 - 200.00	800.00 - 850.00	600.00 - 650.00	-	-	500.00 - 550.00	
Killinochchi	260.00 - 300.00	480.00 - 520.00	600.00 - 640.00	140.00 - 160.00	180.00 - 200.00	950.00 - 1000.00	300.00 - 330.00	800.00 - 850.00	-	300.00 - 340.00	
Mullaittivu	250.00 - 300.00	500.00 - 550.00	600.00 - 650.00	130.00 - 150.00	180.00 - 220.00	950.00 - 1020.00	300.00 - 350.00	950.00 - 1000.00	-	500.00 - 550.00	
Batticaloa	320.00 - 340.00	450.00 - 480.00	600.00 - 600.00	200.00 - 200.00	300.00 - 350.00	800.00 - 820.00	350.00 - 350.00	850.00 - 850.00	350.00 - 380.00	400.00 - 400.00	
Trincomalee	-	-	-	-	-	-	-	-	-	-	
Hanguranketha	280.00 310.00	450.00 480.00	480.00 510.00	130.00 150.00	160.00 200.00	680.00 720.00	340.00 360.00	680.00 720.00	340.00 360.00	310.00 340.00	
Veyangoda	320.00 - 360.00	440.00 - 520.00	480.00 - 520.00	180.00 - 240.00	220.00 - 240.00	800.00 - 880.00	440.00 - 520.00	-	480.00 - 520.00	320.00 - 400.00	
Galenbindunuwewa	320.00 - 400.00	520.00 - 600.00	520.00 - 600.00	200.00 - 240.00	200.00 - 280.00	640.00 - 720.00	420.00 - 500.00	-	480.00 - 560.00	280.00 - 360.00	
Bandarawela	220.00 - 240.00	400.00 - 440.00	400.00 - 500.00	160.00 - 180.00	220.00 - 240.00	600.00 - 640.00	340.00 - 360.00	650.00 - 700.00	380.00 - 420.00	260.00 - 280.00	
Matale	-	-	-	-	-	-	-	-	-	-	

Table 07 (Contd.)

LOCATIONS	Low Country Varieties					Leafy Vegetable			Coconut (Rs/nut)	
	Ash Plantain	Green Chillies	Lime	Sweet Potato	Manioc	Mukunuwenna	Kankun	Gotukola	Large	Small
Colombo	180.00 - 320.00	500.00 - 1000.00	450.00 - 1200.00	200.00 - 400.00	150.00 - 260.00	240.00 - 300.00	240.00 - 300.00	300.00 - 450.00	160.00 - 180.00	130.00 - 150.00
Gampaha	240.00 - 260.00	800.00 - 1000.00	800.00 - 960.00	300.00 - 320.00	-	180.00 - 210.00	180.00 - 210.00	150.00 - 180.00	140.00 - 160.00	100.00 - 135.00
Kurunegala	200.00 - 240.00	700.00 - 800.00	600.00 - 650.00	250.00 - 280.00	200.00 - 220.00	180.00 - 210.00	180.00 - 210.00	150.00 - 180.00	140.00 - 155.00	100.00 - 130.00
Nikaweratiya	200.00 - 240.00	600.00 - 720.00	600.00 - 680.00	220.00 - 260.00	160.00 - 200.00	200.00 - 240.00	200.00 - 240.00	160.00 - 200.00	140.00 - 150.00	100.00 - 130.00
Dambulla	200.00 - 240.00	600.00 - 750.00	500.00 - 600.00	240.00 - 280.00	200.00 - 240.00	300.00 - 350.00	350.00 - 400.00	300.00 - 360.00	140.00 - 150.00	120.00 - 130.00
Anuradhapura	-	-	-	-	-	-	-	-	-	-
Thambuththegama	150.00 - 200.00	650.00 - 800.00	500.00 - 580.00	220.00 - 300.00	160.00 - 200.00	-	-	-	-	100.00 - 120.00
Polonnaruwa	240.00 - 280.00	700.00 - 800.00	800.00 - 800.00	280.00 - 300.00	180.00 - 280.00	200.00 - 240.00	200.00 - 240.00	200.00 - 240.00	140.00 - 160.00	100.00 - 120.00
Kaluthara	200.00 - 240.00	600.00 - 800.00	600.00 - 800.00	240.00 - 300.00	180.00 - 200.00	210.00 - 240.00	240.00 - 300.00	300.00 - 360.00	180.00 - 200.00	150.00 - 160.00
Badulla	240.00 - 320.00	750.00 - 800.00	900.00 - 1000.00	320.00 - 360.00	200.00 - 320.00	300.00 - 360.00	360.00 - 400.00	400.00 - 480.00	150.00 - 170.00	120.00 - 130.00
Keppetipola	160.00 - 180.00	450.00 - 500.00	550.00 - 600.00	180.00 - 200.00	140.00 - 150.00	240.00 - 280.00	240.00 - 280.00	400.00 - 500.00	150.00 - 160.00	120.00 - 140.00
Moneragala	120.00 - 140.00	500.00 - 600.00	400.00 - 500.00	260.00 - 300.00	140.00 - 160.00	150.00 - 180.00	150.00 - 180.00	260.00 - 320.00	140.00 - 150.00	100.00 - 120.00
Kegalle	280.00 - 320.00	720.00 - 750.00	720.00 - 750.00	180.00 - 220.00	160.00 - 200.00	240.00 - 240.00	240.00 - 240.00	240.00 - 250.00	150.00 - 160.00	120.00 - 130.00
Ampara	200.00 - 240.00	640.00 - 800.00	700.00 - 800.00	280.00 - 300.00	140.00 - 150.00	240.00 - 280.00	240.00 - 280.00	300.00 - 350.00	150.00 - 170.00	130.00 - 140.00
Dehiattakandiya	200.00 - 240.00	800.00 - 800.00	500.00 - 600.00	260.00 - 300.00	-	250.00 - 250.00	250.00 - 250.00	250.00 - 250.00	130.00 - 150.00	110.00 - 120.00
Nuwaraeliya	220.00 - 240.00	500.00 - 600.00	560.00 - 600.00	260.00 - 280.00	220.00 - 240.00	240.00 - 260.00	240.00 - 250.00	260.00 - 280.00	150.00 - 170.00	120.00 - 140.00
Kandy	180.00 - 200.00	700.00 - 800.00	800.00 - 900.00	280.00 - 300.00	240.00 - 260.00	240.00 - 280.00	240.00 - 280.00	360.00 - 400.00	160.00 - 170.00	120.00 - 130.00
Puttalam	240.00 - 260.00	800.00 - 900.00	800.00 - 1000.00	360.00 - 400.00	240.00 - 250.00	260.00 - 280.00	-	275.00 - 300.00	140.00 - 150.00	110.00 - 120.00
Rathnapura	160.00 - 230.00	600.00 - 700.00	600.00 - 700.00	200.00 - 280.00	120.00 - 160.00	240.00 - 240.00	240.00 - 240.00	300.00 - 300.00	150.00 - 175.00	110.00 - 140.00
Hambanthota	-	-	-	-	-	-	-	-	-	-
Matara	-	-	-	-	-	-	-	-	-	-
Galle	200.00 - 260.00	800.00 - 880.00	900.00 - 1200.00	340.00 - 380.00	260.00 - 280.00	280.00 - 280.00	280.00 - 280.00	320.00 - 320.00	-	90.00 - 100.00
Tissamaharama	130.00 - 150.00	580.00 - 600.00	660.00 - 680.00	220.00 - 240.00	200.00 - 220.00	160.00 - 180.00	160.00 - 180.00	350.00 - 400.00	160.00 - 180.00	120.00 - 140.00
Meegoda (DEC)	240.00 - 280.00	700.00 - 900.00	700.00 - 800.00	240.00 - 280.00	180.00 - 240.00	160.00 - 160.00	160.00 - 160.00	200.00 - 240.00	160.00 - 170.00	120.00 - 140.00
Embilipitiya	140.00 - 180.00	700.00 - 900.00	800.00 - 900.00	250.00 - 320.00	140.00 - 170.00	300.00 - 350.00	200.00 - 250.00	-	160.00 - 190.00	120.00 - 150.00
Jaffna	160.00 - 200.00	500.00 - 550.00	450.00 - 500.00	240.00 - 260.00	200.00 - 200.00	310.00 - 320.00	240.00 - 260.00	300.00 - 320.00	130.00 - 140.00	80.00 - 90.00
Vavuniya	150.00 - 180.00	500.00 - 550.00	500.00 - 550.00	300.00 - 340.00	200.00 - 250.00	250.00 - 300.00	400.00 - 450.00	400.00 - 450.00	140.00 - 150.00	120.00 - 120.00
Mannar	180.00 - 220.00	750.00 - 800.00	800.00 - 850.00	240.00 - 250.00	180.00 - 200.00	300.00 - 320.00	280.00 - 300.00	320.00 - 330.00	140.00 - 145.00	95.00 - 100.00
Killinochchi	140.00 - 160.00	500.00 - 550.00	450.00 - 500.00	240.00 - 260.00	180.00 - 200.00	375.00 - 400.00	300.00 - 325.00	350.00 - 375.00	140.00 - 160.00	-
Mullaittivu	140.00 - 160.00	500.00 - 550.00	450.00 - 500.00	240.00 - 260.00	180.00 - 220.00	280.00 - 280.00	240.00 - 240.00	200.00 - 200.00	140.00 - 150.00	90.00 - 100.00
Batticaloa	250.00 - 250.00	600.00 - 600.00	800.00 - 800.00	280.00 - 300.00	240.00 - 250.00	-	320.00 - 320.00	320.00 - 320.00	180.00 - 185.00	-
Trincomalee										
Hanguranketha	170.00 - 200.00	560.00 - 600.00	550.00 - 580.00	250.00 - 260.00	-	200.00 - 240.00	200.00 - 200.00	250.00 - 300.00	135.00 - 140.00	-
Veyangoda	240.00 - 280.00	600.00 - 700.00	480.00 - 520.00	240.00 - 280.00	220.00 - 250.00	200.00 - 220.00	200.00 - 220.00	300.00 - 320.00	130.00 - 150.00	100.00 - 120.00
Galenbindunuwewa	140.00 - 180.00	720.00 - 800.00	500.00 - 600.00	220.00 - 280.00	200.00 - 260.00	250.00 - 280.00	200.00 - 240.00	280.00 - 340.00	130.00 - 130.00	100.00 - 120.00
Bandarawela	160.00 - 200.00	440.00 - 480.00	600.00 - 650.00	180.00 - 220.00	170.00 - 180.00	210.00 - 240.00	210.00 - 240.00	320.00 - 400.00	150.00 - 160.00	100.00 - 130.00
Matale	-	-	-	-	-	-	-	-	-	-

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

Week 23: 05 - 11 June 2026

LOCATIONS	Banana					Pineapple			Mango	
	Ambul (Rs/kg)	Kolikuttu (Rs/kg)	Seeni (Rs/kg)	Anamalu	Ambun	Large	Medium	Small	Betti	Karthakolomban
Colombo	150.00 - 220.00	280.00 - 400.00	150.00 - 220.00	200.00 - 350.00	200.00 - 350.00	280.00 - 400.00	-	-	300.00 - 550.00	400.00 - 800.00
Gampaha	160.00 - 180.00	300.00 - 340.00	160.00 - 180.00	-	-	250.00 - 350.00	-	-	-	320.00 - 400.00
Kurunegala	150.00 - 180.00	300.00 - 350.00	-	-	-	300.00 - 350.00	-	-	-	300.00 - 350.00
Nikaweratiya	150.00 - 180.00	350.00 - 380.00	130.00 - 160.00	-	360.00 - 380.00	450.00 - 550.00	-	-	-	-
Dambulla	120.00 - 140.00	340.00 - 360.00	140.00 - 150.00	-	340.00 - 360.00	350.00 - 400.00	-	-	200.00 - 250.00	300.00 - 400.00
Anuradhapura	-	-	-	-	-	-	-	-	-	-
Thambuththegama	120.00 - 180.00	320.00 - 400.00	150.00 - 200.00	-	-	320.00 - 450.00	-	-	-	-
Polonnaruwa	180.00 - 250.00	400.00 - 400.00	150.00 - 180.00	-	400.00 - 400.00	450.00 - 450.00	-	-	-	500.00 - 550.00
Kaluthara	170.00 - 220.00	350.00 - 400.00	160.00 - 200.00	240.00 - 260.00	280.00 - 300.00	440.00 - 490.00	-	-	-	350.00 - 500.00
Badulla	120.00 - 200.00	300.00 - 400.00	150.00 - 180.00	200.00 - 300.00	250.00 - 350.00	400.00 - 450.00	-	-	200.00 - 250.00	300.00 - 350.00
Keppetipola	140.00 - 150.00	300.00 - 320.00	150.00 - 160.00	180.00 - 200.00	250.00 - 260.00	280.00 - 300.00	-	-	340.00 - 350.00	600.00 - 650.00
Moneragala	100.00 - 120.00	280.00 - 300.00	80.00 - 100.00	200.00 - 240.00	220.00 - 260.00	-	-	-	-	350.00 - 400.00
Kegalle	140.00 - 150.00	280.00 - 300.00	150.00 - 160.00	200.00 - 250.00	200.00 - 250.00	300.00 - 320.00	-	-	-	-
Ampara	160.00 - 170.00	330.00 - 350.00	130.00 - 140.00	250.00 - 280.00	280.00 - 300.00	380.00 - 400.00	-	-	-	600.00 - 650.00
Dehiattakandiya	180.00 - 200.00	350.00 - 380.00	150.00 - 180.00	-	320.00 - 350.00	450.00 - 500.00	-	-	-	450.00 - 480.00
Nuwaraeliya	190.00 - 200.00	320.00 - 340.00	180.00 - 190.00	220.00 - 240.00	260.00 - 280.00	340.00 - 350.00	-	-	260.00 - 280.00	580.00 - 600.00
Kandy	170.00 - 200.00	300.00 - 340.00	160.00 - 180.00	250.00 - 270.00	300.00 - 320.00	300.00 - 350.00	-	-	300.00 - 320.00	500.00 - 600.00
Puttalam	120.00 - 160.00	350.00 - 400.00	120.00 - 140.00	280.00 - 300.00	-	400.00 - 460.00	-	-	-	580.00 - 600.00
Rathnapura	120.00 - 150.00	250.00 - 320.00	90.00 - 120.00	200.00 - 240.00	280.00 - 300.00	390.00 - 450.00	-	-	-	390.00 - 540.00
Hambantota	-	-	-	-	-	-	-	-	-	-
Matara	-	-	-	-	-	-	-	-	-	-
Galle	140.00 - 180.00	300.00 - 360.00	160.00 - 180.00	350.00 - 380.00	350.00 - 380.00	360.00 - 400.00	-	-	380.00 - 400.00	480.00 - 600.00
Tissamaharama	120.00 - 140.00	270.00 - 280.00	130.00 - 140.00	-	-	380.00 - 400.00	-	-	-	360.00 - 380.00
Meegoda (DEC)	160.00 - 180.00	300.00 - 320.00	160.00 - 180.00	280.00 - 300.00	280.00 - 300.00	260.00 - 300.00	-	-	-	350.00 - 400.00
Embilipitiya	60.00 - 80.00	240.00 - 280.00	60.00 - 100.00	250.00 - 260.00	280.00 - 300.00	280.00 - 320.00	-	-	200.00 - 260.00	300.00 - 500.00
Jaffna	130.00 - 150.00	300.00 - 330.00	140.00 - 160.00	-	-	350.00 - 360.00	-	-	-	550.00 - 560.00
Vavuniya	100.00 - 140.00	250.00 - 280.00	120.00 - 150.00	180.00 - 240.00	180.00 - 240.00	450.00 - 500.00	-	-	-	-
Mannar	180.00 - 200.00	350.00 - 360.00	150.00 - 180.00	240.00 - 250.00	260.00 - 280.00	580.00 - 600.00	-	-	-	650.00 - 700.00
Killinochchi	130.00 - 150.00	340.00 - 360.00	130.00 - 150.00	170.00 - 180.00	190.00 - 200.00	350.00 - 400.00	-	-	-	460.00 - 500.00
Mullaittivu	180.00 - 200.00	340.00 - 360.00	140.00 - 160.00	250.00 - 260.00	280.00 - 300.00	580.00 - 620.00	-	-	-	550.00 - 600.00
Batticaloa	-	350.00 - 350.00	150.00 - 150.00	250.00 - 250.00	200.00 - 200.00	450.00 - 450.00	-	-	-	500.00 - 600.00
Trincomalee	-	-	-	-	-	-	-	-	-	-
Veyangoda	120.00 - 140.00	280.00 - 300.00	120.00 - 140.00	180.00 - 200.00	260.00 - 300.00	420.00 - 470.00	-	-	-	350.00 - 400.00
Galenbindunuwewa	100.00 - 130.00	300.00 - 400.00	100.00 - 130.00	-	-	360.00 - 400.00	-	-	-	350.00 - 400.00
Bandarawela	170.00 - 180.00	350.00 - 360.00	150.00 - 160.00	220.00 - 240.00	260.00 - 280.00	340.00 - 500.00	-	-	-	500.00 - 600.00
Matale	-	-	-	-	-	-	-	-	-	-

Table 08 (Contd.)

LOCATIONS	Mango		Other Fruits							
	Vilad	Kohu	Papaw	Passion	Wood Apple	Orange	Avocado	Slime Apple	Grapes	King Coconut(Rs/nut)
Colombo	450.00 - 600.00	-	200.00 - 350.00	650.00 - 1200.00	400.00 - 800.00	280.00 - 600.00	600.00 - 1000.00	400.00 - 800.00	2000.00 - 3000.00	180.00 - 250.00
Gampaha	-	-	200.00 - 230.00	-	-	280.00 - 400.00	500.00 - 520.00	-	2800.00 - 2800.00	-
Kurunegala	-	-	180.00 - 220.00	-	-	280.00 - 340.00	420.00 - 460.00	-	2700.00 - 2800.00	-
Nikaweratiya	-	-	200.00 - 240.00	-	-	200.00 - 300.00	500.00 - 550.00	-	2500.00 - 2600.00	-
Dambulla	250.00 - 300.00	150.00 - 200.00	180.00 - 200.00	600.00 - 700.00	500.00 - 550.00	300.00 - 350.00	450.00 - 550.00	200.00 - 250.00	3000.00 - 3200.00	220.00 - 250.00
Anuradhapura	-	-	-	-	-	-	-	-	-	-
Thambuththegama	-	-	150.00 - 220.00	700.00 - 720.00	-	320.00 - 350.00	320.00 - 500.00	-	-	200.00 - 250.00
Polonnaruwa	-	-	200.00 - 250.00	900.00 - 900.00	-	-	-	-	2800.00 - 3000.00	250.00 - 250.00
Kaluthara	300.00 - 300.00	-	220.00 - 300.00	-	480.00 - 600.00	-	500.00 - 650.00	400.00 - 500.00	2500.00 - 3000.00	170.00 - 200.00
Badulla	250.00 - 300.00	150.00 - 200.00	200.00 - 250.00	650.00 - 700.00	400.00 - 500.00	250.00 - 300.00	400.00 - 550.00	250.00 - 300.00	2500.00 - 3000.00	200.00 - 250.00
Keppetipola	-	-	180.00 - 220.00	-	360.00 - 400.00	360.00 - 390.00	-	240.00 - 270.00	2400.00 - 2600.00	180.00 - 200.00
Moneragala	300.00 - 340.00	-	150.00 - 160.00	-	350.00 - 400.00	400.00 - 460.00	500.00 - 560.00	250.00 - 300.00	2900.00 - 3000.00	180.00 - 200.00
Kegalle	-	-	220.00 - 250.00	650.00 - 700.00	650.00 - 700.00	400.00 - 450.00	-	400.00 - 450.00	2500.00 - 2500.00	200.00 - 220.00
Ampara	-	-	210.00 - 220.00	600.00 - 650.00	-	-	600.00 - 660.00	-	2300.00 - 2400.00	200.00 - 230.00
Dehiattakandiya	-	-	280.00 - 300.00	-	-	-	450.00 - 550.00	250.00 - 300.00	2800.00 - 3000.00	150.00 - 200.00
Nuwaraeliya	-	160.00 - 180.00	220.00 - 250.00	560.00 - 620.00	400.00 - 420.00	340.00 - 360.00	600.00 - 650.00	260.00 - 280.00	2400.00 - 3000.00	190.00 - 220.00
Kandy	400.00 - 420.00	180.00 - 200.00	200.00 - 220.00	800.00 - 900.00	400.00 - 450.00	300.00 - 400.00	400.00 - 500.00	350.00 - 400.00	2500.00 - 2800.00	170.00 - 180.00
Puttalam	-	-	130.00 - 150.00	700.00 - 750.00	-	280.00 - 320.00	600.00 - 700.00	-	2800.00 - 3000.00	150.00 - 150.00
Hambantota	-	-	-	-	-	-	-	-	-	-
Rathnapura	-	-	150.00 - 230.00	-	500.00 - 600.00	300.00 - 400.00	360.00 - 420.00	250.00 - 400.00	2300.00 - 2800.00	150.00 - 160.00
Matara	-	-	-	-	-	-	-	-	-	-
Galle	480.00 - 500.00	250.00 - 280.00	180.00 - 200.00	800.00 - 900.00	560.00 - 600.00	580.00 - 600.00	600.00 - 660.00	580.00 - 620.00	2900.00 - 3000.00	180.00 - 200.00
Tissamaharama	-	-	200.00 - 220.00	-	400.00 - 440.00	-	-	250.00 - 280.00	2600.00 - 2800.00	180.00 - 190.00
Meegoda (DEC)	-	-	200.00 - 230.00	560.00 - 600.00	450.00 - 480.00	250.00 - 300.00	350.00 - 450.00	250.00 - 350.00	2500.00 - 2800.00	150.00 - 160.00
Embilipitiya	-	-	160.00 - 190.00	-	450.00 - 600.00	300.00 - 350.00	400.00 - 500.00	150.00 - 200.00	2800.00 - 3200.00	180.00 - 200.00
Jaffna	500.00 - 500.00	-	150.00 - 160.00	-	680.00 - 720.00	500.00 - 550.00	480.00 - 550.00	-	2650.00 - 2700.00	180.00 - 220.00
Vavuniya	-	-	150.00 - 180.00	400.00 - 450.00	500.00 - 600.00	200.00 - 250.00	-	-	2500.00 - 2600.00	150.00 - 200.00
Mannar	-	-	180.00 - 200.00	400.00 - 450.00	400.00 - 500.00	200.00 - 250.00	950.00 - 1000.00	-	2700.00 - 2750.00	180.00 - 200.00
Killinochchi	-	-	160.00 - 200.00	-	500.00 - 550.00	-	-	-	2800.00 - 2900.00	200.00 - 250.00
Mullaittivu	-	-	180.00 - 220.00	-	-	-	-	-	2550.00 - 2650.00	200.00 - 250.00
Batticaloa	-	-	200.00 - 200.00	600.00 - 600.00	600.00 - 600.00	-	500.00 - 500.00	-	2500.00 - 2500.00	200.00 - 200.00
Trincomalee	-	-	-	-	-	-	-	-	-	-
Veyangoda	350.00 - 400.00	-	170.00 - 180.00	800.00 - 850.00	600.00 - 650.00	350.00 - 400.00	350.00 - 500.00	350.00 - 400.00	2500.00 - 2600.00	150.00 - 180.00
Galenbindunuwewa	-	-	150.00 - 180.00	-	-	350.00 - 350.00	400.00 - 500.00	-	2500.00 - 2700.00	220.00 - 240.00
Bandarawela	400.00 - 420.00	160.00 - 180.00	180.00 - 200.00	700.00 - 800.00	480.00 - 580.00	-	520.00 - 600.00	300.00 - 360.00	2800.00 - 3000.00	200.00 - 220.00
Matale	-	-	-	-	-	-	-	-	-	-

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

Week 23: 05 - 11 June 2026

Locations	Sea Fish					
	Salaya	Hurulla	Balaya	Kelawalla	Thora	Paraw
Colombo	400.00 – 600.00	–	900.00 – 1500.00	1450.00 – 2200.00	2700.00 – 3200.00	1200.00 – 1800.00
Kandy	850.00 – 900.00	1200.00 – 1250.00	1300.00 – 1500.00	1800.00 – 1900.00	2900.00 – 3000.00	1600.00 – 1700.00
Kaluthara	850.00 – 1000.00	–	1300.00 – 1500.00	1800.00 – 2000.00	–	–
Puttalam	–	1100.00 – 1200.00	–	1750.00 – 1800.00	–	1300.00 – 1350.00
Matara	–	–	–	–	–	–
Hambantota	–	–	–	–	–	–
Galle	850.00 – 900.00	1200.00 – 1300.00	1000.00 – 1100.00	1650.00 – 1700.00	–	1600.00 – 1800.00
Batticaloa	600.00 – 650.00	1000.00 – 1200.00	1400.00 – 1400.00	1500.00 – 1500.00	–	1400.00 – 1400.00
Trincomalee	–	–	–	–	–	–
Mannar	750.00 – 800.00	1400.00 – 1450.00	1400.00 – 1450.00	1600.00 – 1650.00	–	1550.00 – 1600.00

Locations	Sea Fish				Eggs	
	Mora	Shrimps	Thalapath	Teppeli	Brown	White
Colombo	1200.00 – 1600.00	1550.00 – 1850.00	2000.00 – 2600.00	–	39.00 – 40.00	36.00 – 38.00
Kandy	1700.00 – 1750.00	1800.00 – 2000.00	2300.00 – 2400.00	–	37.00 – 38.00	36.00 – 37.00
Kaluthara	–	1600.00 – 1800.00	2000.00 – 2200.00	–	–	–
Puttalam	–	1700.00 – 1900.00	–	–	–	37.00 – 38.00
Matara	–	–	–	–	–	–
Hambantota	–	–	–	–	–	–
Galle	–	–	1750.00 – 2200.00	–	38.00 – 39.00	37.00 – 38.00
Batticaloa	1000.00 – 1000.00	1200.00 – 1400.00	2000.00 – 2000.00	–	42.00 – 42.00	40.00 – 40.00
Trincomalee	–	–	–	–	–	–
Mannar	1750.00 – 1800.00	1400.00 – 1450.00	–	–	39.00 – 40.00	37.00 – 38.00

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

Week 23: 05 - 11 June 2026

Locations	Local Dried Fish					
	Sprats	Kattawa	Thora	Mora	Balaya	Anguluwa
Colombo	2000.00 – 2200.00	2400.00 – 2500.00	–	2600.00 – 2800.00	1250.00 – 1750.00	2100.00 – 2800.00
Kandy	1500.00 – 1600.00	–	–	2800.00 – 2850.00	1600.00 – 1700.00	–
Batticaloa	1200.00 – 1200.00	2700.00 – 2700.00	–	–	–	–
Trincomalee	–	–	–	–	–	–
Mannar	1200.00 – 1250.00	2500.00 – 2550.00	–	2200.00 – 2250.00	1100.00 – 1150.00	1000.00 – 1050.00

Locations	Local Dried Fish			Imported Dried Fish		
	Maduwa	Koduwa	Salaya	Sprats	Kattawa	Thora
Colombo	1600.00 – 1700.00	–	850.00 – 1100.00	1100.00 – 1400.00	2400.00 – 2500.00	3200.00 – 3500.00
Kandy	–	–	880.00 – 900.00	1050.00 – 1150.00	2600.00 – 2700.00	–
Batticaloa	–	–	–	1200.00 – 1200.00	–	–
Trincomalee	–	–	–	–	–	–
Mannar	900.00 – 1000.00	–	–	–	–	–

Locations	Imported Dried Fish					
	Mora	Balaya	Anguluwa	Maduwa	Koduwa	Salaya
Colombo	2550.00 – 2800.00	2000 – 2200	2000.00 – 2100.00	1700 – 1800	–	–
Kandy	–	–	–	–	–	–
Batticaloa	–	–	–	–	–	–
Trincomalee	–	–	–	–	–	–
Mannar	–	–	–	–	–	–

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

Week 23: 05 - 11 June 2026

LOCATIONS	Dried Fish												
	Sprats-Imported		Kattawa		Thora		Mora		Balaya		Anguluwa		Salaya
Colombo	-	-	3000.00 - 3600.00	-	4000.00 - 4000.00	-	2700.00 - 3600.00	-	1800.00 - 2800.00	-	2600.00 - 3200.00	-	1000.00 - 1300.00
Gampaha	-	-	-	-	-	-	3000.00 - 3200.00	-	1960.00 - 2000.00	-	-	-	1000.00 - 1000.00
Kurunegala	-	-	2800.00 - 3000.00	-	-	-	2800.00 - 3000.00	-	1800.00 - 1900.00	-	-	-	950.00 - 1000.00
Nikaweratiya	1300.00 - 1400.00	-	2800.00 - 3000.00	-	-	-	3000.00 - 3200.00	-	-	-	2400.00 - 2500.00	-	1000.00 - 1200.00
Dambulla	-	-	2800.00 - 3200.00	-	-	-	2900.00 - 3000.00	-	1800.00 - 1900.00	-	2400.00 - 2700.00	-	1600.00 - 1800.00
Anuradhapura	-	-	-	-	-	-	-	-	-	-	-	-	-
Thambuththegama	-	-	-	-	-	-	2800.00 - 3200.00	-	1600.00 - 1800.00	-	2300.00 - 2400.00	-	1300.00 - 1350.00
Polonnaruwa	-	-	-	-	-	-	-	-	-	-	-	-	-
Kaluthara	-	-	-	-	-	-	3000.00 - 3300.00	-	1600.00 - 2000.00	-	-	-	-
Badulla	1500.00 - 1600.00	-	-	-	-	-	-	-	2000.00 - 2200.00	-	-	-	-
Keppetipola	-	-	-	-	-	-	-	-	-	-	-	-	-
Moneragala	-	-	-	-	-	-	-	-	-	-	-	-	-
Kegalle	1680.00 - 1700.00	-	3200.00 - 3250.00	-	3600.00 - 3650.00	-	3200.00 - 3250.00	-	2000.00 - 2200.00	-	-	-	-
Ampara	1500.00 - 1600.00	-	2600.00 - 3200.00	-	-	-	3000.00 - 3000.00	-	1800.00 - 2000.00	-	-	-	-
Dehiattakandiya	-	-	-	-	-	-	3000.00 - 3300.00	-	1800.00 - 2600.00	-	1800.00 - 2200.00	-	-
Nuwaraeliya	-	-	3200.00 - 3250.00	-	3300.00 - 3350.00	-	3000.00 - 3100.00	-	1850.00 - 1900.00	-	1860.00 - 1880.00	-	-
Kandy	-	-	-	-	3400.00 - 3500.00	-	3000.00 - 3200.00	-	2000.00 - 2200.00	-	2400.00 - 2500.00	-	1200.00 - 1300.00
Puttalam	-	-	2800.00 - 3000.00	-	-	-	3000.00 - 3200.00	-	1600.00 - 1650.00	-	1350.00 - 1400.00	-	1250.00 - 1300.00
Hambantota	-	-	-	-	-	-	-	-	-	-	-	-	-
Rathnapura	1380.00 - 1450.00	-	3200.00 - 3360.00	-	-	-	3100.00 - 3200.00	-	1880.00 - 1960.00	-	2760.00 - 2840.00	-	960.00 - 1000.00
Matara	-	-	-	-	-	-	-	-	-	-	-	-	-
Galle	1600.00 - 1800.00	-	2600.00 - 3400.00	-	3200.00 - 3400.00	-	2600.00 - 3000.00	-	1600.00 - 1800.00	-	2800.00 - 3000.00	-	1200.00 - 1400.00
Tissamaharama	-	-	-	-	-	-	-	-	-	-	-	-	-
Meegoda	-	-	-	-	-	-	-	-	1800.00 - 2000.00	-	-	-	1120.00 - 1400.00
Embilipitiya	-	-	-	-	-	-	-	-	2100.00 - 2200.00	-	-	-	-
Jaffna	-	-	3000.00 - 3200.00	-	-	-	2400.00 - 2600.00	-	1500.00 - 1600.00	-	1200.00 - 1200.00	-	1200.00 - 1400.00
Vavuniya	1400.00 - 1500.00	-	2600.00 - 2700.00	-	-	-	2600.00 - 2700.00	-	1400.00 - 1500.00	-	1600.00 - 1700.00	-	-
Mannar	1250.00 - 1300.00	-	2750.00 - 2800.00	-	-	-	2500.00 - 2600.00	-	1350.00 - 1400.00	-	-	-	-
Killinochchi	1750.00 - 1850.00	-	2600.00 - 2700.00	-	-	-	2500.00 - 2600.00	-	1350.00 - 1450.00	-	1150.00 - 1250.00	-	1200.00 - 1300.00
Mullaittivu	1300.00 - 1350.00	-	2500.00 - 2600.00	-	2900.00 - 3000.00	-	2500.00 - 2650.00	-	1300.00 - 1400.00	-	1100.00 - 1200.00	-	1200.00 - 1300.00
Batticaloa	1300.00 - 1400.00	-	3000.00 - 3000.00	-	-	-	-	-	2800.00 - 2800.00	-	-	-	-
Trincomalee	-	-	-	-	-	-	-	-	-	-	-	-	-
Veyangoda	1600.00 - 1600.00	-	-	-	-	-	-	-	1600.00 - 1800.00	-	-	-	1200.00 - 1320.00
Galenbindunuwewa	1800.00 - 2000.00	-	3200.00 - 3500.00	-	3200.00 - 3500.00	-	3100.00 - 3500.00	-	1900.00 - 2200.00	-	3000.00 - 3300.00	-	1100.00 - 1400.00
Bandarawela	-	-	-	-	-	-	-	-	-	-	-	-	-
Matale	-	-	-	-	-	-	-	-	-	-	-	-	-

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

Week 23: 05 - 11 June 2026

LOCATIONS	Meat	Meat (Chicken)		Meat	
	Beef	Broiler	Curry	Mutton	Pork
Colombo	3000.00 - 3200.00	1350.00 - 1450.00	1200.00 - 1350.00	4000.00 - 4600.00	2800.00 - 2900.00
Gampaha	-	1300.00 - 1350.00	1400.00 - 1400.00	4000.00 - 4000.00	2800.00 - 2800.00
Kurunegala	2600.00 - 2600.00	1280.00 - 1350.00	-	-	2700.00 - 2700.00
Nikaweratiya	2500.00 - 2600.00	1250.00 - 1380.00	-	-	-
Dambulla	-	1250.00 - 1350.00	1400.00 - 1450.00	-	2600.00 - 2700.00
Anuradhapura	-	-	-	-	-
Thambuththegama	-	1250.00 - 1400.00	-	-	2600.00 - 2800.00
Polonnaruwa	2700.00 - 2700.00	1420.00 - 1460.00	1600.00 - 1800.00	-	2900.00 - 2900.00
Kaluthara	3000.00 - 3000.00	1350.00 - 1400.00	1350.00 - 1350.00	-	2600.00 - 2700.00
Badulla	2600.00 - 2700.00	1400.00 - 1550.00	1200.00 - 1350.00	3650.00 - 3780.00	-
Keppetipola	2400.00 - 2400.00	1340.00 - 1350.00	1450.00 - 1500.00	-	-
Moneragala	2800.00 - 2800.00	1300.00 - 1400.00	1650.00 - 1700.00	-	3000.00 - 3200.00
Kegalle	2800.00 - 2850.00	1430.00 - 1450.00	1320.00 - 1360.00	3800.00 - 3850.00	2950.00 - 3000.00
Ampara	2500.00 - 2600.00	1450.00 - 1500.00	-	-	2800.00 - 3200.00
Dehiattakandiya	-	-	-	-	2500.00 - 2900.00
Nuwaraeliya	2500.00 - 2600.00	1250.00 - 1300.00	-	3800.00 - 4000.00	2750.00 - 2800.00
Kandy	2700.00 - 2700.00	1250.00 - 1300.00	1250.00 - 1270.00	3900.00 - 4000.00	2900.00 - 3000.00
Puttalam	2700.00 - 2800.00	1400.00 - 1450.00	1600.00 - 1700.00	4500.00 - 4500.00	-
Hambantota	-	-	-	-	-
Rathnapura	2900.00 - 2900.00	1370.00 - 1400.00	1250.00 - 1330.00	4000.00 - 4000.00	2700.00 - 2700.00
Matara	-	-	-	-	-
Galle	2900.00 - 2900.00	1400.00 - 1400.00	1400.00 - 1400.00	3900.00 - 3900.00	-
Tissamaharama	-	1400.00 - 1550.00	-	-	-
Meegoda	-	1350.00 - 1380.00	1380.00 - 1380.00	-	2900.00 - 3000.00
Embilipitiya	-	1200.00 - 1300.00	1300.00 - 1350.00	4500.00 - 4700.00	2800.00 - 2900.00
Jaffna	2300.00 - 2300.00	1450.00 - 1550.00	1600.00 - 1650.00	5000.00 - 5000.00	-
Vavuniya	2200.00 - 2300.00	1500.00 - 1600.00	1600.00 - 1800.00	3800.00 - 4000.00	-
Mannar	2250.00 - 2300.00	1550.00 - 1600.00	1600.00 - 1650.00	-	-
Killinochchi	2400.00 - 2500.00	1500.00 - 1550.00	1650.00 - 1700.00	4800.00 - 5000.00	-
Mullaittivu	2300.00 - 2300.00	1500.00 - 1550.00	1600.00 - 1650.00	-	-
Batticaloa	2400.00 - 2500.00	1300.00 - 1400.00	1550.00 - 1600.00	4000.00 - 4000.00	-
Trincomalee	-	-	-	-	-
Veyangoda	2800.00 - 2800.00	1300.00 - 1350.00	-	-	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	2500.00 - 2600.00	1300.00 - 1350.00	-	3800.00 - 4000.00	-
Matale	-	-	-	-	-

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

Week 23: 05 - 11 June 2026

COMMODITY	Range	Average Price			Change Compared to		COMMODITY	Range	Average Price			Change Compared to	
		This Week	Last Week	Last Year	Last Week (%)	Last Year (%)			This Week	Last Week	Last Year	Last Week (%)	Last Year (%)
<u>Rice</u>							<u>Coconut</u>						
Local							Large	140.00 - 160.00	148.75	155.00	185.00	-4.03	-19.59
Samba 1	240.00 - 245.00	241.67	241.25	243.89	0.17	-0.91	Small	120.00 - 140.00	128.75	135.00	161.00	-4.63	-20.03
Samba 2	235.00 - 238.00	236.50	236.50	236.50	0.00	0.00							
Keeri Samba	320.00 - 340.00	332.50	335.00	280.00	-0.75	18.75	<u>Fruits (Rs/kg)</u>						
Nadu 1	200.00 - 205.00	202.14	202.14	227.33	0.00	-11.08	Plantain						
Nadu 2	195.00 - 198.00	196.50	196.20	221.00	0.15	-11.09	Ambul	80.00 - 120.00	100.00	108.00	90.00	-7.41	11.11
Raw (Red)	175.00 - 185.00	179.17	180.00	215.00	-0.46	-16.67	Kolikuttu	220.00 - 280.00	254.44	244.44	196.00	4.09	29.82
Raw (White)	185.00 - 195.00	190.00	190.00	214.67	0.00	-11.49	Seeni	80.00 - 130.00	103.33	107.50	92.00	-3.88	12.32
Imported							Anamalu	180.00 - 200.00	192.00	195.56	212.80	-1.82	-9.77
Samba	225.00 - 230.00	227.50	228.75	235.00	-0.55	-3.19	Ambun	180.00 - 230.00	198.00	200.00	213.60	-1.00	-7.30
Nadu	-	-	-	-	-	-	Papaw	120.00 - 200.00	159.09	141.11	104.00	12.74	52.97
Raw (Red)	-	-	-	-	-	-	Passion Fruit	400.00 - 600.00	522.22	600.00	386.00	-12.96	35.29
Raw (White)	-	-	-	-	-	-	Pineapple	210.00 - 250.00	227.50	227.50	312.00	0.00	-27.08
<u>Dried Chillies</u>							Pineapple Medium	-	-	-	-	-	-
Imported	950.00 - 1050.00	1000.00	1030.00	523.75	-2.91	90.93	Pineapple Small	-	-	-	-	-	-
<u>Onion</u>							Mango						
Sinnan	150.00 - 200.00	175.00	225.00	220.00	-22.22	-20.45	Betti	150.00 - 400.00	253.33	177.50	-	42.72	-
Vedalan	-	-	-	-	-	-	Karthakolomban	300.00 - 600.00	465.00	438.89	441.00	5.95	5.44
Imported	290.00 - 360.00	330.00	322.50	363.75	2.33	-9.28	Vilad	150.00 - 400.00	250.00	243.75	-	2.56	-
<u>Big Onion</u>							Kohu	-	-	-	-	-	-
Imported	160.00 - 220.00	186.88	170.00	93.13	9.93	100.67	<u>Other</u>						
Local	-	-	-	-	-	-	Wood Apple	350.00 - 400.00	368.75	336.36	655.00	9.63	-43.70
<u>Potato</u>							Orange	200.00 - 300.00	246.67	208.18	655.00	18.49	-62.34
Welimada	-	-	-	-	-	-	Avocado	400.00 - 600.00	500.00	554.17	441.00	-9.77	13.38
N'Eliya	280.00 - 310.00	300.00	300.00	255.00	0.00	17.65	Slime Apple	200.00 - 300.00	256.25	225.00	150.00	13.89	70.83
Imported	170.00 - 180.00	175.83	160.63	151.67	9.47	15.93	Grapes Imp.,	1700.00 - 1900.00	1778.57	1848.57	1962.50	-3.79	-9.37
<u>Pulses</u>							King Coconut	150.00 - 200.00	172.50	166.25	150.00	3.76	15.00
Green Gram	750.00 - 860.00	802.50	826.67	700.00	-2.92	14.64	<u>Sea Fish</u>						
Cowpea (White)	650.00 - 750.00	700.00	762.50	680.00	-8.20	2.94	Salaya	400.00 - 600.00	493.75	450.00	760.00	9.72	-35.03
Cowpea (Red)	670.00 - 750.00	714.00	742.50	712.50	-3.84	0.21	Hurulla	-	-	1033.33	1100.00	-	-
Red Dhal	230.00 - 240.00	234.29	241.88	252.22	-3.14	-7.11	Balaya	900.00 - 1500.00	1228.57	966.67	1380.00	27.09	-10.97
<u>Vegetable</u>							Kelawalla	1450.00 - 2200.00	1750.00	1700.00	1660.00	2.94	5.42
Beans (Butter)	-	-	-	-	-	-	Thora	2700.00 - 3200.00	2957.14	3237.50	3500.00	-8.66	-15.51
Beans(Green)	400.00 - 450.00	427.00	400.00	500.00	6.75	-14.60	Paraw	1200.00 - 1800.00	1466.67	1320.00	1400.00	11.11	4.76
Carrot	350.00 - 400.00	376.00	328.00	575.00	14.63	-34.61	Mora	1200.00 - 1600.00	1412.50	1512.50	1475.00	-6.61	-4.24
Leeks	250.00 - 350.00	300.00	372.00	288.00	-19.35	4.17	Shrimps	1550.00 - 1850.00	1643.75	1925.00	1450.00	-14.61	13.36
Beetroot	300.00 - 480.00	409.23	360.00	373.57	13.68	9.55	Thalapath	2000.00 - 2600.00	2371.43	2325.00	2880.00	2.00	-17.66
Knolkhol	300.00 - 350.00	325.00	324.00	276.00	0.31	17.75	<u>Eggs</u>						
Raddish	160.00 - 250.00	198.00	171.00	124.00	15.79	59.68	Brown	39.00 - 40.00	39.50	40.50	34.80	-2.47	13.51
Cabbage	100.00 - 150.00	127.14	119.00	350.00	6.84	-63.67	White	36.00 - 38.00	37.00	38.00	32.80	-2.63	12.80
Tomato	500.00 - 800.00	640.00	376.00	526.00	70.21	21.67	<u>Dried Fish</u>						
Ladies Fingers	150.00 - 200.00	171.67	156.00	112.00	10.04	53.27	Sprats	2000.00 - 2200.00	2078.57	1835.00	1637.50	13.27	26.94
Brinjal	250.00 - 450.00	350.00	375.00	324.00	-6.67	8.02	Sprats (Imported)	1100.00 - 1400.00	1193.75	1135.00	1037.50	5.18	15.06
Capsicum	250.00 - 400.00	325.00	387.00	650.00	-16.02	-50.00	Kattawa	2400.00 - 2500.00	2480.00	2468.75	-	0.46	-
Pumpkin	80.00 - 110.00	90.00	83.00	108.00	8.43	-16.67	Kattawa (Imported)	2400.00 - 2500.00	2471.43	2457.14	1900.00	0.58	30.08
Cucumber	100.00 - 150.00	120.83	124.55	71.00	-2.98	70.19	Thora	-	-	-	-	-	-
Bitter Gourd	500.00 - 650.00	550.00	555.00	450.00	-0.90	22.22	Thora (Imported)	3200.00 - 3500.00	3350.00	-	-	-	-
Snake Gourd	230.00 - 330.00	268.00	227.00	181.00	18.06	48.07	Mora	2600.00 - 2800.00	2700.00	2693.75	2100.00	0.23	28.57
Drumstick	400.00 - 700.00	540.00	600.00	800.00	-10.00	-32.50	Mora (Imported)	2550.00 - 2800.00	2671.43	2531.25	-	5.54	-
Luffa	250.00 - 400.00	329.17	363.00	181.00	-9.32	81.86	Balaya	1250.00 - 1750.00	1557.14	1555.00	1925.00	0.14	-19.11
Long Beans	200.00 - 300.00	263.00	175.45	158.00	49.90	66.46	Balaya (Imported)	2000.00 - 2200.00	2100.00	-	-	-	-
Ash Plantain	100.00 - 120.00	106.67	107.78	98.00	-1.03	8.84	Anguluwa	2100.00 - 2800.00	2342.86	2150.00	-	8.97	-
Green Chillies	350.00 - 500.00	440.00	528.00	630.00	-16.67	-30.16	Anguluwa (Imported)	2000.00 - 2100.00	2050.00	2293.75	1762.50	-10.63	16.31
Lime	400.00 - 650.00	540.00	530.00	284.00	1.89	90.14	Maduwa	1600.00 - 1700.00	1641.67	1708.33	1525.00	-3.90	7.65
<u>Root Crops</u>							Maduwa (Imported)	1700.00 - 1800.00	1766.67	1762.50	-	0.24	-
Sweet Potato	100.00 - 180.00	140.00	165.00	190.00	-15.15	-26.32	Koduwa	-	-	-	-	-	-
Manioc	100.00 - 130.00	114.44	122.00	104.00	-6.19	10.04	Koduwa (Imported)	-	-	-	-	-	-
<u>Leafy Vegetable</u>							Salaya	850.00 - 1100.00	964.29	937.50	837.50	2.86	15.14
Mukunuwenna	90.00 - 120.00	102.50	125.00	112.50	-18.00	-8.89	Salaya (Imported)	-	-	-	-	-	-
Kankun	90.00 - 120.00	102.50	125.00	112.50	-18.00	-8.89							
Gotukola	380.00 - 400.00	390.00	317.50	314.55	22.83	23.99							

This Week: Week 23: 05 - 11 June 2026
 Last Week: Week 22: 29 May - 04 June 2026

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

Week 23: 05 - 11 June 2026

COMMODITY	Range	Average Price			Change Compared to		COMMODITY	Range	Average Price			Change Compared to	
		This Week	Last Week	Last Year	Last Week (%)	Last Year (%)			This Week	Last Week	Last Year	Last Week (%)	Last Year (%)
Rice							Coconut						
Local							Large						
Samba 1	260.00 - 285.00	276.84	270.00	254.38	6.84	8.83	160.00 - 180.00	171.36	177.62	211.00	-6.26	-18.79	
Samba 2	-	-	-	-	-	-	Small	130.00 - 150.00	141.54	145.00	192.00	-3.46	-26.28
Keeri Samba	360.00 - 390.00	373.00	373.82	287.37	-0.82	29.80	Fruits (Rs/fruit)						
Nadu 1	230.00 - 240.00	232.73	230.87	235.91	1.86	-1.35	Plantain						
Nadu 2	-	-	-	-	-	-	Ambul (Rs/kg)	150.00 - 220.00	181.00	184.00	146.21	-3.00	23.80
Raw (Red)	200.00 - 230.00	213.00	217.22	225.65	-4.22	-5.61	Kolikuttu (Rs/kg)	280.00 - 400.00	354.21	338.95	282.50	15.26	25.38
Raw (White)	210.00 - 230.00	220.00	222.38	225.71	-2.38	-2.53	Seeni (Rs/kg)	150.00 - 220.00	186.19	188.95	161.94	-2.76	14.98
Imported							Anamalu						
Samba	240.00 - 270.00	270.00	264.62	249.38	5.38	8.27	Ambun	200.00 - 350.00	302.35	309.29	329.54	-6.93	-8.25
Nadu	-	-	-	-	-	-	Papaw(Rs/kg)	200.00 - 350.00	260.95	241.43	180.69	19.52	44.42
Raw (Red)	-	-	-	-	-	-	Passion Fruit	650.00 - 1200.00	907.14	852.94	642.90	54.20	41.10
Raw (White)	-	-	-	-	-	-	Pineapple Large	280.00 - 400.00	343.50	324.74	337.18	18.76	1.87
Dried Chillies							Pineapple Medium						
Imported	1000.00 - 1400.00	1225.00	1247.50	776.09	-22.50	57.84	Pineapple Small	-	-	-	-	-	-
Onion							Mango						
Sinnan	-	-	-	-	-	-	Betti	300.00 - 550.00	415.00	396.67	-	18.33	-
Vedalan	-	-	-	-	-	-	Karthakolomban	400.00 - 800.00	650.63	645.00	566.40	5.63	14.87
Imported	380.00 - 520.00	452.73	452.00	473.50	0.73	-4.39	Vilad	450.00 - 600.00	525.00	582.50	-	-57.50	-
Big Onion							Kohu						
Imported	220.00 - 260.00	240.00	236.25	145.00	3.75	65.52	Other						
Local							Wood Apple						
Potato							Orange						
Welimada	-	-	-	-	-	-	Avocado	600.00 - 1000.00	801.67	780.00	565.00	21.67	41.89
N'Eliya	380.00 - 450.00	402.50	406.67	423.64	-4.17	-4.99	Slime Apple	400.00 - 800.00	589.41	538.46	450.24	50.95	30.91
Imported	200.00 - 260.00	231.82	220.00	216.96	11.82	6.85	Grapes (Imp., Rs/kg)	2000.00 - 3000.00	2552.94	2633.33	2611.11	-80.39	-2.23
Pulses							King Coconut						
Green Gram	900.00 - 1100.00	994.00	1003.18	889.00	-9.18	11.81	180.00 - 250.00	211.67	209.50	189.57	2.17	11.66	
Cowpea (White)	900.00 - 1200.00	1048.00	1075.24	855.63	-27.24	22.48	Sea Fish						
Cowpea (Red)	900.00 - 1200.00	1008.18	1015.50	837.50	-7.32	20.38	Salaya	1000.00 - 1200.00	1062.50	1030.00	945.29	32.50	12.40
Red Dhal	270.00 - 340.00	304.00	305.00	290.87	-1.00	4.51	Hurulla	1100.00 - 1800.00	1413.33	1340.00	-	73.33	-
Vegetable							Balaya						
Beans (Butter)	-	-	-	-	-	-	Kelawalla	1400.00 - 2800.00	1990.00	1500.00	1708.33	490.00	16.49
Beans(Green)	450.00 - 700.00	594.74	620.95	638.44	-26.22	-6.84	Thora	2400.00 - 3300.00	2946.15	2933.33	2525.00	12.82	16.68
Carrot	400.00 - 600.00	517.62	445.71	754.33	71.90	-31.38	Paraw	3300.00 - 4600.00	3944.00	4000.00	4166.67	-56.00	-5.34
Leeks	350.00 - 600.00	491.58	543.50	451.38	-51.92	8.91	Mora	1600.00 - 3200.00	2633.33	2800.00	2082.86	-166.67	26.43
Beetroot	350.00 - 800.00	596.84	519.52	607.86	77.32	-1.81	Shrimps	1700.00 - 2800.00	2160.00	2466.67	2142.11	-306.67	0.84
Knolkhol	350.00 - 800.00	540.59	502.31	453.20	38.28	19.28	Thalalpath	2800.00 - 3600.00	3168.18	3150.00	3145.00	18.18	0.74
Raddish	220.00 - 400.00	342.63	364.21	265.71	-21.58	28.95	Eggs						
Cabbage	150.00 - 400.00	314.21	312.86	501.15	1.35	-37.30	Brown	40.00 - 43.00	40.54	41.18	36.84	-0.64	10.03
Tomato	600.00 - 1000.00	822.73	625.00	762.67	197.73	7.88	White	37.00 - 39.00	38.43	39.25	34.77	-0.82	10.51
Ladies Fingers	250.00 - 600.00	406.32	406.19	273.70	0.13	48.45	Dried Fish						
Brinjal	400.00 - 680.00	541.00	590.48	532.14	-49.48	1.66	Sprats	2200.00 - 2600.00	2380.00	2177.78	2045.45	202.22	16.36
Capsicum	400.00 - 800.00	634.21	683.33	912.00	-49.12	-30.46	Sprats (Imported)	-	-	2177.78	1236.36	-	-
Pumpkin	150.00 - 280.00	222.63	214.00	256.30	8.63	-13.14	Kattawa	3000.00 - 3600.00	3292.31	3057.14	2447.83	235.16	34.50
Cucumber	200.00 - 360.00	264.55	268.42	202.41	-3.88	30.70	Thora	4000.00 - 4000.00	4000.00	3725.00	-	275.00	-
Bitter Gourd	550.00 - 800.00	691.67	715.79	543.21	-24.12	27.33	Mora	2700.00 - 3600.00	3186.67	3164.29	2590.00	22.38	23.04
Snake Gourd	280.00 - 600.00	473.68	471.90	356.07	1.78	33.03	Balaya	1800.00 - 2800.00	2100.00	2207.69	2158.82	-107.69	-2.72
Drumstick	500.00 - 1000.00	807.50	955.00	1405.00	-147.50	-42.53	Anguluwa	2600.00 - 3200.00	2883.33	2891.67	2240.00	-8.33	28.72
Luffa	350.00 - 600.00	504.29	548.50	361.11	-44.21	39.65	Maduwa	-	-	-	-	-	-
Long Beans	300.00 - 600.00	469.44	393.81	358.57	75.63	30.92	Koduwa	-	-	-	-	-	-
Ash Plantain	180.00 - 320.00	239.05	243.33	260.37	-4.29	-8.19	Salaya	1000.00 - 1300.00	1200.00	1190.00	1216.67	10.00	-1.37
Green Chillies	500.00 - 1000.00	729.17	739.05	848.21	-9.88	-14.04	Meat						
Lime	450.00 - 1200.00	865.79	738.00	630.71	127.79	37.27	Beef (without Bones)	3000.00 - 3200.00	3080.00	3233.33	2733.33	-153.33	12.68
Root Crops							Chicken (Broiler)						
Sweet Potato	200.00 - 400.00	297.78	303.00	322.59	-5.22	-7.69	Chicken (Curry)	1200.00 - 1350.00	1287.50	1313.33	1153.64	-25.83	11.60
Manioc	150.00 - 260.00	209.47	211.11	212.67	-1.64	-1.50	Mutton	4000.00 - 4600.00	4400.00	4400.00	3775.00	0.00	16.56
Leafy Vegetable							Pork						
Mukunuwenna	240.00 - 300.00	260.00	285.33	219.75	-25.33	18.32	2800.00 - 2900.00	2850.00	2750.00	2133.33	100.00	33.59	
Kankun	240.00 - 300.00	260.00	286.25	219.75	-26.25	18.32	-	-	-	-	-	-	
Gotukola	300.00 - 450.00	358.57	357.00	483.81	1.57	-25.89	-	-	-	-	-	-	

This Week: Week 23: 05 - 11 June 2026
Last Week: Week 22: 29 May - 04 June 2026

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

Week 23: 05 - 11 June 2026

COMMODITY	Range	Average Price	COMMODITY	Range	Average Price	COMMODITY	Range	Average Price
<u>Paddy</u>			<u>Vegetable (Up Country)</u>			<u>Snake Gourd</u>		
Short Grain			Beans			Dambulla	220.00 – 260.00	240.00
A'pura	-		Dambulla	330.00 – 390.00	360.00	Hambantota	-	
P'naruwa	128.00 – 130.00	129.20	Welimada	300.00 – 325.00	316.00	Embilipitiya	160.00 – 180.00	170.00
Kalawewa	123.00 – 127.00	125.00	Badulla	-		Matara	-	
Kurunegala	123.00 – 127.00	124.75	Carrot			A'pura	-	
Dehiattakandiya	120.00 – 128.00	124.33	N'Eliya	315.00 – 330.00	321.00	Luffa		
Nikaweratiya	120.00 – 125.00	122.50	Welimada	265.00 – 300.00	280.00	Dambulla	250.00 – 300.00	277.50
Ampara	120.00 – 125.00	122.67	Hanguranketha	200.00 – 320.00	258.00	Hambantota	-	
Long Grain (White)			Leeks			Embilipitiya	250.00 – 270.00	260.00
A'pura	-		N'Eliya	230.00 – 240.00	233.00	Matara	-	
P'naruwa	101.00 – 105.00	103.40	Welimada	245.00 – 265.00	256.00	A'pura	-	
Kalawewa	-		Beetroot			Green Chillies		
Kurunegala	100.00 – 103.00	101.67	N'Eliya	245.00 – 250.00	247.00	Dambulla	340.00 – 400.00	378.00
Dehiattakandiya	96.00 – 105.00	101.00	Dambulla	270.00 – 290.00	280.00	Hambantota	-	
Embilipitiya	-		Kurunegala	-		Embilipitiya	450.00 – 470.00	
Nikaweratiya	100.00 – 105.00	102.50	Welimada	280.00 – 300.00	291.00	Puttalam	380.00 – 427.00	403.50
Hambantota	-		Hanguranketha	-		A'pura	-	
Ampara	90.00 – 100.00	95.75	Knol Khol			Pumpkin		
Long Grain (Red)			N'Eliya	225.00 – 230.00	227.00	Dambulla	76.00 – 90.00	82.80
Matara	-		Welimada	245.00 – 270.00	258.00	Hambantota	-	
Hambantota	-		Hanguranketha	280.00 – 300.00	290.00	Embilipitiya	100.00 – 120.00	110.00
Embilipitiya	98.00 – 100.00	99.00	Raddish			Matara	-	
Keeri Samba			N'Eliya	75.00 – 80.00	77.00	A'pura	-	
A'pura	-		Welimada	100.00 – 125.00	113.00	Moneragala	50.00 – 60.00	54.00
P'naruwa	156.00 – 156.00	156.00	Hambantota	-		Cucumber		
Kalawewa	160.00 – 167.00	162.80	Hanguranketha	100.00 – 150.00	123.33	A'pura	-	
Kurunegala	148.00 – 155.00	151.25	Cabbage			Dambulla	76.00 – 90.00	84.00
Dehiattakandiya	146.00 – 160.00	152.00	N'Eliya	90.00 – 100.00	95.00	Hambantota	-	
Red Onion			Welimada	70.00 – 85.00	78.00	Matara	-	
Puttalam	190.00 – 247.00	213.75	Badulla	70.00 – 80.00	76.67	Long Beans		
Jaffna	-		Hanguranketha	120.00 – 150.00	130.00	Dambulla	160.00 – 220.00	191.20
Big Onion			Tomato			Hambantota	-	
Dambulla	-		Welimada	400.00 – 425.00	413.00	Embilipitiya	230.00 – 250.00	240.00
Kalawewa	-		Hambantota	-		Matara	-	
A'pura	-		Dambulla	440.00 – 520.00	488.00	A'pura	-	
Potato			Hanguranketha	300.00 – 400.00	357.50	Ash Plantain		
N'Eliya	230.00 – 240.00	236.00	Vegetable (Low Country)			Hambantota	-	
Badulla	-		Ladies Fingers			Embilipitiya	80.00 – 90.00	85.00
Welimada	225.00 – 245.00	236.00	A'pura	-		Matara	-	
Pulses			Dambulla	190.00 – 220.00	204.00	Lime		
Green Gram			Hambantota	-		Hambantota	-	
Hambantota	-		Embilipitiya	130.00 – 150.00	140.00	Embilipitiya	480.00 – 500.00	490.00
Moneragala	550.00 – 570.00	558.00	Matara	-		Moneragala	250.00 – 270.00	258.00
Embilipitiya	740.00 – 750.00	745.00	Brinjal			Fruits (Rs/kg)		
Nikaweratiya	600.00 – 650.00	625.00	A'pura	-		Banana		
A'pura	-		Dambulla	300.00 – 390.00	360.00	Ambul		
Cowpea			Hambantota	-		Moneragala	50.00 – 60.00	54.00
Hambantota	-		Embilipitiya	160.00 – 180.00	170.00	Embilipitiya	30.00 – 50.00	40.00
Nikaweratiya	-		Matara	-		Hambantota	-	
Moneragala	-		Welimada	250.00 – 280.00	265.00	Kolikuttu		
Embilipitiya	650.00 – 660.00	655.00	Capsicum			Moneragala	160.00 – 170.00	164.00
Maize			Badulla	-		Embilipitiya	220.00 – 250.00	235.00
A'pura	-		Welimada	250.00 – 260.00	255.00	Hambantota	-	
Kalawewa	-		Bitter Gourd			Papaw		
Gingelly			A'pura	-		Moneragala	60.00 – 70.00	64.00
A'pura	-		Dambulla	500.00 – 550.00	530.00	Embilipitiya	110.00 – 120.00	115.00
Kalawewa	-		Hambantota	-		Hambantota	-	
Black Gram			Embilipitiya	420.00 – 430.00	425.00	Pineapple		
A'pura	-		Matara	-		Divulapitiya	-	
Kalawewa	-							

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

Week 23: 05 - 11 June 2026

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CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<u>Rice</u>									
Local									
Samba 1	260.00 - 270.00	280.00 - 280.00	260.00 - 270.00	280.00 - 285.00	280.00 - 285.00	280.00 - 280.00	270.00 - 280.00	280.00 - 285.00	280.00 - 285.00
Samba 2	-	-	-	-	-	-	-	-	-
Keeri Samba	360.00 - 370.00	380.00 - 380.00	360.00 - 370.00	380.00 - 390.00	370.00 - 380.00	380.00 - 380.00	360.00 - 370.00	370.00 - 380.00	370.00 - 380.00
Nadu 1	230.00 - 240.00	230.00 - 230.00	230.00 - 240.00	230.00 - 230.00	230.00 - 240.00	230.00 - 230.00	230.00 - 240.00	230.00 - 240.00	230.00 - 240.00
Nadu 2	-	-	-	-	-	-	-	-	-
Raw (Red)	210.00 - 220.00	200.00 - 200.00	200.00 - 220.00	200.00 - 220.00	200.00 - 210.00	220.00 - 220.00	200.00 - 220.00	220.00 - 220.00	220.00 - 230.00
Raw (White)	220.00 - 220.00	220.00 - 220.00	210.00 - 220.00	210.00 - 220.00	220.00 - 220.00	220.00 - 220.00	220.00 - 230.00	220.00 - 230.00	220.00 - 220.00
Imported									
Samba	240.00 - 260.00	-	-	260.00 - 270.00	270.00 - 270.00	270.00 - 270.00	260.00 - 270.00	270.00 - 270.00	270.00 - 270.00
Nadu	-	-	-	-	-	-	-	-	-
Raw (Red)	-	-	-	-	-	-	-	-	-
Raw (White)	-	-	-	-	-	-	-	-	-
<u>Dried Chillies</u>									
Imported	1000.00 - 1150.00	1400.00 - 1400.00	1200.00 - 1300.00	1300.00 - 1400.00	1300.00 - 1400.00	1300.00 - 1300.00	1100.00 - 1250.00	1100.00 - 1200.00	1100.00 - 1200.00
<u>Red Onion</u>									
Sinnan	-	-	-	-	-	-	-	-	-
Vedalan	-	-	-	-	-	-	-	-	-
Imported	380.00 - 400.00	480.00 - 520.00	400.00 - 440.00	480.00 - 520.00	460.00 - 480.00	400.00 - 480.00	380.00 - 400.00	480.00 - 520.00	480.00 - 520.00
<u>Big Onion</u>									
Imported	220.00 - 240.00	240.00 - 260.00	240.00 - 260.00	240.00 - 260.00	240.00 - 260.00	240.00 - 260.00	220.00 - 240.00	220.00 - 240.00	220.00 - 240.00
Local	-	-	-	-	-	-	-	-	-
<u>Potato</u>									
Welimada	-	-	-	-	-	-	-	-	-
N'Eliya	380.00 - 400.00	-	380.00 - 400.00	400.00 - 400.00	400.00 - 450.00	400.00 - 400.00	380.00 - 400.00	400.00 - 400.00	400.00 - 450.00
Imported	200.00 - 220.00	240.00 - 260.00	220.00 - 240.00	240.00 - 240.00	240.00 - 260.00	220.00 - 240.00	220.00 - 240.00	220.00 - 240.00	220.00 - 240.00
<u>Pulses</u>									
Green Gram	900.00 - 1000.00	1000.00 - 1000.00	900.00 - 1000.00	1000.00 - 1100.00	1000.00 - 1100.00	1000.00 - 1000.00	960.00 - 1000.00	1000.00 - 1060.00	1100.00 - 1100.00
Cowpea (White)	900.00 - 1000.00	1200.00 - 1200.00	1000.00 - 1100.00	1200.00 - 1200.00	1000.00 - 1100.00	900.00 - 900.00	980.00 - 1000.00	980.00 - 1000.00	1100.00 - 1200.00
Cowpea (Red)	900.00 - 1000.00	1100.00 - 1100.00	1000.00 - 1000.00	1100.00 - 1200.00	900.00 - 1100.00	900.00 - 900.00	980.00 - 1000.00	900.00 - 1000.00	1100.00 - 1200.00
Red Dhal	270.00 - 280.00	320.00 - 320.00	280.00 - 300.00	320.00 - 340.00	320.00 - 340.00	280.00 - 280.00	280.00 - 300.00	280.00 - 300.00	320.00 - 340.00

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

Week 23: 05 - 11 June 2026

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CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<i>Vegetable</i>									
Beans	450.00 - 500.00	640.00 - 700.00	600.00 - 600.00	600.00 - 700.00	600.00 - 600.00	480.00 - 600.00	450.00 - 450.00	640.00 - 640.00	600.00 - 600.00
Carrot	400.00 - 500.00	600.00 - 600.00	480.00 - 600.00	600.00 - 600.00	480.00 - 600.00	400.00 - 600.00	450.00 - 480.00	400.00 - 400.00	480.00 - 500.00
Leeks	350.00 - 350.00	560.00 - 600.00	480.00 - 600.00	600.00 - 600.00	480.00 - 500.00	400.00 - 480.00	450.00 - 450.00	500.00 - 500.00	480.00 - 480.00
Beetroot	350.00 - 500.00	640.00 - 720.00	480.00 - 520.00	800.00 - 800.00	600.00 - 600.00	800.00 - 800.00	450.00 - 450.00	520.00 - 520.00	600.00 - 600.00
Knolkhol	350.00 - 400.00	480.00 - 600.00	600.00 - 600.00	640.00 - 800.00	480.00 - 640.00	400.00 - 400.00	360.00 - 360.00	480.00 - 480.00	-
Raddish	220.00 - 250.00	320.00 - 400.00	280.00 - 360.00	400.00 - 400.00	300.00 - 400.00	320.00 - 320.00	300.00 - 300.00	400.00 - 400.00	320.00 - 320.00
Cabbage	150.00 - 200.00	360.00 - 400.00	240.00 - 320.00	400.00 - 400.00	280.00 - 320.00	280.00 - 320.00	220.00 - 220.00	320.00 - 320.00	320.00 - 320.00
Tomato	600.00 - 800.00	900.00 - 1000.00	800.00 - 800.00	800.00 - 1000.00	750.00 - 800.00	600.00 - 800.00	900.00 - 900.00	900.00 - 900.00	900.00 - 900.00
Ladies Fingers	250.00 - 300.00	400.00 - 480.00	320.00 - 400.00	480.00 - 600.00	320.00 - 400.00	300.00 - 300.00	350.00 - 350.00	480.00 - 480.00	320.00 - 320.00
Brinjal	400.00 - 450.00	600.00 - 680.00	480.00 - 600.00	600.00 - 640.00	480.00 - 600.00	400.00 - 600.00	500.00 - 500.00	480.00 - 480.00	530.00 - 530.00
Capsicum	400.00 - 500.00	800.00 - 800.00	550.00 - 600.00	800.00 - 800.00	500.00 - 600.00	600.00 - 600.00	600.00 - 600.00	800.00 - 800.00	600.00 - 600.00
Pumpkin	150.00 - 160.00	200.00 - 240.00	200.00 - 240.00	280.00 - 280.00	200.00 - 240.00	240.00 - 240.00	160.00 - 160.00	200.00 - 200.00	200.00 - 200.00
Cucumber	200.00 - 220.00	320.00 - 360.00	280.00 - 320.00	320.00 - 360.00	300.00 - 320.00	320.00 - 320.00	200.00 - 200.00	280.00 - 280.00	240.00 - 240.00
Bitter Gourd	550.00 - 650.00	800.00 - 800.00	700.00 - 800.00	800.00 - 800.00	750.00 - 800.00	800.00 - 800.00	600.00 - 600.00	800.00 - 800.00	600.00 - 600.00
Snake Gourd	280.00 - 320.00	520.00 - 600.00	400.00 - 600.00	600.00 - 600.00	320.00 - 560.00	320.00 - 320.00	400.00 - 400.00	600.00 - 600.00	520.00 - 520.00
Drumstick	500.00 - 600.00	800.00 - 1000.00	720.00 - 800.00	1000.00 - 1000.00	800.00 - 1000.00	800.00 - 800.00	750.00 - 750.00	600.00 - 600.00	-
Luffa	400.00 - 400.00	600.00 - 600.00	480.00 - 600.00	600.00 - 600.00	480.00 - 600.00	-	350.00 - 350.00	-	600.00 - 600.00
Long Beans	350.00 - 350.00	560.00 - 560.00	400.00 - 480.00	480.00 - 600.00	400.00 - 500.00	-	300.00 - 300.00	600.00 - 600.00	400.00 - 400.00
Ash Plantain	180.00 - 200.00	320.00 - 320.00	200.00 - 280.00	320.00 - 320.00	280.00 - 280.00	240.00 - 320.00	180.00 - 200.00	320.00 - 320.00	240.00 - 240.00
Green Chillies	500.00 - 600.00	800.00 - 1000.00	800.00 - 800.00	800.00 - 1000.00	700.00 - 800.00	600.00 - 800.00	800.00 - 800.00	800.00 - 800.00	800.00 - 800.00
Lime	450.00 - 500.00	800.00 - 1000.00	800.00 - 1000.00	1000.00 - 1200.00	800.00 - 800.00	1000.00 - 1000.00	800.00 - 800.00	1200.00 - 1200.00	1000.00 - 1000.00
<i>Root Crops</i>									
Sweet Potato	200.00 - 200.00	320.00 - 400.00	280.00 - 320.00	400.00 - 400.00	300.00 - 340.00	400.00 - 400.00	240.00 - 240.00	400.00 - 400.00	240.00 - 240.00
Manioc	150.00 - 200.00	200.00 - 240.00	220.00 - 240.00	260.00 - 260.00	200.00 - 200.00	240.00 - 240.00	150.00 - 160.00	200.00 - 200.00	200.00 - 200.00
<i>Leafy Vegetable</i>									
Mukunuwenna	240.00 - 240.00	240.00 - 240.00	240.00 - 240.00	300.00 - 300.00	240.00 - 240.00	280.00 - 280.00	240.00 - 240.00	300.00 - 300.00	280.00 - 280.00
Kankun	240.00 - 240.00	240.00 - 240.00	240.00 - 240.00	300.00 - 300.00	240.00 - 240.00	280.00 - 280.00	240.00 - 240.00	300.00 - 300.00	280.00 - 280.00
Gotukola	400.00 - 420.00	300.00 - 340.00	300.00 - 300.00	340.00 - 350.00	300.00 - 300.00	400.00 - 420.00	300.00 - 300.00	400.00 - 450.00	300.00 - 300.00
<i>Coconut</i>									
Large	170.00 - 170.00	180.00 - 180.00	170.00 - 180.00	170.00 - 170.00	160.00 - 170.00	170.00 - 170.00	175.00 - 175.00	170.00 - 170.00	170.00 - 170.00
Small	130.00 - 150.00	130.00 - 130.00	130.00 - 130.00	150.00 - 150.00	140.00 - 140.00	130.00 - 140.00	150.00 - 150.00	150.00 - 150.00	150.00 - 150.00

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

Week 23: 05 - 11 June 2026

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CROP	PELIYAGODA		MAHARAGAMA		KIRULAPONE		NUGEGODA		NARAHENPITA		DEMATAGODA		THOTALANGA		KADAWATHA		KIRIBATHGODA	
<i>Plantain</i>																		
Ambul	150.00	- 170.00	220.00	- 220.00	200.00	- 220.00	200.00	- 200.00	150.00	- 200.00	180.00	- 200.00	150.00	- 160.00	200.00	- 200.00	200.00	- 200.00
Kolikuttu	280.00	- 350.00	390.00	- 390.00	350.00	- 400.00	350.00	- 350.00	350.00	- 380.00	400.00	- 400.00	300.00	- 300.00	350.00	- 350.00	350.00	- 350.00
Seeni	150.00	- 200.00	200.00	- 220.00	200.00	- 220.00	200.00	- 200.00	200.00	- 220.00	180.00	- 200.00	150.00	- 150.00	200.00	- 200.00	220.00	- 220.00
Anamalu	200.00	- 270.00	350.00	- 350.00	350.00	- 350.00	350.00	- 350.00	350.00	- 350.00	250.00	- 350.00	-	-	300.00	- 300.00	300.00	- 300.00
Ambun	200.00	- 270.00	350.00	- 350.00	350.00	- 350.00	350.00	- 350.00	350.00	- 350.00	250.00	- 350.00	-	-	300.00	- 320.00	300.00	- 300.00
<i>Pineapple</i>																		
Large	300.00	- 400.00	380.00	- 380.00	380.00	- 400.00	300.00	- 350.00	300.00	- 350.00	300.00	- 400.00	280.00	- 300.00	350.00	- 350.00	380.00	- 380.00
Medium	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Small	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
<i>Mango</i>																		
Betti	300.00	- 400.00	-	-	500.00	- 500.00	-	-	550.00	- 550.00	-	-	-	-	-	-	-	-
Karthakolomban	600.00	- 700.00	500.00	- 500.00	700.00	- 800.00	700.00	- 800.00	800.00	- 800.00	400.00	- 400.00	-	-	500.00	- 500.00	700.00	- 700.00
Vilad	500.00	- 600.00	-	-	-	-	-	-	-	-	-	-	-	-	450.00	- 450.00	450.00	- 450.00
Kohu	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
<i>Other Fruits</i>																		
Wood Apple	400.00	- 450.00	700.00	- 700.00	-	-	700.00	- 800.00	550.00	- 600.00	500.00	- 600.00	500.00	- 500.00	600.00	- 600.00	500.00	- 500.00
Orange	280.00	- 300.00	500.00	- 500.00	500.00	- 600.00	550.00	- 600.00	400.00	- 500.00	600.00	- 600.00	350.00	- 350.00	400.00	- 400.00	400.00	- 400.00
Avocado	760.00	- 900.00	600.00	- 600.00	-	-	900.00	- 1000.00	800.00	- 800.00	-	-	-	-	800.00	- 800.00	750.00	- 750.00
Slime Apple	500.00	- 600.00	500.00	- 500.00	700.00	- 800.00	750.00	- 800.00	500.00	- 600.00	400.00	- 500.00	-	-	500.00	- 500.00	450.00	- 450.00
Grapes	2000.00	- 2200.00	3000.00	- 3000.00	2800.00	- 3000.00	2500.00	- 3000.00	2700.00	- 2800.00	3000.00	- 3000.00	2000.00	- 2000.00	2100.00	- 2100.00	2200.00	- 2200.00
Papaw	200.00	- 260.00	300.00	- 300.00	300.00	- 300.00	200.00	- 350.00	220.00	- 240.00	250.00	- 290.00	220.00	- 220.00	250.00	- 250.00	250.00	- 250.00
Passion	750.00	- 800.00	-	-	1000.00	- 1000.00	1000.00	- 1200.00	900.00	- 1000.00	1200.00	- 1200.00	-	-	700.00	- 700.00	650.00	- 650.00
King Coconut	220.00	- 250.00	-	-	180.00	- 200.00	200.00	- 220.00	180.00	- 200.00	200.00	- 200.00	180.00	- 180.00	220.00	- 220.00	220.00	- 220.00

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

Week 23: 05 - 11 June 2026

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CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<i>Sea Fish</i>									
Salaya	1000.00 - 1000.00	1100.00 - 1100.00	1000.00 - 1100.00	1200.00 - 1200.00	1000.00 - 1000.00	1000.00 - 1000.00	1100.00 - 1200.00	1000.00 - 1100.00	1000.00 - 1100.00
Hurulla	1100.00 - 1200.00	1600.00 - 1600.00	1700.00 - 1800.00	1600.00 - 1600.00	1500.00 - 1500.00	1300.00 - 1300.00	1400.00 - 1400.00	1300.00 - 1300.00	1300.00 - 1300.00
Balaya	1600.00 - 1700.00	-	2800.00 - 2800.00	-	-	-	2400.00 - 2600.00	1400.00 - 1500.00	1500.00 - 1500.00
Kelawalla	2400.00 - 2600.00	3000.00 - 3000.00	3000.00 - 3000.00	3200.00 - 3200.00	3300.00 - 3300.00	2800.00 - 2800.00	3000.00 - 3000.00	3000.00 - 3200.00	2800.00 - 2800.00
Thora	3300.00 - 3400.00	4400.00 - 4400.00	4440.00 - 4440.00	4600.00 - 4600.00	3800.00 - 3800.00	4000.00 - 4000.00	4000.00 - 4000.00	4200.00 - 4200.00	-
Paraw	-	3200.00 - 3200.00	2600.00 - 2800.00	3000.00 - 3000.00	2900.00 - 2900.00	1600.00 - 1600.00	-	1600.00 - 1600.00	2800.00 - 2800.00
Mora	1600.00 - 1800.00	2200.00 - 2200.00	2200.00 - 2200.00	-	2600.00 - 2600.00	2000.00 - 2000.00	2000.00 - 2000.00	2000.00 - 2000.00	2000.00 - 2000.00
Shrimps Small	-	2400.00 - 2400.00	2800.00 - 2800.00	2600.00 - 2600.00	2300.00 - 2300.00	2000.00 - 2000.00	1700.00 - 1800.00	1800.00 - 1800.00	1800.00 - 1800.00
Talapath	2800.00 - 2850.00	3400.00 - 3400.00	3200.00 - 3200.00	3200.00 - 3200.00	3600.00 - 3600.00	3200.00 - 3200.00	3000.00 - 3000.00	3200.00 - 3200.00	3000.00 - 3000.00
<i>Eggs (Rs/egg)</i>									
Brown	40.00 - 40.00	41.00 - 41.00	41.00 - 41.00	43.00 - 43.00	40.00 - 41.00	40.00 - 40.00	40.00 - 40.00	40.00 - 41.00	40.00 - 40.00
White	37.00 - 38.00	39.00 - 39.00	39.00 - 39.00	39.00 - 39.00	39.00 - 39.00	38.00 - 38.00	38.00 - 38.00	38.00 - 39.00	39.00 - 39.00
<i>Dried Fish</i>									
Sprats	2200.00 - 2200.00	2200.00 - 2200.00	2400.00 - 2400.00	2200.00 - 2200.00	2600.00 - 2600.00	2200.00 - 2200.00	-	2400.00 - 2400.00	2400.00 - 2600.00
Kattawa	3000.00 - 3000.00	3400.00 - 3400.00	3200.00 - 3200.00	3600.00 - 3600.00	3600.00 - 3600.00	3200.00 - 3200.00	3000.00 - 3000.00	3200.00 - 3200.00	3200.00 - 3200.00
Thora	4000.00 - 4000.00	-	4000.00 - 4000.00	4000.00 - 4000.00	4000.00 - 4000.00	-	-	-	-
Mora	2700.00 - 2800.00	3200.00 - 3200.00	3200.00 - 3200.00	3500.00 - 3600.00	3200.00 - 3200.00	3200.00 - 3200.00	3200.00 - 3200.00	3000.00 - 3200.00	3400.00 - 3400.00
Balaya	1800.00 - 2000.00	2000.00 - 2000.00	1800.00 - 1800.00	2800.00 - 2800.00	1800.00 - 1800.00	1800.00 - 1800.00	2800.00 - 2800.00	2000.00 - 2200.00	2800.00 - 2800.00
Anguluwa	2800.00 - 2800.00	2600.00 - 2800.00	2800.00 - 2800.00	2800.00 - 3000.00	3000.00 - 3000.00	2800.00 - 2800.00	3000.00 - 3000.00	2800.00 - 3000.00	3200.00 - 3200.00
Salaya	1200.00 - 1200.00	1200.00 - 1300.00	-	1300.00 - 1300.00	-	-	-	-	1000.00 - 1000.00
<i>Meat</i>									
Beef (without Bones)	-	3200.00 - 3200.00	3200.00 - 3200.00	-	3000.00 - 3000.00	-	3000.00 - 3000.00	-	3000.00 - 3000.00
Chicken (Broiler)	1370.00 - 1370.00	1420.00 - 1420.00	1390.00 - 1390.00	1390.00 - 1390.00	1350.00 - 1350.00	1350.00 - 1350.00	1350.00 - 1350.00	1450.00 - 1450.00	1400.00 - 1400.00
Chicken (Curry)	-	1250.00 - 1250.00	-	-	1200.00 - 1200.00	-	-	1350.00 - 1350.00	1350.00 - 1350.00
Mutton	-	4300.00 - 4300.00	4500.00 - 4500.00	4500.00 - 4500.00	4500.00 - 4500.00	4400.00 - 4400.00	4000.00 - 4000.00	4600.00 - 4600.00	4400.00 - 4400.00
Pork	-	2900.00 - 2900.00	-	-	-	-	-	-	2800.00 - 2800.00

Annex 05 : Food Composition of Selected Food Commodities

Commodity	Energy (kcal/100g)	Protein (g/100g)	Total fat (g/100g)	Retinol Eq (µ g/100g)	Vit B2 (mg/100g)	Vit B6 (mg/100g)	Folate (µg/100g)	Vit C (mg/100g)	Calcium (mg/100g)	Magnesium (mg/100g)	Iron (mg/100g)	Zinc (mg/100g)
Rice												
Rice - (white Kekulu - normal)	361	9.88	1.52	-	0.03	0.09	10.67	-	6.94	26.29	1.22	1.5
Rice - (white Kekulu Samba)	355	8.81	1.53	-	0.03	0.09	8.11	-	9.82	30.48	0.92	1.7
Rice - (Red Kekulu - normal)	366	8.64	2.12	-	0.05	0.1	8.39	-	4.73	31.7	0.88	1.84
Rice -Samba	369	6.86	2.45	-	0.05	0.13	12.79	-	8.71	37.26	1.18	1.49
Rice - Nadu White	366	7.76	1.48	-	0.03	0.12	9.35	-	4.57	20.1	0.64	1.61
Dried chilies	233	12.68	6.41	437	0.84	0.42	46.83	NA	107	231	5.39	1.65
Onion												
Big onions	48	1.67	0.24	0.16	0.01	0.1	32.99	7.58	14.82	16.94	0.45	0.25
Red onions	55	2.13	0.15	0.18	0.02	0.13	30.15	14.26	20.37	19.32	0.31	0.28
Potatoes	71	1.67	0.25		0.01	0.09	14.31	20.5	9.83	23.84	0.46	0.29
Pulses												
Green gram	290	21.97	0.93	19.5	0.28	0.33	135	NA	98.96	146	4.15	2.86
White cowpea	320	21.25	1.14	1.36	0.09	0.26	249	NA	84.1	213	5.04	3.57
Red cowpea	320	20.24	1.08	0.96	0.11	0.27	273	NA	81.83	194	4.95	3.4
Red Dhal	319	23.09	0.77	1.06	1.6	0.22	55	NA	41.27	66.63	7.45	3.34
Vegetables												
Beans	46	3.95	0.15	6.64	0.1	0.3	45.2	7.02	35.68	45.56	0.7	0.59
Carrot	30	0.85	0.45	1240	0.03	0.1	24.71	5.93	27.65	11.7	0.59	0.25
Leeks	30	1.74	0.49	18.56	0.02	0.19	42.63	4.65	29.28	11.77	1.49	0.43
Beetroot	31	2.12	0.15	1.52	0.01	0.09	108	4.51	20.29	34.88	0.77	0.29
Knolkhol	16	1.69	0.34		0.05	0.19	12.7	77.64	40.09	19.35	0.23	0.18
Radish	29	0.75	0.11		0.02	0.09	18.09	12.13	35.64	13.56	0.38	0.16
Cabbage	21	1.35	0.14	3.35	0.05	0.14	52.66	29.62	56.85	18.47	0.33	0.16

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

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

Shark	95	21.6	0.83	1.11	0.04	0.11	8.57	8.44	32.58	0.41	0.74
Paraw	87	20.02	0.7	1.49	0.02	0.16	6.77	8.17	31.68	0.67	0.41
Thalapath	91	16.04	2.88	12.03	0.1	0.13	78.22	7.64	24.89	0.71	0.67
Kelawalla	109	21.47	2.55	15.95	0.17	0.73	77.39	13.35	33.82	0.68	0.64
Haedaella	87	19.88	0.78	12.18	0.04	0.06	11.7	36.6	53	0.54	0.65
Hurulla	88	17.08	2.18	10.02	0.14	1.66	61.66	103	35.45	1.24	1.05
Karalla / Katuwalla	97	21.8	1.06	1.25	0.02	0.1	14.38	37.06	39.05	0.24	0.42
Kumbala / Angila	101	21.51	1.53	16.34	0.1	0.1	7.13	31.27	37.46	1.46	0.67
Salaya / Sudaya	100	19.5	2.39	15.41	0.18	1.39	60.87	435	42.83	1.4	2.3
Theppli / Telapiya /Korali	83	18.48	1.08	17.14	0.18	0.18	8.29	99.39	24.96	2.84	0.88
Prawns	65	14.85	0.56	1.24	0.03	0.1	15.37	37.81	30.5	0.73	1.1
Crabs	45	10	0.55	8.33	0.14	0.18	13.83	37.81	45.93	0.73	1.1
Cuttle fish	76	16.82	0.93	1.93	0.02	0.04	6.22	8.73	35.46	0.62	1.3
Linna	112	20.3	3.37	15.78	0.23	0.68	59.78				
Coppara	97	22.89	0.56	21.51	0.04	0.12	8.08	7.2	30.08	1.2	0.58
Ray (Maduwa)	97	23.98	0.68	7.55	0.02	0.21	25.59	9.16	24.61	0.74	0.44

Dried Fish

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

Eggs

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

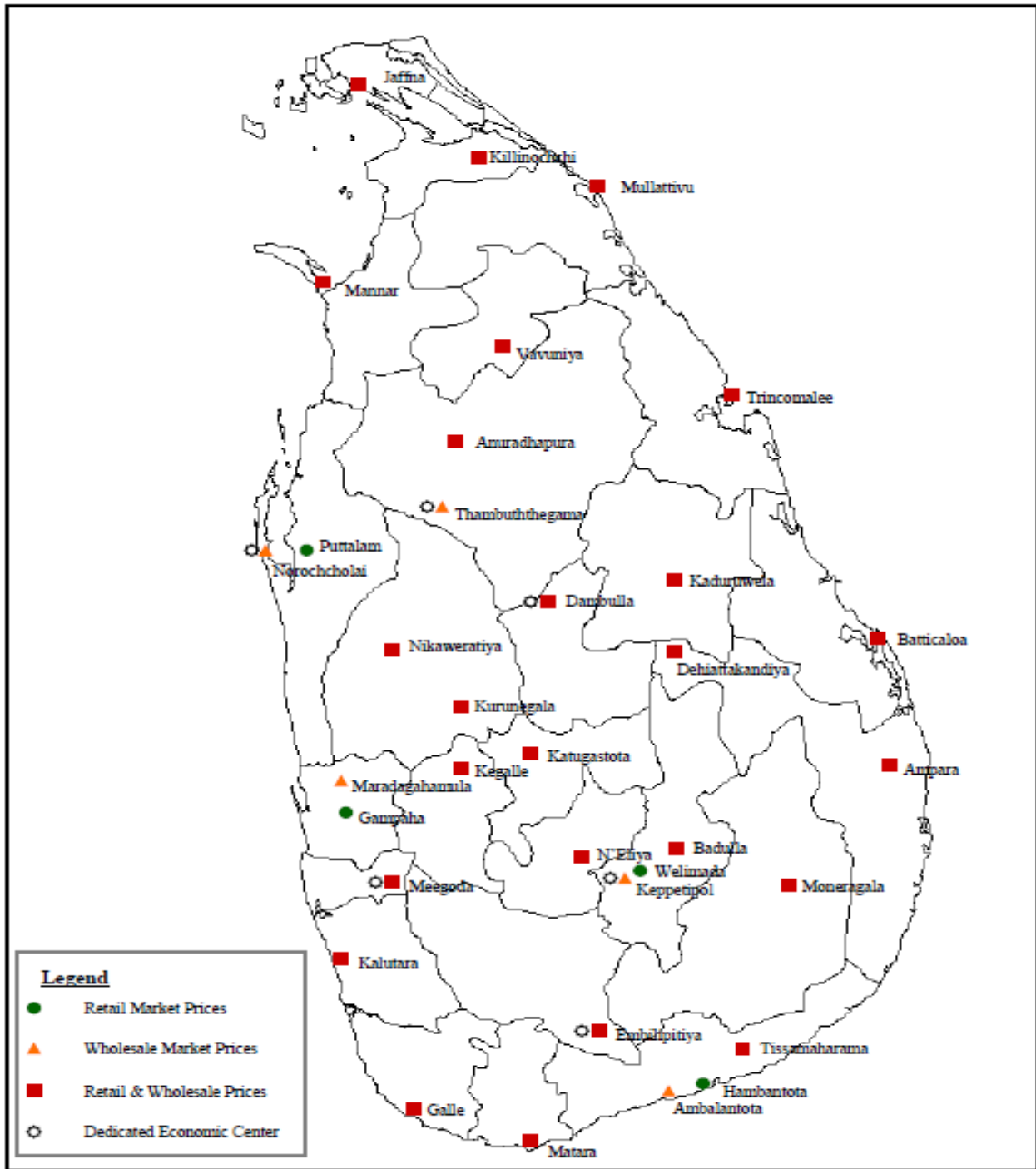
Fruits

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

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

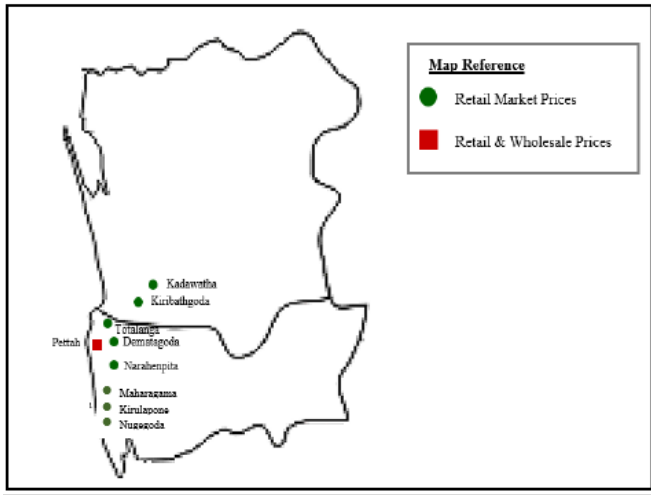
Source: Sri Lanka Food Composition Tables, Ministry of Health - 2021.

Price Collecting Areas



Legend

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





HARTI



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**දෛනික චිළචිචි තොග මිල,
ජංගම දුරකථනයෙන්**

හෙක්ටර් කොච්චිකඩුව ගොවි කරියතු පර්යේෂණ
හා පුහුණුධර්මේ ආයතනය අනුමුතයෙන්

මොබිටෙල්
ජංගම
මිල දර්ශනය

ජාතික ජංගම දුරකථන ජාලයෙන්

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අමතන්න.

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

විකාශිතයාට රු.2/-
විකාශිතයාට රු.2/-