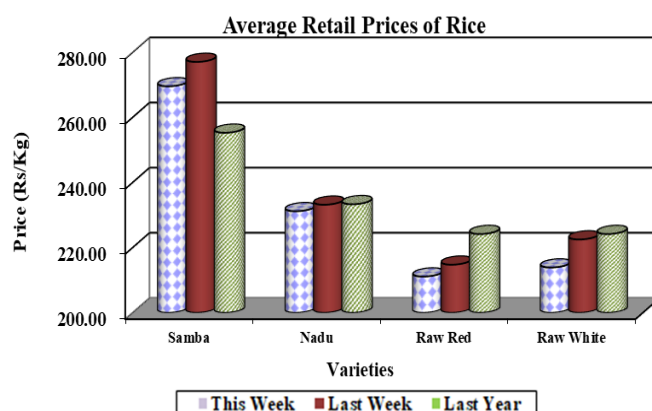
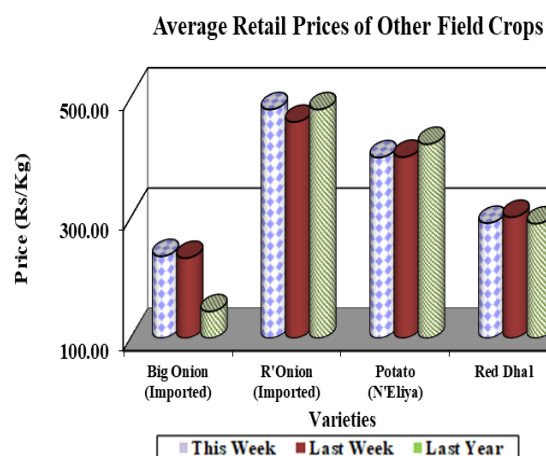


RETAIL MARKET AT A GLANCE**Summary****Rice/Paddy**

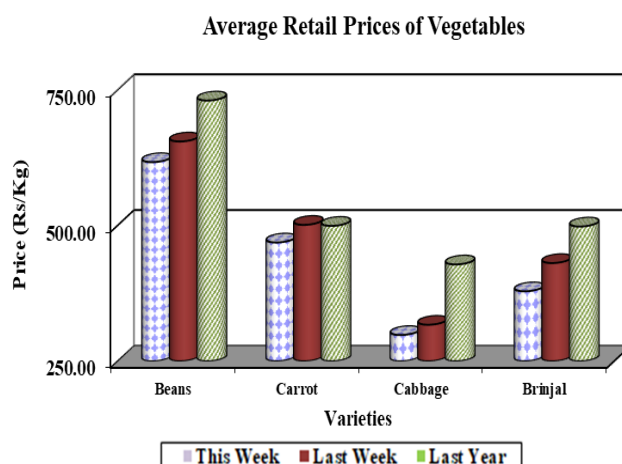
Price of all local rice varieties have decreased slightly and the highest price decrease of Rs.9.00/kg was recorded for raw white. Price of ponni samba has increased by Rs.14.00/kg. Samba I, nadu I, raw red, raw white, and keeri samba were recorded at average prices of Rs.270.00/kg, Rs.231.00/kg, Rs.211.00/kg, Rs.214.00/kg and Rs.373.00/kg. Harvesting of the 2026 Yala has commenced and a slight decline in average farmgate prices was observed for most major paddy varieties in the main producing areas.

(Page No.01-02)**Other Field Crops**

Price of imported dried chilies has decreased by Rs.7.00/kg and the average price was Rs.1223.00. Price of imported big onions have increased by Rs.3.00/kg and the average price was Rs.236.00/kg. Price of imported red onions have increased by Rs.21.00/kg and the average price of imported red onions were Rs.480.00/kg. There were no significant changes in potato prices. The average prices for Nuwara-Eliya, and imported potatoes were Rs.400.00/kg and Rs.231.00/kg respectively.

(Page No.02-03)**Vegetables**

Prices of most of vegetable varieties have decreased. Considering the up-country vegetables, the highest price decrease was reported for beans by Rs.38.00/kg, while prices of carrot and raddish have also decreased by Rs.32.00/kg and Rs.36.00/kg respectively. Considering low-country vegetables, the highest price decrease of Rs.52.00/kg was reported for brinjal. However, the prices of drumstick and snake gourd have increased by Rs.230.00/kg and Rs.49.00/kg respectively. Vegetable prices are expected to decline in the coming weeks.

(Page No.03-05)

Rice

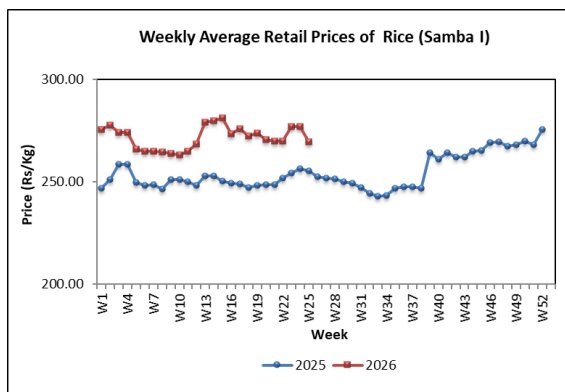
Wholesale

Prices of all rice varieties have decreased slightly and the highest price decrease of 5% was recorded for raw red, and price ranging from Rs.160.0-175.00/kg. Prices of samba and nadu have decreased by 2%.

Compared to the same period of last year, the highest price increase of 16% was recorded for keeri samba, while the highest price decrease of 21% was recorded for raw red.

Retail

Price of all local rice varieties have decreased significantly and the highest price decrease of Rs.9.00/kg was recorded for raw white. Price of ponni samba has increased by Rs.14.00/kg.



Compared to the same period of last year, the highest price increase of 27% was recorded for keeri samba, while the highest price decrease of 4% was for raw-red.

Paddy

Harvesting of the 2026 Yala paddy crop has commenced on a limited scale, with peak harvesting expected over the coming weeks. Meanwhile, the Government has announced the Guaranteed Purchasing Prices (GPP) for well dried paddy as Rs.120.00/kg for nadu, Rs.130.00/g for Samba and Rs.140.00/Kg for keeri samba.

During the week, a slight decline in average farmgate prices was observed for most major paddy varieties in the main producing areas. The highest price decrease was reported for keeri samba, with prices declining by Rs. 14.00/kg in the Kalawewa area, while declines of Rs.3.00-4.00/kg was reported from the other major producing areas. The average farmgate price of short grain paddy increased by Rs.1.00-2.00/kg in the Dehiattakandiya and Ampara areas, whereas a decline of Rs.1.00/kg was reported in the Polonnaruwa and Kurunegala areas. As a result, the average farmgate prices of short grain and keeri samba paddy ranged between Rs.120.00-128.00/kg and Rs.140.00-152.00/kg, respectively, across the major producing areas.

The average farmgate price of long grain white paddy also declined slightly by Rs.1.00/kg in the major producing areas,

with prices ranging from Rs.90.00-103.00/kg. The average farmgate price of long grain red paddy ranged Rs.95.00-97.00/kg.

Compared to the same period of last year, the average farmgate prices of all major paddy varieties have declined by 2%-19%. The highest price decrease was reported for long grain white paddy, with prices falling by 12%-19%.

Dried Chillies

Wholesale

The price of imported dried chillies has decreased by 4% due to the unavailability of sufficient stocks and price ranged from Rs.950.00-1050.00/kg.

Compared to same period of last year, current wholesale price of imported dried chillies has increased by 81%.

Retail

Price of imported dried chillies has increased by Rs.5.00/kg and prices ranged Rs.950.00-1000.00/kg.

Compared to same period of last year, price of dried chillies has increased by 56%.

Onion

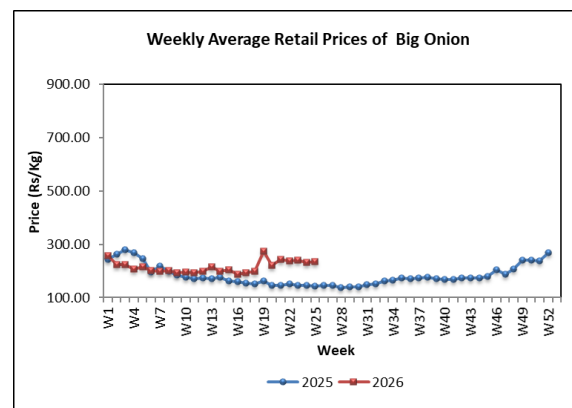
Wholesale

Price of imported red onion has not changed significantly, and price ranged Rs.300.00-350.00/kg. Price of imported big onion has increased by 8%, with prices ranging from Rs.160.00-180.00/kg.

Compared to same period of last year, the current wholesale price of imported red onion has decreased by 11%, while that of imported big onion has increased by 97%.

Retail

Price of imported red onion has increased by Rs.6.00/kg and price of imported big onion has decreased by Rs. 7.00/kg.



Compared to same period of last year, price of imported big onion has increased by 59%.

Potato

Wholesale

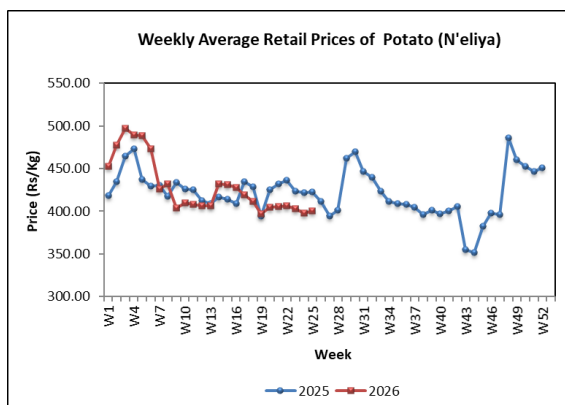
Prices of Nuwara Eliya potato and imported potato have decreased by 4% and 2% respectively. Prices ranged from Rs.270.00-290.00/kg and Rs.170.00-190.00/kg respectively.

Compared to same period of last year, the current wholesale price of Nuwara Eliya potato has decreased by 6% while that imported potato has increased by 6%.

Retail

Price of Nuwara Eliya potato has increased by Rs. 6.00/kg and price of imported potato has not changed significantly.

Compared to same period of last year, prices of imported potato has increased by 8%.



Pulses

Wholesale

Price of white cowpea, has increased by 4% and price ranged of Rs.650.00-750.00/kg. Price of red cowpea has decreased by 5% and price ranged Rs.650.00-700.00/kg.

Compared to same period of last year, the highest price increase of 7% was recorded for green gram.

Retail

Prices of most pulse varieties have decreased significantly, and the highest price decreased of Rs.83.00/kg was recorded for red cowpea.

Compared to same period of last year, the highest price increased of Rs.19.00/kg recorded for white cowpea.

Vegetables

Wholesale

Prices of all upcountry vegetables and most low country vegetables have decreased further, due to increased supplies from most of producing areas.

Among the upcountry vegetable varieties, the highest price decrease of 35% reported

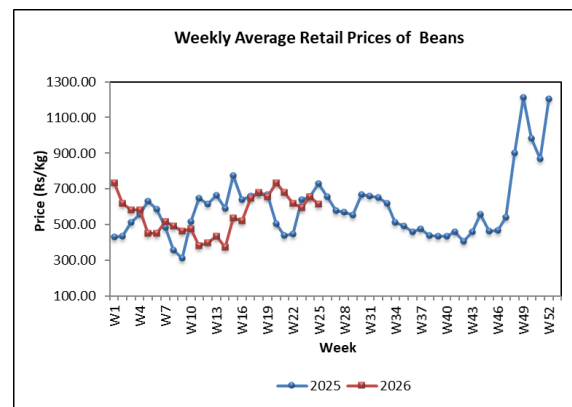
for knolkhol, due to increased supply from Nuwara Eliya, Kandy and Melsiripura. Price of cabbage has decreased by 24%, due to increased supply from Nuwara Eliya, Kandy and Hanguranketha. Price of beans has decreased by 16%, due to increased supply from Balangoda and Kandy. Prices of the other upcountry vegetables have decreased in the range of 1%-5%.

Considering the low-country vegetables, the highest price decrease of 21% was reported for brinjal due to increased supply from Embilipitiya, Welimada, Hanguranketha, Balangoda, Jaffna and Anuradhapua. In addition, price of long beans has decreased by 10%, with increased supply from Embilipitiya and Balangoda. Price of luffa has decreased by 7%, with increased supply from Kandy. However, price of pumpkin has increased by 31%, due to decrease supply from Embilipitiya and Monaragala. Price of drumstick has increased by 30%, due to decrease supply from Jaffna and Kinniya.

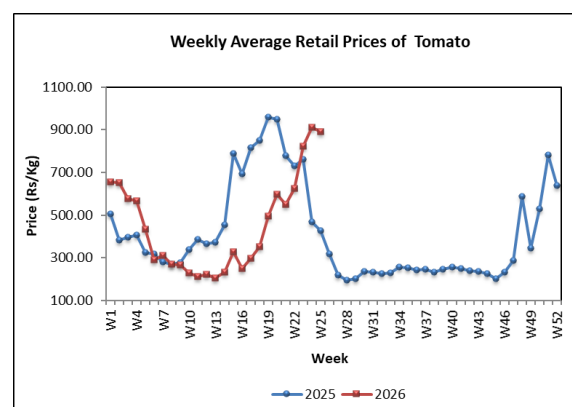
Compared to the same period of last year, prices of most of the vegetables have increased, with the highest price increase of 185% reported for tomato and luffa.

Retail

Prices of most vegetable varieties have decreased. Considering the up-country vegetables, the highest price decrease was reported for beans by Rs.38.00/kg, while the prices of carrot and raddish have also decreased by Rs.36.00/kg and Rs.32.00/kg respectively.



Considering low country vegetable varieties, the highest price decrease was reported for brinjal by Rs. 52.00/kg and price of capsicum has decreased by Rs.28.00/kg. However, the prices of drumstick and snake gourd have increased by Rs.230.00/kg and 49.00/kg respectively.



Compared to the same period of last year, price of most varieties have increased with the highest price increase of 109% reported for tomato.

Coconut Wholesale

Prices of both large and small coconut have increased by 3% and 4% respectively, due to decreased supply from major producing areas. Price ranged from Rs.140.00-160.00 per large nut and Rs.120.00-140.00 per small nut.

Compared to the same period of last year, the current wholesale prices of both large and small nuts have decreased by 11% and 13% respectively.

Retail

Prices of both large and small nuts have increased by around Rs.4.00/nut and Rs.1.00/nut respectively. Prices ranged from Rs.160.00-190.00 per large nut and Rs.130.00-150.00 per small nut.

Compared to the same period of last year, the current retail price of both large and small nuts have decreased by 12% and 23% respectively.

Fruits Wholesale

Prices of most fruit varieties have increased due to decreased supply to the market except mango and papaw. The highest price decrease of 23% was reported for vilad mango. Further, prices of slime apple and avocado have decreased by 14% and 13% respectively due to high supply. However, price of pineapple has increased by 14% due to reduced supply. Prices of other fruit varieties also increase in the range of 1%-7%.

Compared to the same period of last year, prices of most fruit varieties have increased, with the highest price increase of 96% was noted for kolikuttu banana.

Retail

In line with the increased wholesale prices, retail prices of most of the fruits have also increased. The highest price increase of Rs.81.00/kg was reported for wood apple. Price of slime apple, anamalu banana and ambun banana have increased by Rs.25.00/kg, Rs.16.00/kg and Rs.14.00/kg respectively. Prices of kolikuttu banana and king coconut increased by Rs.4.00/kg and Rs.3.00/nut. However, the price of vilad mango has decreased by Rs.145.00/kg.

Compared to the same period of last year, current prices of most fruits have increased and highest price increase was reported for ambul banana 53%.

Fresh Fish

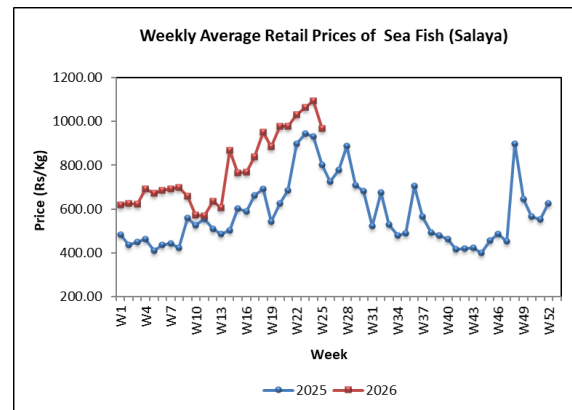
Wholesale

Prices of most fresh fish varieties have decreased in the range of 12%-36%. The highest price decrease of 36% was reported for balaya with prices ranging from Rs.800.00-1000.00/kg. The second highest price decrease of 31% was reported for salaya with prices ranging from Rs.600.00-650.00/kg. The price of Shrimp has increased by 6% with a price range of Rs.1600.00-1800.00/kg.

Compared to the same period of last year, current wholesale prices of most fresh fish varieties have decreased, with the highest price decrease reported for hurulla.

Retail

Retail prices of most fresh fish varieties have decreased. The highest price decrease of Rs.297.00/kg was reported for hurulla. The prices of thora and balaya have decreases by Rs.273.00/kg and Rs.172.00/kg respectively. The highest price increase of Rs.37.00/kg was reported for kelawalla.



Compared to the same period of last year, retail prices of most fresh fish varieties have increased in the range of 3%-31%, with the highest price increase recorded for kelawalla.

Dried Fish

Wholesale

Prices of most local and imported dried fish varieties have decreased in the range of 2%-36%. The highest price decrease of 36% was reported for salaya with price ranging from Rs.600.00- 800.00/kg. The second highest price decrease of 11% was reported for imported katta with prices ranging from Rs.2000.00-2100.00/kg. Price of local spats has increased by 17% with a price range of Rs.2400.00-2500/kg.

Compared to the same period of last year, the current wholesale prices of most dried fish varieties have increased, with the highest price increase reported for local sprats.

Retail

Prices of most dried fish varieties have decreased. The highest price decrease of Rs.28.00/kg was reported for katta. Prices of anguluwa and blaya have also decreased by Rs.18.00/kg and Rs.11.00/kg respectively. However, the price of local sprats, has increased by Rs.209.00/kg.

Compared to the same period last year, prices of most dried fish varieties except balaya and salaya have increased in the range of 18%-23%. The highest price increase was recorded for imported anguluwa.

Eggs

Wholesale

There was no change in the wholesale prices of eggs. Price of a brown egg ranged from Rs.37.00-38.00. Price of a white egg ranged from Rs.35.00-36.00.

Compared to the same period of last year, the current wholesale prices of brown and white eggs have increased by 7% and 6% respectively.

Retail

There was no change in the price of brown and white eggs. Prices ranged from

Rs.38.00-41.00.00 per brown egg and Rs.36.00-40.00 for white eggs.

Compared to the same period in the last year, the retail prices of brown and white eggs have increased by 6% and 8% respectively.

Meat

Retail

Retail prices of most meat varieties except chicken have increased. The highest price increase was reported for mutton at Rs.107.00/kg. The price of beef has increased by Rs.2.00/kg. There was no change in the price of pork.

Compared to the same period last year, prices of most meat varieties have increased. The highest price increase was noted for mutton at 16%.

NOTE

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

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

Weekly Food Commodities Bulletin

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

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

Week 25: 19 - 25 June 2026

09

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

Week 25: 19 - 25 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	400.00	220.00	240.00	-		190.00	220.00	200.00	220.00
Gampaha	-		240.00	240.00	-		230.00	230.00	220.00	225.00	215.00	220.00	210.00	220.00
Kurunegala	-		240.00	240.00	-		230.00	230.00	220.00	225.00	220.00	220.00	215.00	220.00
Nikaweratiya	-		240.00	245.00	380.00	385.00	228.00	235.00	190.00	195.00	-		180.00	190.00
Dambulla	285.00	290.00	245.00	250.00	370.00	380.00	228.00	230.00	210.00	220.00	210.00	215.00	210.00	215.00
Anuradhapura	-		-		-		-		-		-		-	
Thambuththegama	285.00	300.00	240.00	265.00	385.00	395.00	230.00	235.00	205.00	218.00	215.00	225.00	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	270.00	280.00	240.00	245.00	360.00	380.00	230.00	230.00	205.00	218.00	170.00	210.00	180.00	220.00
Badulla	-		-		370.00	375.00	228.00	230.00	-		170.00	190.00	170.00	200.00
Keppetipola	-		240.00	250.00	360.00	370.00	227.00	228.00	220.00	224.00	175.00	180.00	194.00	196.00
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	220.00	225.00	215.00	220.00	215.00	220.00
Ampara	-		240.00	250.00	360.00	360.00	230.00	230.00	202.00	210.00	180.00	200.00	170.00	220.00
Dehiattakandiya	280.00	280.00	-		370.00	380.00	215.00	220.00	210.00	210.00	215.00	215.00	185.00	210.00
Nuwaraeliya	-		240.00	250.00	370.00	380.00	225.00	228.00	210.00	215.00	175.00	185.00	195.00	200.00
Kandy	270.00	275.00	245.00	250.00	370.00	380.00	228.00	230.00	215.00	220.00	195.00	210.00	210.00	215.00
Puttalam	290.00	295.00	240.00	260.00	380.00	390.00	230.00	230.00	215.00	220.00	225.00	225.00	200.00	215.00
Hambantota	-		-		-		-		-		-		-	
Rathnapura	295.00	300.00	-		380.00	384.00	220.00	225.00	208.00	215.00	170.00	176.00	185.00	195.00
Matara	-		-		-		-		-		-		-	
Galle	260.00	300.00	-		380.00	400.00	230.00	240.00	220.00	220.00	180.00	200.00	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	180.00	190.00	210.00	220.00
Embilipitiya	-		235.00	250.00	375.00	380.00	229.00	230.00	209.00	215.00	156.00	165.00	190.00	200.00
Jaffna	-		-		-		225.00	230.00	-		185.00	190.00	215.00	220.00
Vavuniya	-		-		-		230.00	235.00	-		180.00	185.00	210.00	215.00
Mannar	-		250.00	255.00	360.00	360.00	230.00	235.00	-		197.00	200.00	220.00	220.00
Killinochchi	-		-		-		215.00	220.00	-		175.00	180.00	200.00	210.00
Mullaittivu	-		-		-		215.00	220.00	-		185.00	190.00	210.00	215.00
Batticaloa	-		245.00	250.00	360.00	370.00	215.00	220.00	-		195.00	200.00	195.00	200.00
Trincomalee	-		-		-		-		-		-		-	
Hanguranketha	-		240.00	240.00	-		229.00	230.00	-		175.00	190.00	190.00	218.00
Veyangoda	-		-		-		-		-		-		-	
Galenbindunuwewa	290.00	290.00	240.00	240.00	390.00	400.00	230.00	230.00	210.00	225.00	220.00	220.00	200.00	220.00
Bandarawela	-		-		365.00	370.00	230.00	230.00	216.00	218.00	175.00	185.00	190.00	195.00
Matale	-		-		-		-		-		-		-	

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

Week 25: 19 - 25 June 2026[illegible]

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

Week 25: 19 - 25 June 2026

LOCATIONS	Dried Chillies	Red Onion		Big Onion	Potato			Pulses		
	Imported	Imported	Local		Imported	Welimada	Nuwara Eliya	Green Gram	Cowpea	Red Dhal
Colombo	1100.00 – 1400.00	380.00 – 600.00	–	200.00 – 260.00	200.00 – 280.00	–	380.00 – 440.00	800.00 – 1200.00	880.00 – 1200.00	250.00 – 340.00
Gampaha	1040.00 – 1200.00	470.00 – 520.00	–	200.00 – 240.00	240.00 – 260.00	–	400.00 – 440.00	890.00 – 1100.00	750.00 – 1000.00	280.00 – 300.00
Kurunegala	1090.00 – 1200.00	420.00 – 500.00	–	220.00 – 240.00	230.00 – 250.00	–	–	890.00 – 1000.00	840.00 – 950.00	270.00 – 280.00
Nikaweratiya	1080.00 – 1200.00	350.00 – 400.00	–	190.00 – 220.00	220.00 – 240.00	–	–	860.00 – 900.00	700.00 – 720.00	245.00 – 270.00
Dambulla	1200.00 – 1250.00	400.00 – 440.00	–	200.00 – 230.00	220.00 – 240.00	320.00 – 340.00	–	800.00 – 850.00	780.00 – 850.00	245.00 – 260.00
Anuradhapura	–	–	–	–	–	–	–	–	–	–
Thambuththegama	1200.00 – 1300.00	350.00 – 450.00	–	180.00 – 230.00	200.00 – 240.00	–	–	900.00 – 1000.00	850.00 – 950.00	242.00 – 255.00
Polonnaruwa	1000.00 – 1150.00	420.00 – 480.00	–	230.00 – 240.00	230.00 – 240.00	–	360.00 – 400.00	880.00 – 900.00	850.00 – 900.00	260.00 – 270.00
Kaluthara	1100.00 – 1200.00	440.00 – 480.00	–	200.00 – 260.00	200.00 – 260.00	–	360.00 – 400.00	840.00 – 900.00	750.00 – 980.00	240.00 – 250.00
Badulla	1100.00 – 1200.00	380.00 – 480.00	–	200.00 – 240.00	220.00 – 240.00	350.00 – 400.00	480.00 – 480.00	800.00 – 880.00	800.00 – 880.00	240.00 – 280.00
Keppetipola	1100.00 – 1150.00	400.00 – 420.00	350.00 – 360.00	180.00 – 200.00	200.00 – 210.00	300.00 – 330.00	–	850.00 – 900.00	840.00 – 850.00	260.00 – 280.00
Moneragala	1100.00 – 1200.00	460.00 – 480.00	–	240.00 – 260.00	220.00 – 240.00	360.00 – 400.00	–	800.00 – 900.00	700.00 – 800.00	260.00 – 280.00
Kegalle	1100.00 – 1160.00	400.00 – 440.00	–	240.00 – 260.00	220.00 – 240.00	340.00 – 360.00	–	880.00 – 920.00	840.00 – 860.00	280.00 – 320.00
Ampara	1100.00 – 1200.00	450.00 – 480.00	–	205.00 – 230.00	210.00 – 230.00	350.00 – 380.00	–	900.00 – 950.00	850.00 – 870.00	250.00 – 255.00
Dehiattakandiya	1050.00 – 1100.00	350.00 – 420.00	–	190.00 – 220.00	220.00 – 260.00	–	350.00 – 360.00	800.00 – 900.00	750.00 – 900.00	250.00 – 280.00
Nuwaraeliya	1100.00 – 1150.00	420.00 – 440.00	360.00 – 370.00	220.00 – 250.00	200.00 – 220.00	–	320.00 – 330.00	860.00 – 900.00	780.00 – 840.00	260.00 – 275.00
Kandy	1140.00 – 1160.00	520.00 – 540.00	–	240.00 – 260.00	220.00 – 240.00	320.00 – 340.00	350.00 – 360.00	900.00 – 1000.00	920.00 – 1000.00	270.00 – 280.00
Puttalam	1150.00 – 1200.00	350.00 – 400.00	400.00 – 480.00	240.00 – 250.00	240.00 – 250.00	–	–	900.00 – 950.00	950.00 – 1000.00	260.00 – 280.00
Rathnapura	1080.00 – 1160.00	420.00 – 460.00	–	210.00 – 240.00	200.00 – 220.00	–	–	840.00 – 900.00	720.00 – 760.00	265.00 – 280.00
Hambantota	–	–	–	–	–	–	–	–	–	–
Matara	–	–	–	–	–	–	–	–	–	–
Galle	1100.00 – 1300.00	500.00 – 560.00	–	220.00 – 240.00	200.00 – 260.00	–	380.00 – 400.00	900.00 – 950.00	980.00 – 1000.00	280.00 – 340.00
Tissamaharama	1100.00 – 1150.00	440.00 – 460.00	–	200.00 – 220.00	220.00 – 230.00	–	–	840.00 – 860.00	–	260.00 – 270.00
Meegoda (DEC)	1100.00 – 1200.00	440.00 – 480.00	–	220.00 – 230.00	220.00 – 240.00	360.00 – 380.00	380.00 – 400.00	880.00 – 1000.00	860.00 – 1000.00	260.00 – 300.00
Embilipitiya	1050.00 – 1100.00	–	450.00 – 480.00	200.00 – 240.00	210.00 – 240.00	350.00 – 400.00	–	850.00 – 900.00	720.00 – 900.00	250.00 – 270.00
Jaffna	1050.00 – 1150.00	–	–	–	250.00 – 250.00	–	–	780.00 – 800.00	–	265.00 – 275.00
Vavuniya	1100.00 – 1150.00	400.00 – 450.00	–	250.00 – 260.00	250.00 – 280.00	–	–	900.00 – 1000.00	–	280.00 – 290.00
Mannar	1100.00 – 1160.00	–	–	240.00 – 250.00	220.00 – 240.00	–	–	800.00 – 850.00	–	270.00 – 280.00
Killinochchi	1050.00 – 1100.00	380.00 – 400.00	–	220.00 – 240.00	230.00 – 250.00	–	–	820.00 – 850.00	–	245.00 – 255.00
Mullaittivu	1050.00 – 1100.00	–	–	–	200.00 – 230.00	–	–	760.00 – 820.00	–	260.00 – 270.00
Batticaloa	1200.00 – 1200.00	–	–	–	200.00 – 200.00	–	400.00 – 450.00	900.00 – 950.00	–	300.00 – 320.00
Trincomalee	–	–	–	–	–	–	–	–	–	–
Hanguranketha	1100.00 – 1100.00	–	400.00 – 400.00	200.00 – 220.00	200.00 – 230.00	–	–	850.00 – 950.00	730.00 – 780.00	240.00 – 250.00
Veyangoda	–	–	–	–	–	–	–	–	–	–
Galenbindunuwewa	1040.00 – 1150.00	370.00 – 440.00	–	210.00 – 240.00	200.00 – 240.00	–	–	825.00 – 950.00	730.00 – 840.00	240.00 – 280.00
Bandarawela	1100.00 – 1150.00	360.00 – 380.00	400.00 – 420.00	200.00 – 220.00	220.00 – 230.00	300.00 – 320.00	–	900.00 – 980.00	800.00 – 850.00	260.00 – 270.00
Matale	–	–	–	–	–	–	–	–	–	–

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

Week 25: 19 - 25 June 2026

Locations	Butter Beans	Green Beans	Carrot	Leeks	Beetroot	Knolkhol
Colombo	-	300.00 - 500.00	250.00 - 400.00	250.00 - 300.00	300.00 - 450.00	120.00 - 250.00
Meegoda (DEC)	-	380.00 - 490.00	300.00 - 360.00	260.00 - 310.00	290.00 - 310.00	200.00 - 270.00
Dambulla (DEC)	-	280.00 - 400.00	250.00 - 320.00	220.00 - 280.00	350.00 - 430.00	150.00 - 280.00
Keppetipola (DEC)	-	320.00 - 420.00	220.00 - 300.00	230.00 - 270.00	280.00 - 320.00	160.00 - 250.00
Norochchole (DEC)	-	-	-	-	-	-
Nuwara Eliya	-	340.00 - 460.00	280.00 - 330.00	260.00 - 280.00	280.00 - 320.00	180.00 - 250.00
Kandy	-	400.00 - 500.00	300.00 - 350.00	260.00 - 280.00	300.00 - 350.00	160.00 - 220.00
Hambantota	-	-	-	-	-	-
Thambuththegama (DEC)	-	350.00 - 450.00	300.00 - 370.00	280.00 - 350.00	420.00 - 480.00	-
Jaffna	-	-	-	-	-	-
Bandarawela	-	320.00 - 430.00	250.00 - 350.00	230.00 - 270.00	270.00 - 330.00	160.00 - 250.00
Veyangoda	-	-	-	-	-	-

Locations	Raddish	Cabbage	Tomato	Ladies Fingers	Brinjal	Capsicum
Colombo	80.00 - 200.00	70.00 - 130.00	500.00 - 750.00	150.00 - 220.00	100.00 - 220.00	280.00 - 400.00
Meegoda (DEC)	100.00 - 140.00	120.00 - 170.00	620.00 - 720.00	170.00 - 200.00	170.00 - 260.00	340.00 - 400.00
Moneragala	160.00 - 180.00	180.00 - 200.00	600.00 - 650.00	230.00 - 250.00	150.00 - 180.00	450.00 - 500.00
Dambulla (DEC)	70.00 - 110.00	100.00 - 130.00	500.00 - 600.00	200.00 - 220.00	100.00 - 220.00	300.00 - 350.00
Keppetipola (DEC)	70.00 - 110.00	70.00 - 120.00	550.00 - 600.00	-	180.00 - 220.00	300.00 - 350.00
Norochchole (DEC)	40.00 - 70.00	-	-	140.00 - 160.00	80.00 - 150.00	300.00 - 400.00
Nuwara Eliya	100.00 - 130.00	100.00 - 130.00	570.00 - 600.00	-	-	320.00 - 360.00
Kandy	80.00 - 150.00	120.00 - 160.00	550.00 - 670.00	180.00 - 220.00	170.00 - 220.00	320.00 - 380.00
Hambantota	-	-	-	-	-	-
Thambuththegama (DEC)	80.00 - 120.00	120.00 - 150.00	550.00 - 650.00	170.00 - 220.00	90.00 - 160.00	300.00 - 360.00
Tissamaharama	140.00 - 160.00	140.00 - 150.00	640.00 - 650.00	200.00 - 230.00	220.00 - 240.00	340.00 - 360.00
Jaffna	-	-	-	-	-	-
Bandarawela	80.00 - 120.00	80.00 - 120.00	570.00 - 600.00	160.00 - 190.00	170.00 - 220.00	300.00 - 350.00
Veyangoda	-	-	-	-	-	-

Locations	Pumpkin	Cucumber	Bitter Gourd	Snake Gourd	Drumstick	Luffa
Colombo	90.00 - 140.00	100.00 - 150.00	450.00 - 600.00	200.00 - 250.00	600.00 - #####	250.00 - 300.00
Meegoda (DEC)	100.00 - 130.00	100.00 - 130.00	480.00 - 600.00	250.00 - 300.00	-	300.00 - 350.00
Moneragala	100.00 - 120.00	160.00 - 170.00	500.00 - 550.00	180.00 - 200.00	-	200.00 - 250.00
Dambulla (DEC)	90.00 - 120.00	70.00 - 100.00	450.00 - 550.00	160.00 - 220.00	-	210.00 - 280.00
Keppetipola (DEC)	90.00 - 130.00	110.00 - 130.00	-	-	-	-
Norochchole (DEC)	50.00 - 70.00	60.00 - 100.00	350.00 - 450.00	120.00 - 140.00	550.00 - 650.00	180.00 - 250.00
Nuwara Eliya	-	-	-	-	-	-
Kandy	80.00 - 120.00	100.00 - 120.00	400.00 - 570.00	220.00 - 250.00	-	230.00 - 270.00
Hambantota	-	-	-	-	-	-
Thambuththegama (DEC)	80.00 - 130.00	50.00 - 90.00	400.00 - 550.00	150.00 - 180.00	-	160.00 - 300.00
Tissamaharama	120.00 - 140.00	150.00 - 160.00	470.00 - 480.00	240.00 - 250.00	-	340.00 - 350.00
Jaffna	-	-	-	-	-	-
Bandarawela	80.00 - 130.00	100.00 - 140.00	480.00 - 520.00	220.00 - 260.00	650.00 - 800.00	280.00 - 330.00
Veyangoda	-	-	-	-	-	-

Table 06 (Contd.)

	Long Beans	Ash Plantain	Green Chillies	Lime	Sweet Potatoe	Manioc
Colombo	150.00 - 300.00	100.00 - 140.00	500.00 - 600.00	350.00 - 500.00	120.00 - 180.00	80.00 - 120.00
Meegoda (DEC)	180.00 - 300.00	110.00 - 140.00	600.00 - 700.00	350.00 - 400.00	120.00 - 270.00	100.00 - 120.00
Moneragala	200.00 - 250.00	50.00 - 70.00	600.00 - 700.00	350.00 - 400.00	230.00 - 250.00	120.00 - 140.00
Dambulla (DEC)	150.00 - 250.00	80.00 - 110.00	550.00 - 600.00	300.00 - 350.00	100.00 - 140.00	120.00 - 140.00
Keppetipola (DEC)	-	-	500.00 - 620.00	-	150.00 - 180.00	130.00 - 150.00
Norochchole (DEC)	90.00 - 220.00	100.00 - 120.00	550.00 - 550.00	-	-	120.00 - 150.00
Nuwara Eliya	-	-	-	-	-	-
Kandy	200.00 - 280.00	120.00 - 150.00	550.00 - 650.00	400.00 - 470.00	130.00 - 160.00	100.00 - 130.00
Hambantota	-	-	-	-	-	-
Thambuthhegama (DEC)	120.00 - 210.00	80.00 - 100.00	550.00 - 650.00	280.00 - 350.00	140.00 - 190.00	110.00 - 130.00
Tissamaharama	220.00 - 230.00	90.00 - 110.00	640.00 - 650.00	370.00 - 400.00	180.00 - 210.00	140.00 - 150.00
Jaffna	-	-	-	-	-	-
Bandarawela	180.00 - 240.00	100.00 - 120.00	530.00 - 600.00	350.00 - 550.00	140.00 - 160.00	130.00 - 130.00
Veyangoda	-	-	-	-	-	-

Locations	Leafy Vegetables (Rs/kg)			Coconut (Rs/nut)	
	Mukunuwenna	Kankun	Gotukola	Large	Small
Colombo	120.00 - 150.00	120.00 - 150.00	280.00 - 300.00	140.00 - 160.00	120.00 - 140.00
Meegoda (DEC)	-	-	-	135.00 - 145.00	110.00 - 120.00
Norochchole (DEC)	-	-	-	-	-
Nuwara Eliya	-	-	-	-	-
Dambulla (DEC)	-	-	-	-	-
Kandy	150.00 - 160.00	150.00 - 160.00	300.00 - 320.00	120.00 - 130.00	80.00 - 90.00
Hambantota	-	-	-	-	-
Thambuthhegama (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 25: 19 - 25 June 2026

LOCATIONS	Up Country Varieties																
	Butter Beans	Green Beans		Carrot		Leeks		Beetroot		Knol Khol		Raddish		Cabbage		Tomato	
Colombo	-	400.00	- 800.00	300.00	- 600.00	300.00	- 600.00	400.00	- 720.00	300.00	- 600.00	200.00	- 400.00	150.00	- 400.00	750.00	- 1200.00
Gampaha	-	560.00	- 640.00	460.00	- 520.00	400.00	- 520.00	520.00	- 550.00	450.00	- 500.00	300.00	- 340.00	290.00	- 340.00	800.00	- 850.00
Kurunegala	-	580.00	- 620.00	470.00	- 500.00	400.00	- 460.00	480.00	- 540.00	400.00	- 460.00	200.00	- 240.00	220.00	- 260.00	800.00	- 860.00
Nikaweratiya	-	560.00	- 640.00	480.00	- 580.00	480.00	- 580.00	540.00	- 600.00	350.00	- 400.00	200.00	- 260.00	280.00	- 320.00	800.00	- 900.00
Dambulla	-	600.00	- 640.00	440.00	- 480.00	400.00	- 460.00	560.00	- 580.00	400.00	- 460.00	200.00	- 240.00	240.00	- 280.00	740.00	- 800.00
Anuradhapura	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Thambuththegama	-	480.00	- 650.00	400.00	- 500.00	400.00	- 550.00	-	-	-	-	180.00	- 250.00	180.00	- 250.00	700.00	- 800.00
Polonnaruwa	-	640.00	- 720.00	480.00	- 560.00	480.00	- 500.00	600.00	- 650.00	460.00	- 560.00	240.00	- 280.00	280.00	- 300.00	860.00	- 900.00
Kaluthara	-	520.00	- 640.00	400.00	- 560.00	400.00	- 600.00	600.00	- 640.00	400.00	- 480.00	180.00	- 280.00	280.00	- 320.00	800.00	- 920.00
Badulla	-	560.00	- 600.00	520.00	- 600.00	460.00	- 480.00	520.00	- 600.00	400.00	- 480.00	240.00	- 320.00	240.00	- 320.00	600.00	- 800.00
Keppetipola	-	460.00	- 500.00	280.00	- 320.00	280.00	- 320.00	350.00	- 380.00	230.00	- 260.00	140.00	- 160.00	150.00	- 170.00	650.00	- 700.00
Moneragala	-	460.00	- 520.00	400.00	- 460.00	440.00	- 480.00	540.00	- 600.00	-	-	240.00	- 260.00	260.00	- 280.00	720.00	- 800.00
Kegalle	-	560.00	- 600.00	480.00	- 520.00	440.00	- 480.00	560.00	- 600.00	480.00	- 520.00	250.00	- 280.00	280.00	- 320.00	860.00	- 900.00
Ampara	-	400.00	- 560.00	400.00	- 440.00	400.00	- 440.00	480.00	- 560.00	280.00	- 300.00	200.00	- 280.00	240.00	- 320.00	780.00	- 920.00
Dehiattakandiya	-	600.00	- 800.00	400.00	- 600.00	400.00	- 480.00	400.00	- 400.00	300.00	- 300.00	200.00	- 300.00	300.00	- 300.00	800.00	- 800.00
Nuwaraeliya	-	520.00	- 540.00	380.00	- 400.00	350.00	- 360.00	360.00	- 380.00	260.00	- 300.00	220.00	- 240.00	200.00	- 240.00	750.00	- 780.00
Kandy	-	550.00	- 600.00	480.00	- 500.00	360.00	- 400.00	500.00	- 550.00	300.00	- 320.00	200.00	- 240.00	260.00	- 280.00	950.00	- 1000.00
Puttalam	-	600.00	- 650.00	580.00	- 650.00	480.00	- 550.00	600.00	- 650.00	480.00	- 500.00	180.00	- 240.00	-	-	720.00	- 800.00
Hambantota	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Rathnapura	-	350.00	- 400.00	380.00	- 450.00	350.00	- 430.00	380.00	- 450.00	-	-	180.00	- 230.00	200.00	- 250.00	600.00	- 700.00
Matara	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Galle	-	660.00	- 680.00	460.00	- 500.00	460.00	- 500.00	600.00	- 640.00	460.00	- 500.00	280.00	- 300.00	350.00	- 400.00	860.00	- 960.00
Tissamaharama	-	520.00	- 540.00	370.00	- 380.00	350.00	- 370.00	400.00	- 420.00	300.00	- 320.00	220.00	- 240.00	200.00	- 220.00	700.00	- 720.00
Meegoda (DEC)	-	480.00	- 560.00	480.00	- 520.00	440.00	- 480.00	-	-	400.00	- 480.00	280.00	- 320.00	320.00	- 400.00	900.00	- 1000.00
Embilipitiya	-	400.00	- 520.00	400.00	- 480.00	400.00	- 480.00	560.00	- 600.00	240.00	- 300.00	240.00	- 280.00	280.00	- 320.00	480.00	- 600.00
Jaffna	-	600.00	- 700.00	500.00	- 550.00	350.00	- 400.00	-	-	-	-	240.00	- 250.00	250.00	- 300.00	850.00	- 900.00
Vavuniya	-	600.00	- 650.00	500.00	- 550.00	500.00	- 550.00	400.00	- 450.00	300.00	- 350.00	300.00	- 350.00	300.00	- 350.00	1000.00	- 1050.00
Mannar	-	650.00	- 700.00	500.00	- 550.00	450.00	- 500.00	350.00	- 400.00	-	-	200.00	- 250.00	350.00	- 360.00	750.00	- 800.00
Killinochchi	-	650.00	- 700.00	540.00	- 560.00	400.00	- 440.00	400.00	- 440.00	-	-	160.00	- 200.00	340.00	- 360.00	900.00	- 950.00
Mullaittivu	-	700.00	- 760.00	500.00	- 550.00	380.00	- 420.00	350.00	- 400.00	-	-	220.00	- 260.00	250.00	- 300.00	900.00	- 960.00
Batticaloa	-	600.00	- 650.00	550.00	- 600.00	380.00	- 400.00	550.00	- 600.00	-	-	-	-	350.00	- 350.00	800.00	- 850.00
Trincomalee	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Hanguranketha	-	500.00	- 550.00	360.00	- 410.00	340.00	- 360.00	-	-	250.00	- 260.00	110.00	- 120.00	150.00	- 180.00	680.00	- 720.00
Veyangoda	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Galenbindunuwewa	-	600.00	- 680.00	540.00	- 600.00	480.00	- 580.00	440.00	- 560.00	280.00	- 340.00	200.00	- 260.00	260.00	- 340.00	740.00	- 820.00
Bandarawela	-	460.00	- 480.00	320.00	- 340.00	280.00	- 320.00	340.00	- 360.00	260.00	- 320.00	160.00	- 180.00	200.00	- 220.00	680.00	- 740.00
Matale	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Table 07 (Contd.)

LOCATIONS	Low Country Varieties													
	Ladies Fingers	Brinjal	Capsicum	Pumpkin	Cucumber	Bitter Gourd	Snake Gourd	Drumstick	Luffa	Long Beans				
Colombo	280.00 - 500.00	250.00 - 480.00	400.00 - 800.00	150.00 - 320.00	180.00 - 320.00	500.00 - 800.00	300.00 - 600.00	1000.00 - 2000.00	300.00 - 600.00	300.00 - 600.00				
Gampaha	390.00 - 420.00	400.00 - 430.00	600.00 - 650.00	200.00 - 240.00	240.00 - 260.00	700.00 - 760.00	300.00 - 340.00	-	500.00 - 540.00	400.00 - 460.00				
Kurunegala	380.00 - 400.00	300.00 - 350.00	560.00 - 600.00	200.00 - 240.00	160.00 - 200.00	680.00 - 740.00	300.00 - 360.00	-	420.00 - 480.00	380.00 - 420.00				
Nikaweratiya	350.00 - 400.00	260.00 - 320.00	480.00 - 540.00	160.00 - 220.00	200.00 - 260.00	650.00 - 700.00	350.00 - 400.00	-	480.00 - 520.00	320.00 - 360.00				
Dambulla	340.00 - 380.00	300.00 - 340.00	780.00 - 850.00	200.00 - 240.00	160.00 - 180.00	760.00 - 800.00	340.00 - 400.00	-	400.00 - 440.00	340.00 - 380.00				
Anuradhapura	-	-	-	-	-	-	-	-	-	-				
Thambuththegama	260.00 - 350.00	160.00 - 250.00	400.00 - 580.00	160.00 - 240.00	150.00 - 200.00	560.00 - 680.00	250.00 - 320.00	-	250.00 - 350.00	250.00 - 350.00				
Polonnaruwa	400.00 - 480.00	360.00 - 400.00	560.00 - 600.00	180.00 - 240.00	200.00 - 260.00	800.00 - 840.00	400.00 - 420.00	780.00 - 800.00	480.00 - 560.00	400.00 - 460.00				
Kaluthara	300.00 - 400.00	300.00 - 400.00	600.00 - 600.00	160.00 - 200.00	180.00 - 200.00	600.00 - 760.00	380.00 - 480.00	-	400.00 - 520.00	340.00 - 480.00				
Badulla	400.00 - 420.00	400.00 - 480.00	520.00 - 600.00	320.00 - 360.00	240.00 - 320.00	580.00 - 600.00	480.00 - 520.00	1000.00 - 1200.00	580.00 - 600.00	320.00 - 400.00				
Keppetipola	250.00 - 280.00	250.00 - 280.00	400.00 - 450.00	180.00 - 200.00	170.00 - 200.00	560.00 - 580.00	320.00 - 350.00	-	380.00 - 400.00	280.00 - 300.00				
Moneragala	320.00 - 360.00	260.00 - 320.00	540.00 - 600.00	160.00 - 200.00	240.00 - 260.00	600.00 - 640.00	260.00 - 320.00	-	400.00 - 440.00	320.00 - 360.00				
Kegalle	360.00 - 400.00	320.00 - 360.00	520.00 - 560.00	200.00 - 240.00	200.00 - 240.00	640.00 - 680.00	360.00 - 400.00	860.00 - 900.00	450.00 - 480.00	400.00 - 440.00				
Ampara	300.00 - 320.00	240.00 - 300.00	480.00 - 520.00	200.00 - 240.00	220.00 - 240.00	580.00 - 640.00	340.00 - 440.00	660.00 - 960.00	300.00 - 340.00	260.00 - 320.00				
Dehiattakandiya	300.00 - 400.00	240.00 - 300.00	400.00 - 600.00	200.00 - 200.00	200.00 - 300.00	600.00 - 600.00	300.00 - 360.00	800.00 - 800.00	300.00 - 320.00	300.00 - 320.00				
Nuwaraeliya	280.00 - 300.00	300.00 - 320.00	450.00 - 480.00	220.00 - 240.00	220.00 - 240.00	580.00 - 600.00	340.00 - 360.00	-	400.00 - 420.00	320.00 - 340.00				
Kandy	260.00 - 300.00	300.00 - 320.00	500.00 - 550.00	160.00 - 180.00	200.00 - 240.00	600.00 - 650.00	300.00 - 320.00	-	360.00 - 400.00	360.00 - 400.00				
Puttalam	300.00 - 350.00	360.00 - 400.00	600.00 - 720.00	200.00 - 250.00	200.00 - 250.00	700.00 - 750.00	350.00 - 400.00	-	520.00 - 600.00	320.00 - 360.00				
Rathnapura	240.00 - 320.00	220.00 - 320.00	400.00 - 500.00	120.00 - 150.00	180.00 - 240.00	500.00 - 600.00	280.00 - 350.00	-	360.00 - 450.00	300.00 - 370.00				
Hambantota	-	-	-	-	-	-	-	-	-	-				
Matara	-	-	-	-	-	-	-	-	-	-				
Galle	360.00 - 400.00	360.00 - 400.00	500.00 - 640.00	200.00 - 220.00	200.00 - 220.00	760.00 - 800.00	360.00 - 400.00	-	500.00 - 560.00	420.00 - 460.00				
Tissamaharama	260.00 - 280.00	270.00 - 300.00	400.00 - 420.00	170.00 - 200.00	190.00 - 220.00	540.00 - 550.00	280.00 - 300.00	-	380.00 - 400.00	260.00 - 280.00				
Meegoda (DEC)	320.00 - 400.00	360.00 - 480.00	520.00 - 560.00	200.00 - 240.00	240.00 - 280.00	700.00 - 800.00	480.00 - 480.00	-	480.00 - 560.00	440.00 - 480.00				
Embilipitiya	250.00 - 320.00	160.00 - 240.00	400.00 - 520.00	200.00 - 240.00	150.00 - 200.00	680.00 - 720.00	280.00 - 320.00	-	360.00 - 400.00	320.00 - 400.00				
Jaffna	250.00 - 270.00	200.00 - 250.00	-	110.00 - 130.00	-	800.00 - 900.00	380.00 - 420.00	-	-	350.00 - 400.00				
Vavuniya	400.00 - 450.00	150.00 - 180.00	500.00 - 550.00	100.00 - 140.00	200.00 - 240.00	1000.00 - 1050.00	400.00 - 500.00	1200.00 - 1300.00	300.00 - 340.00	300.00 - 340.00				
Mannar	350.00 - 400.00	250.00 - 300.00	550.00 - 600.00	180.00 - 200.00	200.00 - 220.00	850.00 - 900.00	380.00 - 400.00	-	-	350.00 - 400.00				
Killinochchi	240.00 - 260.00	240.00 - 260.00	480.00 - 520.00	140.00 - 160.00	160.00 - 200.00	1000.00 - 1050.00	340.00 - 360.00	-	-	350.00 - 400.00				
Mullaittivu	240.00 - 260.00	200.00 - 250.00	500.00 - 550.00	120.00 - 150.00	120.00 - 160.00	950.00 - 1000.00	280.00 - 320.00	1500.00 - 1600.00	-	350.00 - 400.00				
Batticaloa	250.00 - 300.00	250.00 - 300.00	500.00 - 500.00	150.00 - 150.00	300.00 - 300.00	700.00 - 750.00	300.00 - 300.00	900.00 - 1000.00	-	250.00 - 250.00				
Trincomalee	-	-	-	-	-	-	-	-	-	-				
Hanguranketha	280.00 310.00	250.00 280.00	380.00 420.00	150.00 180.00	160.00 200.00	540.00 - 600.00	240.00 260.00	650.00 650.00	360.00 420.00	240.00 260.00				
Veyangoda	-	-	-	-	-	-	-	-	-	-				
Galenbindunuwewa	320.00 - 400.00	260.00 - 340.00	540.00 - 620.00	220.00 - 280.00	160.00 - 220.00	720.00 - 800.00	360.00 - 480.00	-	420.00 - 500.00	300.00 - 380.00				
Bandarawela	220.00 - 240.00	260.00 - 280.00	400.00 - 450.00	160.00 - 180.00	180.00 - 200.00	560.00 - 600.00	300.00 - 320.00	800.00 - 900.00	360.00 - 400.00	260.00 - 280.00				
Matale	-	-	-	-	-	-	-	-	-	-				

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

Week 25: 19 - 25 June 2026

LOCATIONS	Banana					Pineapple			Mango	
	Ambul (Rs/kg)	Kolikuttu (Rs/kg)	Seeni (Rs/kg)	Anamalu	Ambun	Large	Medium	Small	Betti	Karthakolomban
Colombo	160.00 - 250.00	380.00 - 500.00	150.00 - 250.00	250.00 - 380.00	250.00 - 380.00	250.00 - 400.00	-	-	250.00 - 300.00	350.00 - 700.00
Gampaha	170.00 - 185.00	360.00 - 400.00	170.00 - 190.00	-	-	250.00 - 310.00	-	-	-	350.00 - 400.00
Kurunegala	150.00 - 180.00	380.00 - 400.00	170.00 - 200.00	-	360.00 - 400.00	300.00 - 330.00	-	-	-	300.00 - 350.00
Nikaweratiya	160.00 - 180.00	360.00 - 400.00	140.00 - 180.00	-	360.00 - 400.00	-	-	-	-	-
Dambulla	160.00 - 180.00	440.00 - 460.00	160.00 - 180.00	-	340.00 - 360.00	350.00 - 400.00	-	-	160.00 - 200.00	250.00 - 300.00
Anuradhapura	-	-	-	-	-	-	-	-	-	-
Thambuththegama	150.00 - 220.00	360.00 - 450.00	150.00 - 200.00	-	-	320.00 - 380.00	-	-	-	200.00 - 250.00
Polonnaruwa	200.00 - 250.00	400.00 - 450.00	180.00 - 200.00	250.00 - 300.00	350.00 - 450.00	400.00 - 400.00	-	-	-	400.00 - 450.00
Kaluthara	170.00 - 200.00	380.00 - 420.00	160.00 - 180.00	250.00 - 270.00	300.00 - 300.00	390.00 - 450.00	-	-	-	400.00 - 500.00
Badulla	180.00 - 250.00	350.00 - 450.00	200.00 - 250.00	250.00 - 350.00	300.00 - 350.00	400.00 - 500.00	-	-	200.00 - 250.00	300.00 - 400.00
Keppetipola	180.00 - 220.00	360.00 - 380.00	180.00 - 200.00	-	260.00 - 265.00	250.00 - 260.00	-	-	350.00 - 364.00	800.00 - 850.00
Moneragala	140.00 - 160.00	350.00 - 380.00	100.00 - 120.00	200.00 - 240.00	240.00 - 260.00	200.00 - 300.00	-	-	-	350.00 - 400.00
Kegalle	150.00 - 180.00	400.00 - 450.00	150.00 - 180.00	220.00 - 250.00	220.00 - 250.00	300.00 - 360.00	-	-	160.00 - 160.00	300.00 - 350.00
Ampara	150.00 - 160.00	360.00 - 380.00	130.00 - 140.00	-	-	-	-	-	-	480.00 - 500.00
Dehiattakandiya	200.00 - 220.00	380.00 - 400.00	180.00 - 200.00	-	350.00 - 350.00	400.00 - 460.00	-	-	-	350.00 - 350.00
Nuwaraeliya	220.00 - 230.00	380.00 - 400.00	200.00 - 220.00	240.00 - 260.00	280.00 - 300.00	260.00 - 280.00	-	-	300.00 - 320.00	640.00 - 660.00
Kandy	180.00 - 200.00	400.00 - 420.00	160.00 - 180.00	260.00 - 280.00	300.00 - 320.00	350.00 - 400.00	-	-	300.00 - 350.00	350.00 - 450.00
Puttalam	130.00 - 160.00	350.00 - 400.00	130.00 - 150.00	260.00 - 300.00	-	450.00 - 480.00	-	-	-	700.00 - 720.00
Rathnapura	150.00 - 200.00	350.00 - 400.00	120.00 - 150.00	200.00 - 260.00	300.00 - 350.00	340.00 - 390.00	-	-	-	300.00 - 400.00
Hambantota	-	-	-	-	-	-	-	-	-	-
Matara	-	-	-	-	-	-	-	-	-	-
Galle	160.00 - 200.00	360.00 - 400.00	160.00 - 200.00	300.00 - 350.00	350.00 - 380.00	280.00 - 380.00	-	-	360.00 - 400.00	440.00 - 560.00
Tissamaharama	150.00 - 170.00	380.00 - 400.00	140.00 - 150.00	-	-	350.00 - 380.00	-	-	-	-
Meegoda (DEC)	170.00 - 200.00	340.00 - 350.00	150.00 - 200.00	280.00 - 280.00	280.00 - 320.00	240.00 - 260.00	-	-	-	240.00 - 300.00
Embilipitiya	80.00 - 100.00	280.00 - 350.00	100.00 - 130.00	220.00 - 250.00	280.00 - 300.00	250.00 - 300.00	-	-	150.00 - 200.00	250.00 - 400.00
Jaffna	180.00 - 190.00	290.00 - 310.00	150.00 - 150.00	-	-	350.00 - 360.00	-	-	-	350.00 - 400.00
Vavuniya	150.00 - 180.00	360.00 - 380.00	150.00 - 170.00	200.00 - 260.00	240.00 - 260.00	500.00 - 650.00	-	-	-	-
Mannar	100.00 - 200.00	350.00 - 360.00	150.00 - 160.00	240.00 - 250.00	280.00 - 300.00	550.00 - 600.00	-	-	-	500.00 - 550.00
Killinochchi	160.00 - 180.00	340.00 - 360.00	140.00 - 160.00	-	-	350.00 - 400.00	-	-	-	480.00 - 520.00
Mullaittivu	140.00 - 180.00	300.00 - 360.00	150.00 - 160.00	250.00 - 260.00	270.00 - 300.00	520.00 - 560.00	-	-	-	450.00 - 480.00
Batticaloa	-	350.00 - 400.00	150.00 - 150.00	250.00 - 250.00	200.00 - 200.00	-	-	-	-	400.00 - 450.00
Trincomalee	-	-	-	-	-	-	-	-	-	-
Veyangoda	-	-	-	-	-	-	-	-	-	-
Galenbindunuwewa	130.00 - 170.00	350.00 - 400.00	100.00 - 150.00	-	-	400.00 - 450.00	-	-	-	300.00 - 450.00
Bandarawela	180.00 - 200.00	380.00 - 400.00	170.00 - 180.00	240.00 - 250.00	270.00 - 300.00	340.00 - 480.00	-	-	-	350.00 - 400.00
Matale	-	-	-	-	-	-	-	-	-	-

Table 08 (Contd.)

LOCATIONS	Mango				Other Fruits															
	Vilad		Kohu		Papaw	Passion	Wood Apple	Orange	Avocado	Slime Apple	Grapes	King Coconut(Rs/nut)								
Colombo	300.00 -	400.00	180.00 -	200.00	200.00 -	320.00	600.00 -	1000.00	500.00 -	1000.00	300.00 -	700.00	450.00 -	800.00	350.00 -	700.00	2000.00 -	3000.00	180.00 -	250.00
Gampaha	-		-		230.00 -	280.00	-		320.00 -	400.00	-		-		-		2900.00 -	3000.00	200.00 -	220.00
Kurunegala	-		-		200.00 -	240.00	580.00 -	650.00	-		-		380.00 -	420.00	-		2700.00 -	2800.00	200.00 -	210.00
Nikaweratiya	-		-		200.00 -	240.00	-		200.00 -	350.00	500.00 -	580.00	-		-		2400.00 -	2600.00	-	
Dambulla	250.00 -	280.00	100.00 -	150.00	200.00 -	240.00	650.00 -	700.00	450.00 -	500.00	280.00 -	350.00	350.00 -	450.00	200.00 -	300.00	2800.00 -	3000.00	180.00 -	200.00
Anuradhapura	-		-		-		-		-		-		-		-		-		-	
Thambuththegama	-		-		120.00 -	200.00	600.00 -	650.00	-		300.00 -	320.00	350.00 -	450.00	-		-		180.00 -	220.00
Polonnaruwa	-		-		250.00 -	250.00	-		-		-		600.00 -	650.00	-		2500.00 -	3000.00	250.00 -	250.00
Kaluthara	400.00 -	400.00	-		240.00 -	300.00	-		650.00 -	700.00	-		500.00 -	600.00	400.00 -	600.00	2500.00 -	2800.00	170.00 -	180.00
Badulla	-		-		200.00 -	250.00	-		550.00 -	600.00	200.00 -	300.00	500.00 -	600.00	600.00 -	600.00	2500.00 -	3000.00	200.00 -	250.00
Keppetipola	-		140.00 -	150.00	250.00 -	260.00	600.00 -	650.00	420.00 -	480.00	360.00 -	390.00	600.00 -	650.00	360.00 -	390.00	2400.00 -	2600.00	180.00 -	200.00
Moneragala	-		-		180.00 -	200.00	400.00 -	500.00	-		-		350.00 -	400.00	200.00 -	250.00	2900.00 -	3000.00	150.00 -	180.00
Kegalle	-		-		250.00 -	260.00	580.00 -	620.00	650.00 -	700.00	450.00 -	480.00	380.00 -	420.00	400.00 -	450.00	2600.00 -	2700.00	150.00 -	160.00
Ampara	350.00 -	400.00	-		220.00 -	250.00	500.00 -	550.00	-		-		550.00 -	600.00	-		2300.00 -	2500.00	200.00 -	220.00
Dehiattakandiya	-		-		280.00 -	300.00	-		400.00 -	400.00	300.00 -	350.00	500.00 -	500.00	350.00 -	350.00	3000.00 -	3000.00	150.00 -	200.00
Nuwaraeliya	-		160.00 -	180.00	260.00 -	280.00	650.00 -	700.00	650.00 -	660.00	520.00 -	540.00	560.00 -	580.00	360.00 -	380.00	2500.00 -	3000.00	200.00 -	220.00
Kandy	350.00 -	400.00	150.00 -	180.00	200.00 -	210.00	600.00 -	700.00	400.00 -	450.00	350.00 -	400.00	300.00 -	400.00	400.00 -	450.00	2500.00 -	2800.00	180.00 -	200.00
Puttalam	-		-		150.00 -	160.00	650.00 -	720.00	-		280.00 -	320.00	600.00 -	700.00	-		2800.00 -	3200.00	150.00 -	150.00
Hambantota	-		-		-		-		-		-		-		-		-		-	
Rathnapura	250.00 -	260.00	-		180.00 -	250.00	-		500.00 -	650.00	300.00 -	400.00	300.00 -	390.00	250.00 -	400.00	2300.00 -	2800.00	150.00 -	160.00
Matara	-		-		-		-		-		-		-		-		-		-	
Galle	400.00 -	480.00	-		200.00 -	280.00	800.00 -	900.00	560.00 -	600.00	580.00 -	600.00	680.00 -	760.00	560.00 -	600.00	2900.00 -	3000.00	180.00 -	200.00
Tissamaharama	-		-		200.00 -	220.00	-		450.00 -	460.00	-		-		220.00 -	240.00	2500.00 -	2700.00	180.00 -	190.00
Meegoda (DEC)	-		-		200.00 -	220.00	500.00 -	500.00	400.00 -	450.00	350.00 -	400.00	320.00 -	350.00	250.00 -	300.00	2300.00 -	2600.00	150.00 -	170.00
Embilipitiya	200.00 -	300.00	-		170.00 -	200.00	600.00 -	700.00	500.00 -	600.00	350.00 -	400.00	450.00 -	500.00	180.00 -	200.00	2800.00 -	3200.00	180.00 -	200.00
Jaffna	-		-		160.00 -	170.00	600.00 -	650.00	750.00 -	800.00	500.00 -	550.00	-		-		-		220.00 -	250.00
Vavuniya	-		-		220.00 -	250.00	-		400.00 -	480.00	400.00 -	450.00	-		-		2550.00 -	2600.00	200.00 -	250.00
Mannar	-		-		250.00 -	280.00	450.00 -	500.00	500.00 -	550.00	250.00 -	260.00	550.00 -	600.00	-		2650.00 -	2700.00	180.00 -	200.00
Killinochchi	-		-		150.00 -	180.00	480.00 -	520.00	640.00 -	660.00	320.00 -	340.00	-		-		2800.00 -	2900.00	240.00 -	260.00
Mullaittivu	-		-		140.00 -	160.00	-		-		-		-		-		2400.00 -	2500.00	200.00 -	250.00
Batticaloa	-		-		200.00 -	200.00	500.00 -	500.00	-		-		550.00 -	600.00	-		2800.00 -	3000.00	200.00 -	200.00
Trincomalee	-		-		-		-		-		-		-		-		-		-	
Veyangoda	-		-		-		-		-		-		-		-		-		-	
Galenbindunuwewa	-		-		140.00 -	180.00	-		-		-		400.00 -	600.00	-		2500.00 -	2700.00	200.00 -	240.00
Bandarawela	250.00 -	300.00	150.00 -	160.00	200.00 -	230.00	700.00 -	800.00	600.00 -	660.00	-		400.00 -	500.00	300.00 -	350.00	2800.00 -	3000.00	200.00 -	220.00
Matale	-		-		-		-		-		-		-		-		-		-	

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

Week 25: 19 - 25 June 2026

Locations	Sea Fish					
	Salaya	Hurulla	Balaya	Kelawalla	Thora	Paraw
Colombo	600.00 – 650.00	750.00 – 1000.00	800.00 – 1000.00	1800.00 – 2300.00	2700.00 – 3100.00	1300.00 – 1500.00
Kandy	700.00 – 750.00	1200.00 – 1250.00	1200.00 – 1300.00	1700.00 – 1800.00	3000.00 – 3200.00	1500.00 – 1600.00
Kaluthara	700.00 – 800.00	–	1300.00 – 1400.00	1800.00 – 1850.00	–	1550.00 – 1600.00
Puttalam	1050.00 – 1100.00	1300.00 – 1350.00	1350.00 – 1450.00	1800.00 – 1900.00	–	1500.00 – 1600.00
Matara	–	–	–	–	–	–
Hambantota	–	–	–	–	–	–
Galle	800.00 – 900.00	1200.00 – 1300.00	1100.00 – 1200.00	1650.00 – 1750.00	–	1600.00 – 1800.00
Batticaloa	–	1000.00 – 1000.00	1200.00 – 1200.00	1600.00 – 1600.00	–	1400.00 – 1400.00
Trincomalee	–	–	–	–	–	–
Mannar	700.00 – 750.00	1350.00 – 1400.00	1350.00 – 1400.00	1650.00 – 1700.00	–	1600.00 – 1650.00

Locations	Sea Fish				Eggs	
	Mora	Shrimps	Thalapath	Teppeli	Brown	White
Colombo	1200.00 – 1400.00	1600.00 – 1800.00	2100.00 – 2500.00	–	37.00 – 38.00	35.00 – 36.00
Kandy	1600.00 – 1700.00	1700.00 – 1900.00	2300.00 – 2400.00	–	36.00 – 37.00	35.00 – 36.00
Kaluthara	1300.00 – 1500.00	1700.00 – 1800.00	2000.00 – 2200.00	–	–	–
Puttalam	–	1500.00 – 1600.00	–	–	38.00 – 38.00	37.00 – 38.00
Matara	–	–	–	–	–	–
Hambantota	–	–	–	–	–	–
Galle	–	–	1800.00 – 2200.00	–	35.00 – 36.00	33.00 – 34.00
Batticaloa	1000.00 – 1000.00	1600.00 – 1600.00	2000.00 – 2000.00	–	38.00 – 38.00	36.00 – 36.00
Trincomalee	–	–	–	–	–	–
Mannar	–	1400.00 – 1450.00	–	–	39.00 – 40.00	36.00 – 37.00

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

Week 25: 19 - 25 June 2026

Locations	Local Dried Fish					
	Sprats	Kattawa	Thora	Mora	Balaya	Anguluwa
Colombo	2400.00 – 2500.00	–	–	2600.00 – 2700.00	1500.00 – 1650.00	–
Kandy	1700.00 – 1800.00	–	–	2700.00 – 2800.00	1500.00 – 1700.00	–
Batticaloa	1100.00 – 1100.00	2700.00 – 2700.00	–	–	1800.00 – 1800.00	–
Trincomalee	–	–	–	–	–	–
Mannar	1100.00 – 1200.00	2450.00 – 2500.00	–	2150.00 – 2200.00	1500.00 – 1550.00	950.00 – 1000.00

Locations	Local Dried Fish			Imported Dried Fish		
	Maduwa	Koduwa	Salaya	Sprats	Kattawa	Thora
Colombo	1750.00 – 1850.00	–	600.00 – 800.00	1450.00 – 1550.00	2000.00 – 2100.00	–
Kandy	–	–	1000.00 – 1150.00	1100.00 – 1200.00	2600.00 – 2700.00	–
Batticaloa	–	–	–	1100.00 – 1100.00	–	–
Trincomalee	–	–	–	–	–	–
Mannar	850.00 – 900.00	–	–	–	–	–

Locations	Imported Dried Fish					
	Mora	Balaya	Anguluwa	Maduwa	Koduwa	Salaya
Colombo	–	–	1900.00 – 2000.00	–	–	–
Kandy	–	–	–	–	–	–
Batticaloa	–	–	–	–	–	–
Trincomalee	–	–	–	–	–	–
Mannar	–	–	–	–	–	–

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

Week 25: 19 - 25 June 2026

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LOCATIONS	Sea Fish									Eggs			
	Salaya	Hurulla	Balaya	Kelawalla	Thora	Paraw	Mora	Thalapath		Brown		White	
Colombo	800.00 - 1200.00	800.00 - 1500.00	850.00 - 1600.00	2500.00 - 3200.00	2900.00 - 4400.00	1500.00 - 3200.00	1300.00 - 2400.00	2200.00 - 3400.00		38.00 - 41.00		36.00 - 40.00	
Gampaha	1100.00 - 1300.00	-	-	2100.00 - 2400.00	-	-	-	2900.00 - 3000.00		40.00 - 44.00		35.00 - 40.00	
Kurunegala	1100.00 - 1200.00	-	-	-	-	-	-	2700.00 - 2800.00		38.00 - 41.00		37.00 - 39.00	
Nikaweratiya	1200.00 - 1300.00	1500.00 - 1600.00	1400.00 - 1500.00	2800.00 - 3000.00	-	-	-	2800.00 - 3000.00		38.00 - 41.00		38.00 - 41.00	
Dambulla	1000.00 - 1100.00	1400.00 - 1500.00	1400.00 - 1500.00	2600.00 - 2700.00	-	2000.00 - 2300.00	2500.00 - 2600.00	2900.00 - 3000.00		37.00 - 39.00		35.00 - 37.00	
Anuradhapura	-	-	-	-	-	-	-	-		-		-	
Thambuththegama	-	-	-	-	-	-	-	-		37.00 - 39.00		36.00 - 38.00	
Polonnaruwa	1000.00 - 1000.00	1400.00 - 1400.00	2400.00 - 2400.00	2800.00 - 2800.00	3000.00 - 3000.00	1800.00 - 1800.00	2000.00 - 2000.00	2800.00 - 2800.00		38.00 - 39.00		36.00 - 37.00	
Kaluthara	1000.00 - 1000.00	-	2000.00 - 2400.00	2900.00 - 3200.00	-	2400.00 - 2400.00	2000.00 - 2000.00	2800.00 - 3200.00		38.00 - 40.00		36.00 - 38.00	
Badulla	880.00 - 900.00	1200.00 - 1300.00	1100.00 - 1200.00	3000.00 - 3200.00	3000.00 - 3200.00	1600.00 - 2000.00	1800.00 - 2000.00	2600.00 - 3000.00		38.00 - 45.00		36.00 - 40.00	
Keppetipola	1000.00 - 1000.00	1400.00 - 1500.00	1100.00 - 1200.00	2700.00 - 2800.00	3100.00 - 3200.00	1600.00 - 1700.00	1700.00 - 1800.00	2700.00 - 2800.00		42.00 - 44.00		40.00 - 42.00	
Moneragala	800.00 - 1000.00	1400.00 - 1600.00	1500.00 - 1600.00	3000.00 - 3200.00	-	-	-	3200.00 - 3400.00		39.00 - 40.00		38.00 - 39.00	
Kegalle	1100.00 - 1120.00	-	2400.00 - 2450.00	3000.00 - 3100.00	-	-	2400.00 - 2420.00	3150.00 - 3200.00		42.00 - 42.00		38.00 - 40.00	
Ampara	900.00 - 1000.00	1400.00 - 1500.00	2300.00 - 2400.00	3000.00 - 3200.00	-	-	-	3000.00 - 3200.00		-		38.00 - 40.00	
Dehiattakandiya	800.00 - 960.00	1100.00 - 1100.00	1900.00 - 1900.00	-	-	-	2000.00 - 2000.00	2600.00 - 2600.00		36.00 - 39.00		34.00 - 36.00	
Nuwaraeliya	680.00 - 700.00	-	1400.00 - 1500.00	1800.00 - 1900.00	-	1600.00 - 1700.00	1700.00 - 1800.00	2700.00 - 2800.00		43.00 - 44.00		42.00 - 43.00	
Kandy	900.00 - 950.00	1400.00 - 1500.00	1600.00 - 1700.00	2700.00 - 2800.00	3600.00 - 3800.00	1900.00 - 2000.00	1900.00 - 2000.00	2700.00 - 2800.00		39.00 - 40.00		38.00 - 39.00	
Puttalam	1250.00 - 1300.00	1450.00 - 1550.00	1600.00 - 1700.00	2400.00 - 2450.00	-	1600.00 - 1700.00	-	-		40.00 - 40.00		39.00 - 40.00	
Hambantota	-	-	-	-	-	-	-	-		-		-	
Rathnapura	1000.00 - 1100.00	-	1700.00 - 1800.00	2700.00 - 2800.00	4700.00 - 4800.00	2800.00 - 3000.00	1880.00 - 2000.00	3100.00 - 3200.00		39.00 - 39.00		37.00 - 38.00	
Matara	-	-	-	-	-	-	-	-		-		-	
Galle	1000.00 - 1200.00	1500.00 - 1600.00	1700.00 - 1850.00	3000.00 - 3400.00	3000.00 - 3400.00	2000.00 - 2600.00	2000.00 - 2400.00	2800.00 - 3650.00		40.00 - 42.00		36.00 - 38.00	
Tissamaharama	900.00 - 1000.00	-	1300.00 - 1300.00	2400.00 - 2500.00	-	-	-	-		-		37.00 - 40.00	
Meegoda	860.00 - 960.00	-	1300.00 - 1300.00	3200.00 - 3200.00	-	-	-	-		39.00 - 40.00		35.00 - 40.00	
Embilipitiya	850.00 - 900.00	1350.00 - 1400.00	2300.00 - 2400.00	2600.00 - 2800.00	-	2000.00 - 2200.00	2000.00 - 2100.00	2900.00 - 3000.00		39.00 - 40.00		35.00 - 38.00	
Jaffna	800.00 - 850.00	-	1550.00 - 1650.00	-	2800.00 - 3000.00	1950.00 - 2100.00	-	-		39.00 - 40.00		37.00 - 38.00	
Vavuniya	1200.00 - 1300.00	1400.00 - 1500.00	1500.00 - 1600.00	2800.00 - 2900.00	3200.00 - 3300.00	1800.00 - 2000.00	-	3200.00 - 3300.00		39.00 - 41.00		38.00 - 40.00	
Mannar	850.00 - 900.00	1500.00 - 1550.00	1500.00 - 1550.00	2450.00 - 2500.00	-	2000.00 - 2200.00	2450.00 - 2500.00	-		41.00 - 42.00		39.00 - 40.00	
Killinochchi	600.00 - 650.00	1200.00 - 1300.00	1300.00 - 1400.00	-	2600.00 - 2800.00	1600.00 - 1700.00	2600.00 - 2800.00	-		40.00 - 42.00		38.00 - 39.00	
Mullaittivu	550.00 - 600.00	1100.00 - 1250.00	1200.00 - 1300.00	1900.00 - 2000.00	2400.00 - 2500.00	1500.00 - 1600.00	2500.00 - 2600.00	2000.00 - 2200.00		38.00 - 42.00		38.00 - 40.00	
Batticaloa	-	1500.00 - 1500.00	2400.00 - 2400.00	2800.00 - 2800.00	2500.00 - 2500.00	2800.00 - 2800.00	1500.00 - 1500.00	2800.00 - 2800.00		42.00 - 42.00		38.00 - 38.00	
Trincomalee	-	-	-	-	-	-	-	-		-		-	
Veyangoda	-	-	-	-	-	-	-	-		-		-	
Galenbindunuwewa	800.00 - 1100.00	1400.00 - 1500.00	1300.00 - 1500.00	2600.00 - 2800.00	3400.00 - 3500.00	1900.00 - 2100.00	-	2950.00 - 3100.00		39.00 - 42.00		38.00 - 41.00	
Bandarawela	800.00 - 900.00	-	1800.00 - 1800.00	3000.00 - 3100.00	-	-	-	3100.00 - 3200.00		39.00 - 42.00		37.00 - 38.00	
Matale	-	-	-	-	-	-	-	-		-		-	

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

Week 25: 19 - 25 June 2026

LOCATIONS		Dried Fish												
		Sprats-Imported		Kattawa		Thora		Mora		Balaya		Anguluwa		Salaya
Colombo	-		2800.00 - 3600.00		4000.00 - 4500.00		3000.00 - 3600.00		1800.00 - 2400.00		2600.00 - 3500.00		1200.00 - 1600.00	
Gampaha	-		-		-		3000.00 - 3260.00		1900.00 - 2000.00		-		850.00 - 1000.00	
Kurunegala	-		2700.00 - 2800.00		-		-		1800.00 - 1900.00		-		900.00 - 1000.00	
Nikaweratiya	1200.00 - 1400.00		2800.00 - 3000.00		2900.00 - 3000.00		2600.00 - 2800.00		1400.00 - 1500.00		2800.00 - 3000.00		900.00 - 1000.00	
Dambulla	-		3000.00 - 3200.00		-		2900.00 - 3200.00		1800.00 - 2000.00		2500.00 - 2600.00		1600.00 - 1800.00	
Anuradhapura	-		-		-		-		-		-		-	
Thambuththegama	-		2800.00 - 3000.00		-		2800.00 - 3200.00		1650.00 - 1900.00		2200.00 - 2800.00		980.00 - 1400.00	
Polonnaruwa	-		-		-		-		-		-		-	
Kaluthara	-		-		-		3200.00 - 3300.00		1800.00 - 2000.00		2800.00 - 3000.00		-	
Badulla	-		-		-		-		-		-		-	
Keppetipola	-		-		-		-		-		-		-	
Moneragala	-		-		-		-		-		-		-	
Kegalle	1600.00 - 1700.00		3400.00 - 3420.00		3600.00 - 3620.00		3200.00 - 3250.00		2000.00 - 2100.00		2800.00 - 2850.00		-	
Ampara	1500.00 - 1600.00		2800.00 - 3000.00		-		2900.00 - 3000.00		1800.00 - 2000.00		1400.00 - 1500.00		-	
Dehiattakandiya	-		3200.00 - 3200.00		-		3000.00 - 3400.00		2000.00 - 2600.00		2000.00 - 2200.00		-	
Nuwaraeliya	-		-		-		-		-		-		-	
Kandy	-		-		-		3000.00 - 3200.00		2200.00 - 2400.00		2500.00 - 2600.00		1200.00 - 1300.00	
Puttalam	1600.00 - 1650.00		3000.00 - 3200.00		-		-		1600.00 - 1700.00		1600.00 - 1700.00		1600.00 - 1650.00	
Hambantota	-		-		-		-		-		-		-	
Rathnapura	-		3080.00 - 3200.00		-		2900.00 - 3120.00		2000.00 - 2240.00		2800.00 - 2800.00		1000.00 - 1060.00	
Matara	-		-		-		-		-		-		-	
Galle	1800.00 - 2000.00		2600.00 - 3200.00		3300.00 - 3400.00		2800.00 - 3200.00		1800.00 - 2000.00		2600.00 - 2800.00		1400.00 - 1600.00	
Tissamaharama	-		-		-		-		-		-		-	
Meegoda	-		-		-		-		2000.00 - 2300.00		-		1200.00 - 1400.00	
Embilipitiya	-		2600.00 - 2800.00		-		-		1800.00 - 2400.00		-		1200.00 - 1300.00	
Jaffna	-		2900.00 - 3000.00		-		2950.00 - 3000.00		1150.00 - 1200.00		900.00 - 1000.00		1000.00 - 1200.00	
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		1000.00 - 1100.00		-	
Killinochchi	1800.00 - 1900.00		2600.00 - 2800.00		-		2500.00 - 2600.00		1200.00 - 1300.00		1100.00 - 1200.00		1100.00 - 1200.00	
Mullaittivu	1400.00 - 1500.00		2600.00 - 2800.00		2900.00 - 3000.00		2700.00 - 2800.00		1200.00 - 1300.00		950.00 - 1000.00		1200.00 - 1300.00	
Batticaloa	1300.00 - 1350.00		3000.00 - 3000.00		-		-		-		-		-	
Trincomalee	-		-		-		-		-		-		-	
Veyangoda	-		-		-		-		-		-		-	
Galenbindunuwewa	2000.00 - 2100.00		3200.00 - 3500.00		3900.00 - 4000.00		3200.00 - 3500.00		1600.00 - 2000.00		2900.00 - 3200.00		1200.00 - 1500.00	
Bandarawela	-		-		-		-		-		-		-	
Matale	-		-		-		-		-		-		-	

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

Week 25: 19 - 25 June 2026

LOCATIONS	Meat	Meat (Chicken)		Meat	
	Beef	Broiler	Curry	Mutton	Pork
Colombo	2900.00 - 3300.00	1250.00 - 1380.00	1150.00 - 1260.00	4400.00 - 4600.00	2700.00 - 2800.00
Gampaha	-	1290.00 - 1340.00	1400.00 - 1400.00	4000.00 - 4000.00	2600.00 - 2600.00
Kurunegala	2600.00 - 2600.00	1250.00 - 1300.00	-	-	2700.00 - 2700.00
Nikaweratiya	2500.00 - 2600.00	1280.00 - 1400.00	-	-	-
Dambulla	-	1300.00 - 1350.00	1400.00 - 1400.00	-	2600.00 - 2700.00
Anuradhapura	-	-	-	-	-
Thambuththegama	-	1250.00 - 1300.00	-	-	2600.00 - 2900.00
Polonnaruwa	2700.00 - 2700.00	1360.00 - 1400.00	1600.00 - 1650.00	-	2900.00 - 2900.00
Kaluthara	2800.00 - 2900.00	1250.00 - 1300.00	1300.00 - 1300.00	-	2700.00 - 2800.00
Badulla	2580.00 - 2600.00	1300.00 - 1550.00	1150.00 - 1350.00	3600.00 - 4000.00	-
Keppetipola	2400.00 - 2400.00	1320.00 - 1350.00	1400.00 - 1450.00	-	-
Moneragala	2800.00 - 2800.00	1200.00 - 1400.00	1600.00 - 1650.00	-	3000.00 - 3200.00
Kegalle	2800.00 - 2850.00	1350.00 - 1380.00	1280.00 - 1300.00	3750.00 - 3800.00	2950.00 - 3000.00
Ampara	2500.00 - 2600.00	1150.00 - 1400.00	-	-	2800.00 - 3200.00
Dehiattakandiya	-	-	-	-	2550.00 - 2900.00
Nuwaraeliya	2500.00 - 2600.00	1320.00 - 1350.00	1400.00 - 1450.00	3800.00 - 4000.00	2800.00 - 2900.00
Kandy	2700.00 - 2700.00	1180.00 - 1200.00	1300.00 - 1320.00	4000.00 - 4200.00	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	1350.00 - 1360.00	1250.00 - 1300.00	4000.00 - 4000.00	2700.00 - 2700.00
Matara	-	-	-	-	-
Galle	2800.00 - 2900.00	1300.00 - 1350.00	1400.00 - 1400.00	3800.00 - 3900.00	-
Tissamaharama	-	1400.00 - 1500.00	-	-	-
Meegoda	-	1300.00 - 1350.00	1380.00 - 1400.00	-	2900.00 - 3000.00
Embilipitiya	2550.00 - 2600.00	1200.00 - 1350.00	1280.00 - 1320.00	4500.00 - 4700.00	2650.00 - 2900.00
Jaffna	2300.00 - 2350.00	1500.00 - 1550.00	1600.00 - 1650.00	-	-
Vavuniya	2200.00 - 2300.00	1550.00 - 1650.00	1700.00 - 1800.00	3800.00 - 4000.00	-
Mannar	2250.00 - 2300.00	1500.00 - 1550.00	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	1550.00 - 1600.00	1600.00 - 1650.00	-	-
Batticaloa	2500.00 - 2500.00	1400.00 - 1450.00	1600.00 - 1650.00	4000.00 - 4000.00	-
Trincomalee	-	-	-	-	-
Veyangoda	-	-	-	-	-
Galenbindunuwewa	2600.00 - 2600.00	1160.00 - 1200.00	1450.00 - 1450.00	-	2400.00 - 2500.00
Bandarawela	2400.00 - 2500.00	1200.00 - 1300.00	-	3800.00 - 3800.00	-
Matale	-	-	-	-	-

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

Week 25: 19 - 25 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	150.00	145.00	169.09	3.45	-11.29
Samba 1	235.00 - 240.00	237.78	241.43	242.50	-1.51	-1.95	Small	120.00 - 140.00	130.00	125.00	149.55	4.00	-13.07
Samba 2	230.00 - 232.00	231.00	236.50	236.50	-2.33	-2.33							
Keeri Samba	320.00 - 340.00	327.50	330.00	281.67	-0.76	16.27	<u>Fruits (Rs/kg)</u>						
Nadu 1	195.00 - 200.00	198.13	202.14	227.50	-1.99	-12.91	Plantain						
Nadu 2	190.00 - 192.00	190.80	196.50	221.00	-2.90	-13.67	Ambul	130.00 - 170.00	145.45	137.00	75.00	6.17	93.94
Raw (Red)	160.00 - 175.00	167.50	175.71	210.83	-4.67	-20.55	Kolikuttu	320.00 - 370.00	349.09	327.78	178.00	6.50	96.12
Raw (White)	175.00 - 190.00	185.00	187.86	210.83	-1.52	-12.25	Seeni	100.00 - 140.00	121.00	116.00	75.00	4.31	61.33
Imported							Anamalu	180.00 - 220.00	193.33	187.50	204.80	3.11	-5.60
Samba	225.00 - 230.00	227.50	227.50	235.00	0.00	-3.19	Ambun	180.00 - 220.00	196.67	192.50	198.00	2.16	-0.67
Nadu	-						Papaw	150.00 - 200.00	168.33	178.00	98.00	-5.43	71.77
Raw (Red)	-						Passion Fruit	400.00 - 600.00	500.00	495.00	500.00	1.01	0.00
Raw (White)	-						Pineapple	190.00 - 250.00	220.00	193.75	357.78	13.55	-38.51
<u>Dried Chillies</u>							Pineapple Medium	-					
Imported	950.00 - 1050.00	987.14	1025.00	544.00	-3.69	81.46	Pineapple Small	-					
<u>Onion</u>							Mango						
Sinnan	-						Betti	100.00 - 200.00	163.75	212.50		-22.94	
Vedalan	360.00 - 380.00	370.00		416.00		-11.06	Karthakolomban	300.00 - 500.00	400.00	406.25	696.00	-1.54	-42.53
Imported	300.00 - 350.00	330.00	326.00	341.67	1.23	-3.41	Vilad	150.00 - 350.00	262.50	287.50		-8.70	
<u>Big Onion</u>							Kohu	-					
Imported	160.00 - 180.00	172.22	159.38	87.22	8.06	97.45	<u>Other</u>						
Local	-						Wood Apple	450.00 - 550.00	478.18	440.00	681.82	8.68	-29.87
<u>Potato</u>							Orange	200.00 - 300.00	255.56	259.09	630.00	-1.36	-59.44
Welimada	-						Avocado	400.00 - 500.00	454.17	520.83	297.00	-12.80	52.92
N'Eliya	270.00 - 290.00	280.00	292.00	299.00	-4.11	-6.35	Slime Apple	150.00 - 300.00	206.25	238.89	187.50	-13.66	10.00
Imported	170.00 - 190.00	180.00	183.75	170.00	-2.04	5.88	Grapes Imp.,	1750.00 - 2000.00	1887.50	1887.50	1825.00	0.00	3.42
<u>Pulses</u>							King Coconut	150.00 - 180.00	165.00	165.00	135.00	0.00	22.22
Green Gram	750.00 - 850.00	800.00	810.00	750.00	-1.23	6.67	<u>Sea Fish</u>						
Cowpea (White)	650.00 - 750.00	700.00	675.00	750.00	3.70	-6.67	Salaya	600.00 - 650.00	616.67	900.00	590.00	-31.48	4.52
Cowpea (Red)	650.00 - 700.00	675.00	710.00	791.67	-4.93	-14.74	Hurulla	750.00 - 1000.00	875.00	1150.00	1122.22	-23.91	-22.03
Red Dhal	220.00 - 240.00	232.14	231.00	251.67	0.49	-7.76	Balaya	800.00 - 1000.00	900.00	1412.50	1137.50	-36.28	-20.88
<u>Vegetable</u>							Kelawalla	1800.00 - 2300.00	2075.00	1975.00	1505.56	5.06	37.82
Beans (Butter)	-						Thora	2700.00 - 3100.00	2950.00	3275.00	3775.00	-9.92	-21.85
Beans(Green)	300.00 - 500.00	420.00	502.00	570.00	-16.33	-26.32	Paraw	1300.00 - 1500.00	1400.00	2000.00	1500.00	-30.00	-6.67
Carrot	250.00 - 400.00	314.44	319.00	325.00	-1.43	-3.25	Mora	1200.00 - 1400.00	1300.00	1612.50	1400.00	-19.38	-7.14
Leeks	250.00 - 300.00	282.73	298.33	222.00	-5.23	27.35	Shrimps	1600.00 - 1800.00	1700.00	1600.00	1412.50	6.25	20.35
Beetroot	300.00 - 450.00	372.86	380.77	272.50	-2.08	36.83	Thalapath	2100.00 - 2500.00	2266.67	2575.00	2237.50	-11.97	1.30
Knolkhol	120.00 - 250.00	180.00	277.00	144.44	-35.02	24.62	<u>Eggs</u>						
Raddish	80.00 - 200.00	124.44	129.09	68.00	-3.60	83.01	Brown	37.00 - 38.00	37.50	37.50	35.08	0.00	6.89
Cabbage	70.00 - 130.00	107.14	141.43	204.00	-24.24	-47.48	White	35.00 - 36.00	35.50	35.50	33.50	0.00	5.97
Tomato	500.00 - 750.00	625.00	650.00	219.00	-3.85	185.39	<u>Dried Fish</u>						
Ladies Fingers	150.00 - 220.00	186.36	159.00	85.00	17.21	119.25	Sprats	2400.00 - 2500.00	2462.50	2100.00	1585.71	17.26	55.29
Brinjal	100.00 - 220.00	158.33	200.00	346.00	-20.83	-54.24	Sprats (Imported)	1450.00 - 1550.00	1487.50	1370.00	1107.14	8.58	34.35
Capsicum	280.00 - 400.00	326.00	340.00	390.00	-4.12	-16.41	Kattawa	-		2466.67			
Pumpkin	90.00 - 140.00	115.56	88.33	101.82	30.82	13.49	Kattawa (Imported)	2000.00 - 2100.00	2033.33	2283.33	1814.29	-10.95	12.07
Cucumber	100.00 - 150.00	115.00	117.50	58.18	-2.13	97.66	Thora	-					
Bitter Gourd	450.00 - 600.00	505.00	540.00	382.50	-6.48	32.03	Thora (Imported)	-					
Snake Gourd	200.00 - 250.00	215.56	190.00	116.00	13.45	85.82	Mora	2600.00 - 2700.00	2666.67	2725.00	2271.43	-2.14	17.40
Drumstick	600.00 - 1200.00	910.00	700.00	831.82	30.00	9.40	Mora (Imported)	-		2533.33			
Luffa	250.00 - 300.00	285.00	305.00	100.00	-6.56	185.00	Balaya	1500.00 - 1650.00	1583.33	1633.33	1871.43	-3.06	-15.39
Long Beans	150.00 - 300.00	247.78	276.00	197.27	-10.23	25.60	Balaya (Imported)	-					
Ash Plantain	100.00 - 140.00	112.50	114.00	81.00	-1.32	38.89	Anguluwa	-		2333.33			
Green Chillies	500.00 - 600.00	575.00	490.00	548.18	17.35	4.89	Anguluwa (Imported)	1900.00 - 2000.00	1950.00	2100.00	1671.43	-7.14	16.67
Lime	350.00 - 500.00	411.11	465.00	255.00	-11.59	61.22	Maduwa	1750.00 - 1850.00	1800.00	1700.00	1642.86	5.88	9.57
<u>Root Crops</u>							Maduwa (Imported)	-		1750.00			
Sweet Potato	120.00 - 180.00	152.22	146.00	156.00	4.26	-2.42	Koduwa	-					
Manioc	80.00 - 120.00	104.44	116.00	98.00	-9.96	6.58	Koduwa (Imported)	-					
<u>Leafy Vegetable</u>							Salaya	600.00 - 800.00	700.00	1100.00	1150.00	-36.36	-39.13
Mukunuwenna	120.00 - 150.00	133.57	113.33	112.50	17.86	18.73	Salaya (Imported)	-					
Kankun	120.00 - 150.00	133.57	113.33	112.50	17.86	18.73							
Gotukola	280.00 - 300.00	291.43	311.43	300.00	-6.42	-2.86							

This Week: Week 25: 19 - 25 June 2026

Last Week: Week 24: 12 - 18 June 2026

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

Week 25: 19 - 25 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	160.00 · 190.00	174.74	170.53	199.52	4.21	-12.42
Samba 1	260.00 · 285.00	269.55	277.05	255.29	-7.50	5.58	Small	130.00 · 150.00	141.67	140.67	183.10	1.00	-22.63
Samba 2	-	-	-	-	-	-							
Keeri Samba	360.00 · 400.00	372.50	376.88	294.12	-4.38	26.65	<u>Fruits (Rs/fruit)</u>						
Nadu 1	220.00 · 240.00	231.18	233.18	233.33	-2.01	-0.92	Plantain						
Nadu 2	-	-	-	-	-	-	Ambul (Rs/kg)	160.00 · 250.00	215.22	212.50	141.11	2.72	52.52
Raw (Red)	190.00 · 220.00	211.11	214.76	224.17	-3.65	-5.82	Kolikuttu (Rs/kg)	380.00 · 500.00	441.43	437.73	294.80	3.70	49.74
Raw (White)	200.00 · 220.00	213.89	222.50	224.17	-8.61	-4.58	Seeni (Rs/kg)	150.00 · 250.00	206.52	205.24	156.00	1.28	32.39
Imported							Anamalu	250.00 · 380.00	328.50	312.50	319.71	16.00	2.75
Samba	260.00 · 280.00	280.00	266.15	251.56	13.85	11.30	Ambun	250.00 · 380.00	326.00	312.50	331.00	13.50	-1.51
Nadu	-	-	-	-	-	-	Papaw(Rs/kg)	200.00 · 320.00	260.83	267.60	178.75	-6.77	45.92
Raw (Red)	-	-	-	-	-	-	Passion Fruit	600.00 · 1000.00	791.67	835.29	759.10	-43.63	4.29
Raw (White)	-	-	-	-	-	-	Pineapple Large	250.00 · 400.00	331.36	330.43	423.81	0.93	-21.81
<u>Dried Chillies</u>							Pineapple Medium	-	-	-	-	-	-
Imported	1100.00 · 1400.00	1223.33	1230.00	799.13	-6.67	53.08	Pineapple Small	-	-	-	-	-	-
<u>Onion</u>							Mango						
Sinnan	-	-	-	-	-	-	Betti	250.00 · 300.00	277.50	337.50	-	-60.00	-
Vedalan	-	-	-	-	-	-	Karthakolomban	350.00 · 700.00	528.70	560.00	996.00	-31.30	-46.92
Imported	380.00 · 600.00	480.00	459.05	480.00	20.95	0.00	Vilad	300.00 · 400.00	330.00	475.00	-	-145.00	-
<u>Big Onion</u>							Kohu	180.00 · 200.00	-	-	-	-	-
Imported	200.00 · 260.00	235.79	232.73	144.00	3.06	63.74	<u>Other</u>						
Local	-	-	-	-	-	-	Wood Apple	500.00 · 1000.00	760.50	679.29	1402.94	81.21	-45.79
<u>Potato</u>							Orange	300.00 · 700.00	496.67	500.00	780.00	-3.33	-36.32
Welimada	-	-	-	-	-	-	Avocado	450.00 · 800.00	622.63	757.50	536.84	-134.87	15.98
N'Eliya	380.00 · 440.00	400.00	400.91	422.22	-0.91	-5.26	Slime Apple	350.00 · 700.00	515.22	490.00	475.00	25.22	8.47
Imported	200.00 · 280.00	230.59	233.04	203.46	-2.46	13.33	Grapes (Imp., Rs/kg)	2000.00 · 3000.00	2547.62	2568.42	2383.33	-20.80	6.89
<u>Pulses</u>							King Coconut	180.00 · 250.00	211.58	208.42	180.91	3.16	16.95
Green Gram	800.00 · 1200.00	979.44	1006.84	895.91	-27.40	9.32	<u>Sea Fish</u>						
Cowpea (White)	880.00 · 1200.00	1027.78	1078.33	866.75	-50.56	18.58	Salaya	800.00 · 1200.00	966.67	1093.85	802.63	-127.18	20.44
Cowpea (Red)	880.00 · 1200.00	972.22	1055.56	888.33	-83.33	9.44	Hurulla	800.00 · 1500.00	1164.29	1461.54	1371.11	-297.25	-15.08
Red Dhal	250.00 · 340.00	291.05	301.00	290.00	-9.95	0.36	Balaya	850.00 · 1600.00	1377.78	1550.00	1827.27	-172.22	-24.60
<u>Vegetable</u>							Kelawalla	2500.00 · 3200.00	3006.25	2969.23	2295.00	37.02	30.99
Beans (Butter)	-	-	-	-	-	-	Thora	2900.00 · 4400.00	3870.00	4142.86	3969.23	-272.86	-2.50
Beans(Green)	400.00 · 800.00	616.80	654.80	730.32	-38.00	-15.54	Paraw	1500.00 · 3200.00	2700.00	2818.18	2294.74	-118.18	17.66
Carrot	300.00 · 600.00	468.75	501.20	499.39	-32.45	-6.14	Mora	1300.00 · 2400.00	1957.14	2045.45	-	-88.31	-
Leeks	300.00 · 600.00	458.80	486.09	436.00	-27.29	5.23	Shrimps	1700.00 · 2400.00	1976.92	2100.00	2095.00	-123.08	-5.64
Beetroot	400.00 · 720.00	567.73	582.38	441.07	-14.65	28.72	Thalapath	2200.00 · 3400.00	3150.00	3200.00	3075.00	-50.00	2.44
Knolkhol	300.00 · 600.00	476.82	499.38	366.21	-22.56	30.20	<u>Eggs</u>						
Raddish	200.00 · 400.00	299.55	335.65	257.24	-36.11	16.45	Brown	38.00 · 41.00	39.15	39.31	36.85	-0.15	6.25
Cabbage	150.00 · 400.00	298.26	317.14	428.33	-18.88	-30.37	White	36.00 · 40.00	37.38	37.93	34.71	-0.54	7.69
Tomato	750.00 · 1200.00	892.00	912.50	427.59	-20.50	108.61	<u>Dried Fish</u>						
Ladies Fingers	280.00 · 500.00	386.00	370.87	259.29	15.13	48.87	Sprats	2500.00 · 3000.00	2609.09	2400.00	2210.00	209.09	18.06
Brinjal	250.00 · 480.00	378.80	430.83	498.18	-52.03	-23.96	Sprats (Imported)	-	-	2400.00	1340.00	-	-
Capsicum	400.00 · 800.00	601.25	629.20	706.67	-27.95	-14.92	Kattawa	2800.00 · 3600.00	3145.00	3173.33	2520.00	-28.33	-
Pumpkin	150.00 · 320.00	240.40	220.83	233.67	19.57	2.88	Thora	4000.00 · 4500.00	4112.50	4114.29	-	-1.79	-
Cucumber	180.00 · 320.00	261.20	263.33	185.17	-2.13	41.06	Mora	3000.00 · 3600.00	3225.00	3100.00	2666.67	125.00	20.94
Bitter Gourd	500.00 · 800.00	682.17	686.96	533.00	-4.78	27.99	Balaya	1800.00 · 2400.00	1988.89	2000.00	2150.00	-11.11	-7.49
Snake Gourd	300.00 · 600.00	457.39	408.10	321.15	49.30	42.42	Anguluwa	2600.00 · 3500.00	3042.11	3060.00	2480.00	-17.89	22.67
Drumstick	1000.00 · 2000.00	1473.68	1243.75	1039.26	229.93	41.80	Maduwa	-	-	-	2140.00	-	-
Luffa	300.00 · 600.00	483.91	488.18	308.97	-4.27	56.62	Koduwa	-	-	-	-	-	-
Long Beans	300.00 · 600.00	471.82	475.22	364.29	-3.40	29.52	Salaya	1200.00 · 1600.00	1375.00	1233.33	1420.00	141.67	-3.17
Ash Plantain	160.00 · 400.00	280.91	300.00	216.55	-19.09	29.72	<u>Meat</u>						
Green Chillies	700.00 · 1200.00	872.00	842.00	825.00	30.00	5.70	Beef (without Bones)	2900.00 · 3300.00	3116.67	3114.29	2737.50	2.38	13.85
Lime	500.00 · 1000.00	769.23	795.83	649.64	-26.60	18.41	Chicken (Broiler)	1250.00 · 1380.00	1334.00	1347.00	1362.67	-13.00	-2.10
<u>Root Crops</u>							Chicken (Curry)	1150.00 · 1260.00	1210.00	1230.00	1214.17	-20.00	-0.34
Sweet Potato	240.00 · 400.00	316.67	305.00	298.40	11.67	6.12	Mutton	4400.00 · 4600.00	4450.00	4342.86	3822.73	107.14	16.41
Manioc	150.00 · 260.00	207.62	212.63	207.14	-5.01	0.23	Pork	2700.00 · 2800.00	2725.00	2725.00	2357.14	0.00	15.61
<u>Leafy Vegetable</u>													
Mukunuwenna	150.00 · 250.00	198.16	193.13	214.50	5.03	-7.62							
Kankun	150.00 · 250.00	198.16	200.71	214.50	-2.56	-7.62							
Gotukola	380.00 · 480.00	422.63	386.00	492.94	36.63	-14.26							

This Week: Week 25: 19 - 25 June 2026
Last Week: Week 24: 12 - 18 June 2026

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

Week 25: 19 - 25 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	182.50 – 210.00	198.50
A'pura	-		Dambulla	370.00 – 400.00	384.00	Hambantota	-	
P'naruwa	122.00 – 125.00	124.50	Welimada	370.00 – 390.00	381.00	Embilipitiya	130.00 – 150.00	140.00
Kalawewa	125.00 – 128.00	126.00	Badulla	-		Matara	-	
Kurunegala	122.00 – 125.00	123.33	Carrot			A'pura	-	
Dehiattakandiya	120.00 – 125.00	123.33	N'Eliya	-		Luffa		
Nikaweratiya	120.00 – 125.00	122.75	Welimada	200.00 – 230.00	219.00	Dambulla	220.00 – 249.00	233.00
Ampara	120.00 – 126.00	123.50	Hanguranketha	250.00 – 280.00	266.67	Hambantota	-	
Long Grain (White)			Leeks			Embilipitiya	180.00 – 200.00	190.00
A'pura	-		N'Eliya	-		Matara	-	
P'naruwa	100.00 – 103.00	101.67	Welimada	200.00 – 220.00	213.00	A'pura	-	
Kalawewa	100.00 – 103.00	101.60	Beetroot			Green Chillies		
Kurunegala	100.00 – 103.00	101.67	N'Eliya	-		Dambulla	500.00 – 560.00	538.00
Dehiattakandiya	100.00 – 103.00	101.67	Dambulla	220.00 – 230.00	226.67	Hambantota	-	
Embilipitiya	-		Kurunegala	-		Embilipitiya	650.00 – 680.00	665.00
Nikaweratiya	100.00 – 105.00	102.50	Welimada	260.00 – 280.00	270.00	Puttalam	475.00 – 522.00	498.50
Hambantota	-		Hanguranketha	-		A'pura	-	
Ampara	90.00 – 100.00	95.25	Knol Khol			Pumpkin		
Long Grain (Red)			N'Eliya	-		Dambulla	90.00 – 110.00	101.00
Matara	-		Welimada	145.00 – 165.00	154.00	Hambantota	-	
Hambantota	-		Hanguranketha	180.00 – 200.00	190.00	Embilipitiya	120.00 – 130.00	125.00
Embilipitiya	95.00 – 97.00	96.00	Raddish			Matara	-	
Keeri Samba			N'Eliya	-		A'pura	-	
A'pura	-		Welimada	50.00 – 65.00	58.00	Moneragala	60.00 – 70.00	64.00
P'naruwa	141.00 – 148.00	145.33	Hambantota	-		Cucumber		
Kalawewa	145.00 – 152.00	149.00	Hanguranketha	60.00 – 80.00	70.00	A'pura	-	
Kurunegala	144.00 – 150.00	147.00	Cabbage			Dambulla	76.00 – 95.00	84.60
Dehiattakandiya	140.00 – 140.00	140.00	N'Eliya	-		Hambantota	-	
Red Onion			Welimada	50.00 – 65.00	58.00	Matara	-	
Puttalam	247.00 – 304.00	273.00	Badulla	-		Long Beans		
Jaffna	-		Hanguranketha	80.00 – 90.00	85.00	Dambulla	175.00 – 210.00	189.00
Big Onion			Tomato			Hambantota	-	
Dambulla	-		Welimada	550.00 – 580.00	565.00	Embilipitiya	180.00 – 200.00	190.00
Kalawewa	-		Hambantota	-		Matara	-	
A'pura	-		Dambulla	490.00 – 540.00	516.00	A'pura	-	
Potato			Hanguranketha	450.00 – 580.00	510.00	Ash Plantain		
N'Eliya	-		<u>Vegetable (Low Country)</u>			Hambantota	-	
Badulla	-		Ladies Fingers			Embilipitiya	90.00 – 100.00	95.00
Welimada	200.00 – 220.00	209.00	A'pura	-		Matara	-	
<u>Pulses</u>			Dambulla	186.50 – 200.00	193.30	Lime		
Green Gram			Hambantota	-		Hambantota	-	
Hambantota	-		Embilipitiya	140.00 – 160.00	150.00	Embilipitiya	600.00 – 640.00	620.00
Moneragala	600.00 – 650.00	620.00	Matara	-		Moneragala	300.00 – 320.00	308.00
Embilipitiya	740.00 – 750.00	745.00	Brinjal			<u>Fruits (Rs/kg)</u>		
Nikaweratiya	600.00 – 650.00	625.00	A'pura	-		Banana		
A'pura	-		Dambulla	125.00 – 140.00	130.00	Ambul		
Cowpea			Hambantota	-		Moneragala	50.00 – 60.00	54.00
Hambantota	-		Embilipitiya	100.00 – 120.00	110.00	Embilipitiya	60.00 – 80.00	70.00
Nikaweratiya	-		Matara	-		Hambantota	-	
Moneragala	-		Welimada	160.00 – 185.00	172.00	Kolikuttu		
Embilipitiya	640.00 – 650.00	645.00	Capsicum			Moneragala	220.00 – 240.00	228.00
Maize			Badulla	-		Embilipitiya	260.00 – 320.00	290.00
A'pura	-		Welimada	260.00 – 280.00	268.75	Hambantota	-	
Kalawewa	-		Bitter Gourd			Papaw		
Gingelly			A'pura	-		Moneragala	70.00 – 80.00	74.00
A'pura	-		Dambulla	450.00 – 500.00	477.50	Embilipitiya	100.00 – 120.00	110.00
Kalawewa	-		Hambantota	-		Hambantota	-	
Black Gram			Embilipitiya	350.00 – 370.00	360.00	Pineapple		
A'pura	-		Matara	-		Divulapitiya	-	
Kalawewa	-							

Annex 01 - Colombo Markets: Retail Prices of Rice and Subsidiary Food Crops (Rs/kg)
Week 25: 19 - 25 June 2026

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CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<u>Rice</u>									
Local									
Samba 1	260.00 - 260.00	-	260.00 - 280.00	260.00 - 260.00	-	-	260.00 - 270.00	280.00 - 280.00	280.00 - 285.00
Samba 2	-	-	-	-	-	-	-	-	-
Keeri Samba	360.00 - 360.00	-	380.00 - 380.00	370.00 - 380.00	-	400.00 - 400.00	360.00 - 370.00	360.00 - 360.00	380.00 - 380.00
Nadu 1	230.00 - 230.00	230.00 - 230.00	220.00 - 230.00	230.00 - 230.00	230.00 - 230.00	240.00 - 240.00	230.00 - 240.00	230.00 - 240.00	230.00 - 230.00
Nadu 2	-	-	-	-	-	-	-	-	-
Raw (Red)	200.00 - 220.00	190.00 - 190.00	200.00 - 220.00	200.00 - 220.00	200.00 - 200.00	220.00 - 220.00	200.00 - 220.00	220.00 - 220.00	220.00 - 220.00
Raw (White)	210.00 - 220.00	200.00 - 200.00	200.00 - 220.00	210.00 - 210.00	210.00 - 220.00	220.00 - 220.00	200.00 - 220.00	220.00 - 220.00	220.00 - 220.00
Imported									
Samba	-	-	-	-	-	-	260.00 - 260.00	-	270.00 - 280.00
Nadu	-	-	-	-	-	-	-	-	-
Raw (Red)	-	-	-	-	-	-	-	-	-
Raw (White)	-	-	-	-	-	-	-	-	-
<u>Dried Chillies</u>									
Imported	1100.00 - 1100.00	1200.00 - 1200.00	1400.00 - 1400.00	1400.00 - 1400.00	1400.00 - 1400.00	1400.00 - 1400.00	1150.00 - 1200.00	1200.00 - 1250.00	1100.00 - 1200.00
<u>Red Onion</u>									
Sinnan	-	-	-	-	-	-	-	-	-
Vedalan	-	-	-	-	-	-	-	-	-
Imported	380.00 - 380.00	480.00 - 480.00	480.00 - 480.00	480.00 - 480.00	540.00 - 600.00	480.00 - 480.00	400.00 - 480.00	480.00 - 520.00	480.00 - 520.00
<u>Big Onion</u>									
Imported	200.00 - 220.00	260.00 - 260.00	220.00 - 240.00	260.00 - 260.00	240.00 - 260.00	240.00 - 240.00	220.00 - 240.00	200.00 - 220.00	240.00 - 240.00
Local	-	-	-	-	-	-	-	-	-
<u>Potato</u>									
Welimada	-	-	-	-	-	-	-	-	-
N'Eliya	380.00 - 420.00	400.00 - 400.00	400.00 - 400.00	400.00 - 400.00	400.00 - 440.00	-	380.00 - 400.00	380.00 - 400.00	420.00 - 440.00
Imported	200.00 - 200.00	-	200.00 - 280.00	240.00 - 240.00	240.00 - 240.00	280.00 - 280.00	220.00 - 240.00	220.00 - 240.00	220.00 - 240.00
<u>Pulses</u>									
Green Gram	850.00 - 900.00	900.00 - 900.00	1000.00 - 1040.00	1000.00 - 1100.00	900.00 - 1100.00	1000.00 - 1000.00	800.00 - 980.00	980.00 - 1000.00	1100.00 - 1200.00
Cowpea (White)	900.00 - 900.00	900.00 - 900.00	1000.00 - 1000.00	1200.00 - 1200.00	1000.00 - 1000.00	920.00 - 920.00	880.00 - 900.00	900.00 - 1000.00	1200.00 - 1200.00
Cowpea (Red)	900.00 - 900.00	900.00 - 900.00	1000.00 - 1000.00	900.00 - 1200.00	900.00 - 1000.00	920.00 - 920.00	880.00 - 1000.00	900.00 - 1000.00	1100.00 - 1200.00
Red Dhal	250.00 - 260.00	270.00 - 270.00	300.00 - 340.00	270.00 - 280.00	280.00 - 280.00	270.00 - 270.00	270.00 - 280.00	280.00 - 300.00	320.00 - 340.00

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

Week 25: 19 - 25 June 2026

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CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<u>Vegetable</u>									
Beans	500.00 - 600.00	600.00 - 720.00	600.00 - 600.00	720.00 - 800.00	600.00 - 800.00	600.00 - 640.00	400.00 - 400.00	520.00 - 650.00	600.00 - 600.00
Carrot	300.00 - 350.00	560.00 - 600.00	450.00 - 520.00	600.00 - 600.00	450.00 - 480.00	400.00 - 480.00	400.00 - 460.00	400.00 - 400.00	600.00 - 600.00
Leeks	300.00 - 350.00	540.00 - 560.00	400.00 - 480.00	550.00 - 600.00	400.00 - 480.00	400.00 - 400.00	400.00 - 400.00	500.00 - 520.00	500.00 - 520.00
Beetroot	450.00 - 500.00	680.00 - 720.00	500.00 - 600.00	600.00 - 650.00	550.00 - 600.00	650.00 - 650.00	400.00 - 450.00	520.00 - 520.00	600.00 - 600.00
Knolkhol	300.00 - 450.00	480.00 - 560.00	320.00 - 520.00	500.00 - 600.00	450.00 - 480.00	320.00 - 480.00	450.00 - 450.00	600.00 - 600.00	600.00 - 600.00
Raddish	200.00 - 260.00	380.00 - 400.00	240.00 - 320.00	320.00 - 400.00	240.00 - 300.00	320.00 - 320.00	250.00 - 260.00	320.00 - 320.00	300.00 - 320.00
Cabbage	150.00 - 220.00	350.00 - 360.00	240.00 - 320.00	320.00 - 400.00	280.00 - 360.00	320.00 - 400.00	200.00 - 240.00	320.00 - 320.00	400.00 - 400.00
Tomato	750.00 - 800.00	800.00 - 1200.00	800.00 - 900.00	800.00 - 1000.00	800.00 - 900.00	800.00 - 1000.00	800.00 - 900.00	1000.00 - 1200.00	900.00 - 1000.00
Ladies Fingers	300.00 - 350.00	400.00 - 480.00	300.00 - 400.00	400.00 - 480.00	360.00 - 480.00	320.00 - 400.00	280.00 - 300.00	400.00 - 400.00	480.00 - 500.00
Brinjal	250.00 - 300.00	400.00 - 480.00	300.00 - 400.00	400.00 - 480.00	320.00 - 480.00	320.00 - 320.00	280.00 - 300.00	400.00 - 400.00	400.00 - 400.00
Capsicum	400.00 - 500.00	680.00 - 800.00	550.00 - 600.00	600.00 - 800.00	500.00 - 700.00	600.00 - 800.00	400.00 - 500.00	600.00 - 800.00	600.00 - 600.00
Pumpkin	160.00 - 200.00	200.00 - 280.00	240.00 - 280.00	320.00 - 320.00	240.00 - 280.00	240.00 - 240.00	150.00 - 160.00	240.00 - 240.00	280.00 - 300.00
Cucumber	200.00 - 260.00	280.00 - 320.00	240.00 - 320.00	320.00 - 320.00	280.00 - 320.00	200.00 - 240.00	180.00 - 200.00	240.00 - 320.00	300.00 - 320.00
Bitter Gourd	550.00 - 600.00	700.00 - 780.00	600.00 - 800.00	800.00 - 800.00	700.00 - 800.00	800.00 - 800.00	500.00 - 540.00	500.00 - 500.00	800.00 - 800.00
Snake Gourd	450.00 - 500.00	480.00 - 600.00	400.00 - 480.00	480.00 - 600.00	360.00 - 500.00	320.00 - 320.00	300.00 - 300.00	400.00 - 480.00	600.00 - 600.00
Drumstick	1500.00 - 1800.00	1000.00 - 1200.00	1000.00 - 1600.00	1200.00 - 1700.00	1800.00 - 2000.00	1000.00 - 1000.00	1400.00 - 1500.00	-	-
Luffa	400.00 - 450.00	480.00 - 600.00	500.00 - 600.00	600.00 - 600.00	480.00 - 500.00	300.00 - 480.00	400.00 - 420.00	400.00 - 500.00	480.00 - 500.00
Long Beans	350.00 - 450.00	480.00 - 600.00	400.00 - 520.00	480.00 - 600.00	480.00 - 520.00	-	300.00 - 300.00	400.00 - 400.00	580.00 - 600.00
Ash Plantain	160.00 - 200.00	360.00 - 400.00	240.00 - 320.00	320.00 - 400.00	280.00 - 320.00	320.00 - 320.00	180.00 - 200.00	300.00 - 320.00	-
Green Chillies	700.00 - 800.00	900.00 - 1000.00	800.00 - 800.00	1000.00 - 1000.00	700.00 - 1000.00	800.00 - 800.00	700.00 - 800.00	800.00 - 800.00	1200.00 - 1200.00
Lime	500.00 - 600.00	800.00 - 1000.00	600.00 - 800.00	800.00 - 1000.00	800.00 - 800.00	600.00 - 800.00	500.00 - 600.00	800.00 - 1000.00	900.00 - 1000.00
<u>Root Crops</u>									
Sweet Potato	250.00 - 300.00	320.00 - 360.00	240.00 - 320.00	400.00 - 400.00	320.00 - 360.00	400.00 - 400.00	240.00 - 260.00	300.00 - 400.00	300.00 - 320.00
Manioc	160.00 - 200.00	200.00 - 240.00	220.00 - 240.00	250.00 - 260.00	200.00 - 240.00	240.00 - 240.00	150.00 - 160.00	180.00 - 200.00	-
<u>Leafy Vegetable</u>									
Mukunuwenna	150.00 - 175.00	200.00 - 200.00	200.00 - 200.00	250.00 - 250.00	200.00 - 200.00	240.00 - 240.00	150.00 - 150.00	200.00 - 250.00	200.00 - 200.00
Kankun	150.00 - 175.00	200.00 - 200.00	200.00 - 200.00	250.00 - 250.00	200.00 - 200.00	240.00 - 240.00	150.00 - 150.00	200.00 - 250.00	200.00 - 200.00
Gotukola	400.00 - 400.00	400.00 - 420.00	400.00 - 400.00	450.00 - 480.00	400.00 - 400.00	450.00 - 450.00	380.00 - 400.00	450.00 - 450.00	450.00 - 450.00
<u>Coconut</u>									
Large	160.00 - 165.00	160.00 - 180.00	-	170.00 - 190.00	170.00 - 170.00	-	175.00 - 190.00	160.00 - 180.00	180.00 - 180.00
Small	130.00 - 140.00	150.00 - 150.00	150.00 - 150.00	150.00 - 150.00	140.00 - 150.00	130.00 - 140.00	140.00 - 140.00	130.00 - 140.00	130.00 - 140.00

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

Week 25: 19 - 25 June 2026

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CROP	PELIYAGODA			MAHARAGAMA			KIRULAPONE			NUGEGODA			NARAHENPITA			DEMATAGODA			THOTALANGA			KADAWATHA			KIRIBATHGODA		
<u>Plantain</u>																											
Ambul	160.00	-	200.00	220.00	-	220.00	240.00	-	250.00	200.00	-	200.00	200.00	-	250.00	200.00	-	200.00	160.00	-	180.00	220.00	-	230.00	180.00	-	220.00
Kolikuttu	400.00	-	450.00	460.00	-	460.00	450.00	-	450.00	400.00	-	400.00	450.00	-	500.00	480.00	-	500.00	380.00	-	400.00	450.00	-	450.00	400.00	-	450.00
Seeni	150.00	-	200.00	230.00	-	230.00	240.00	-	250.00	200.00	-	200.00	200.00	-	200.00	200.00	-	200.00	150.00	-	160.00	200.00	-	220.00	180.00	-	220.00
Anamalu	250.00	-	300.00	360.00	-	360.00	350.00	-	380.00	350.00	-	350.00	350.00	-	380.00	380.00	-	380.00	300.00	-	300.00	330.00	-	350.00	250.00	-	280.00
Ambun	250.00	-	300.00	360.00	-	360.00	350.00	-	380.00	280.00	-	350.00	350.00	-	380.00	380.00	-	380.00	300.00	-	300.00		-		250.00	-	280.00
<u>Pineapple</u>																											
Large	250.00	-	300.00	350.00	-	350.00	400.00	-	400.00	300.00	-	400.00	300.00	-	350.00	300.00	-	300.00	250.00	-	300.00	250.00	-	280.00	350.00	-	400.00
Medium		-			-			-			-			-			-			-			-			-	
Small		-			-			-			-			-			-			-			-			-	
<u>Mango</u>																											
Betti	250.00	-	300.00		-			-			-			-			-			-			-			-	
Karthakolomban	500.00	-	600.00	400.00	-	400.00	450.00	-	600.00	600.00	-	700.00	350.00	-	450.00	500.00	-	560.00	350.00	-	350.00	500.00	-	600.00	700.00	-	700.00
Vilad	300.00	-	350.00		-		400.00	-	400.00		-			-			-			-			-			-	
Kohu	180.00	-	200.00		-			-			-			-			-			-			-			-	
<u>Other Fruits</u>																											
Wood Apple	500.00	-	600.00	800.00	-	800.00	800.00	-	900.00	900.00	-	1000.00	800.00	-	900.00	800.00	-	800.00	500.00	-	500.00	800.00	-	800.00	600.00	-	900.00
Orange	300.00	-	400.00	600.00	-	600.00	600.00	-	700.00	600.00	-	700.00	500.00	-	600.00	700.00	-	700.00	300.00	-	300.00	350.00	-	400.00	500.00	-	600.00
Avocado	450.00	-	500.00	600.00	-	600.00	700.00	-	800.00	800.00	-	800.00	580.00	-	700.00		-		500.00	-	500.00	700.00	-	800.00	500.00	-	600.00
Slime Apple	350.00	-	400.00		-		600.00	-	700.00	650.00	-	700.00	500.00	-	600.00	500.00	-	520.00	400.00	-	500.00	400.00	-	500.00	600.00	-	700.00
Grapes	2000.00	-	2200.00	3000.00	-	3000.00	2800.00	-	2800.00	2800.00	-	3000.00	2600.00	-	2800.00	2500.00	-	2600.00	2000.00	-	2000.00	2500.00	-	2500.00	2600.00	-	2800.00
Papaw	200.00	-	250.00	320.00	-	320.00	300.00	-	320.00	250.00	-	280.00	200.00	-	300.00	300.00	-	300.00	260.00	-	300.00	230.00	-	250.00	220.00	-	280.00
Passion	600.00	-	700.00		-		800.00	-	900.00	600.00	-	600.00	750.00	-	800.00	700.00	-	800.00		-		750.00	-	800.00	900.00	-	1000.00
King Coconut	180.00	-	250.00	200.00	-	200.00	200.00	-	250.00	200.00	-	220.00	180.00	-	200.00	250.00	-	250.00	180.00	-	180.00	220.00	-	250.00	180.00	-	250.00

Annex 04 - Colombo Markets: Retail Prices of Sea Fish and Dried Fish (Rs/kg)
Week 25: 19 - 25 June 2026

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CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<u>Sea Fish</u>									
Salaya	800.00 - 900.00	1200.00 - 1200.00	1000.00 - 1200.00	1200.00 - 1200.00	-	-	800.00 - 900.00	800.00 - 800.00	800.00 - 800.00
Hurulla	800.00 - 950.00	-	-	-	-	1400.00 - 1500.00	1300.00 - 1400.00	-	-
Balaya	850.00 - 950.00	1500.00 - 1600.00	1400.00 - 1400.00	1600.00 - 1600.00	-	-	-	1500.00 - 1500.00	1500.00 - 1500.00
Kelawalla	2500.00 - 2600.00	3200.00 - 3200.00	3000.00 - 3200.00	3200.00 - 3200.00	-	2800.00 - 2800.00	3000.00 - 3000.00	2800.00 - 2800.00	2800.00 - 2800.00
Thora	2900.00 - 3000.00	4400.00 - 4400.00	4400.00 - 4400.00	-	-	3200.00 - 3600.00	-	4200.00 - 4400.00	4200.00 - 4200.00
Paraw	1500.00 - 1600.00	3200.00 - 3200.00	3000.00 - 3000.00	3000.00 - 3000.00	-	2400.00 - 2400.00	2800.00 - 3000.00	3000.00 - 3000.00	-
Mora	1300.00 - 1400.00	-	-	2400.00 - 2400.00	-	-	2400.00 - 2400.00	2400.00 - 2400.00	2400.00 - 2400.00
Shrimps Small	1700.00 - 1800.00	2000.00 - 2000.00	2400.00 - 2400.00	2000.00 - 2000.00	-	1800.00 - 1800.00	1800.00 - 2000.00	2000.00 - 2000.00	2000.00 - 2000.00
Talapath	2200.00 - 2500.00	3400.00 - 3400.00	3200.00 - 3400.00	3400.00 - 3400.00	-	3200.00 - 3200.00	3200.00 - 3200.00	3200.00 - 3400.00	3200.00 - 3200.00
<u>Eggs (Rs/egg)</u>									
Brown	39.00 - 39.00	40.00 - 40.00	39.00 - 39.00	40.00 - 40.00	41.00 - 41.00	38.00 - 38.00	38.00 - 38.00	39.00 - 39.00	40.00 - 40.00
White	36.00 - 36.00	38.00 - 38.00	38.00 - 38.00	37.00 - 38.00	40.00 - 40.00	36.00 - 37.00	36.00 - 37.00	38.00 - 38.00	39.00 - 39.00
<u>Dried Fish</u>									
Sprats	-	2500.00 - 2500.00	2500.00 - 2600.00	3000.00 - 3000.00	2600.00 - 2800.00	2500.00 - 2500.00	2500.00 - 2600.00	-	2600.00 - 2600.00
Kattawa	2800.00 - 3000.00	3200.00 - 3200.00	3200.00 - 3200.00	3600.00 - 3600.00	3600.00 - 3600.00	3200.00 - 3200.00	2800.00 - 3000.00	3200.00 - 3200.00	3200.00 - 3200.00
Thora	4000.00 - 4000.00	-	4200.00 - 4200.00	4000.00 - 4000.00	4500.00 - 4500.00	4200.00 - 4200.00	-	-	-
Mora	3200.00 - 3200.00	3200.00 - 3200.00	-	3500.00 - 3600.00	3000.00 - 3000.00	3000.00 - 3000.00	3000.00 - 3000.00	3200.00 - 3300.00	3400.00 - 3400.00
Balaya	1800.00 - 2000.00	2400.00 - 2400.00	2000.00 - 2000.00	2400.00 - 2400.00	2000.00 - 2000.00	2000.00 - 2000.00	1800.00 - 2000.00	2000.00 - 2000.00	2400.00 - 2400.00
Anguluwa	2600.00 - 2800.00	3400.00 - 3500.00	3200.00 - 3200.00	3200.00 - 3500.00	3000.00 - 3200.00	3000.00 - 3000.00	2800.00 - 3000.00	3000.00 - 3000.00	3000.00 - 3400.00
Salaya	1200.00 - 1400.00	1300.00 - 1300.00	1200.00 - 1200.00	1500.00 - 1500.00	1300.00 - 1400.00	1200.00 - 1200.00	1500.00 - 1600.00	1400.00 - 1400.00	1400.00 - 1500.00
<u>Meat</u>									
Beef (without Bones)	-	2900.00 - 2900.00	3200.00 - 3200.00	-	3100.00 - 3100.00	-	3000.00 - 3000.00	3200.00 - 3200.00	3300.00 - 3300.00
Chicken (Broiler)	1290.00 - 1290.00	1380.00 - 1380.00	1320.00 - 1320.00	1320.00 - 1340.00	1300.00 - 1300.00	1250.00 - 1250.00	1380.00 - 1380.00	1380.00 - 1380.00	1380.00 - 1380.00
Chicken (Curry)	-	-	1250.00 - 1250.00	1240.00 - 1240.00	1150.00 - 1150.00	1150.00 - 1150.00	-	-	1260.00 - 1260.00
Mutton	-	4400.00 - 4400.00	4400.00 - 4400.00	-	4500.00 - 4500.00	-	4400.00 - 4400.00	4400.00 - 4400.00	4600.00 - 4600.00
Pork	-	2700.00 - 2700.00	2700.00 - 2700.00	-	-	-	-	2700.00 - 2700.00	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	-				
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Root Crop												
Sweet potato	108	1.27	0.33	NA	0.04	0.09	14.44	22.2	28.93	21.05	0.51	0.14
Manioc	78	0.92	0.19	NA	0.07	0.2	0.1	1.95	25.31	19.08	19.78	23.73
Nelum ala/Lotus root	79	1.94	0.93	NA	0.05	0.19	26.49	26.63	37.71	26.58	3.34	0.35
Kiriala	87	3.96	0.15	1.19	0.03	0.16	20.17	2.71	30.79	41.52	0.6	0.42
Iniala	103	3.2	0.3	33.14	0.01	0.22	22.19	13.03	40.99	28.98	1.31	0.29
Leafy Vegetables												
Mukunuwanna	28	3.15	0.55	92.25	0.09	0.27	96.14	3.24	135	45.38	1.7	1.03
Gotukola	15	0.64	0.47	226	0.07	0.23	70.11	6.74	96.31	41.42	1.25	0.66
Kankun	15	0.47	0.37	1614	0.08	0.4	33.69	19.82	49.21	18.35	1.32	0.44
Kathurumurunga	70	8.01	1.35	2097	0.33	0.22	120	121	901	96.64	4.36	0.53
Nivithi	22	2.2	0.47	959	0.06	0.11	74.05	10.26	163	61.37	1.49	0.67
Thampala	32	3.55	0.72	1474	0.21	0.22	74.27	82	258	209	3.5	1.4
Sarana	20	2.42	0.21	1149	0.03	0.13	58.54	9.89	59.57	42.93	0.13	0.75
Kohila leaves	33	4.1	0.83	300	0.02	0.17	56.76	5.56	19.5	20.32	0.25	0.3
Onion leaves	27	2.01	0.26	NA	0.04	0.18	56.8	23.38	35.21	74.95	3.15	0.77
Cabbage leaves	30	3.63	0.27	8.66	0.05	0.24	63.46	40.76	170	18.47	2.67	0.35
Salad leaves	19	1.05	0.24	NA	0.1	0.06	37.48	11.64	58.23	36.89	2.07	0.27
Cauliflower	23	2.09	0.48	0.14	0.06	0.11	46.67	50.17	22.44	18.52	0.76	0.27
Jackfruit pods	25	2.14	0.34	NA	0.03	0.04	30.7	24.77	37.32	26.08	0.3	0.17
Jackfruit seeds	77	5.66	0.44	NA	0.02	0.08	58.91	15.24	40.87	50.14	0.52	0.42
Meat												
Chicken	176	23.14	9.24	6.88	0.07	0.49	10.09	-	15.06	20.18	0.75	0.64
Beef	160	23.3	7.45	2.15	0.08	0.32	1.93	-	4.8	28.54	2.41	3.31
Mutton	138	20.37	6.23	2.7	0.13	0.28	1.73	-	7.58	19.5	1.62	5.05
Pork	161	18.83	9.5	1.9	0.09	0.28	8.15	-	6.58	8.9	0.79	0.8
Fish												
Balaya	96	21.28	1.12	21.01	0.15	0.12	7.89		6.45	26.02	0.68	0.46
Seer	136	22.28	5.18	81.9	0.07	0.16	15.45		9.85	36.73	0.41	0.74

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

Dried Fish

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

Eggs

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

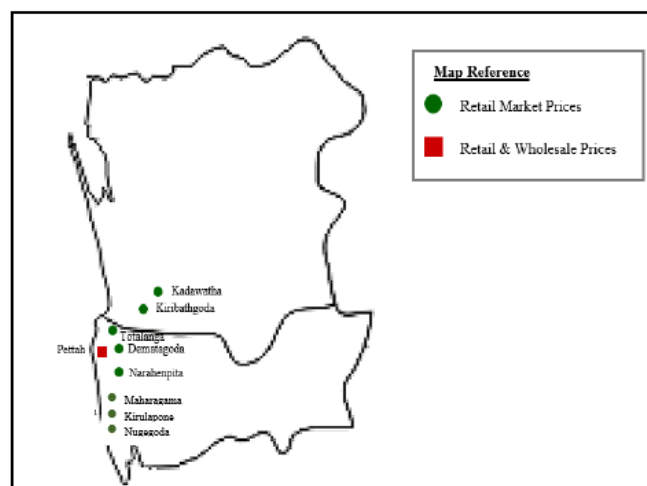
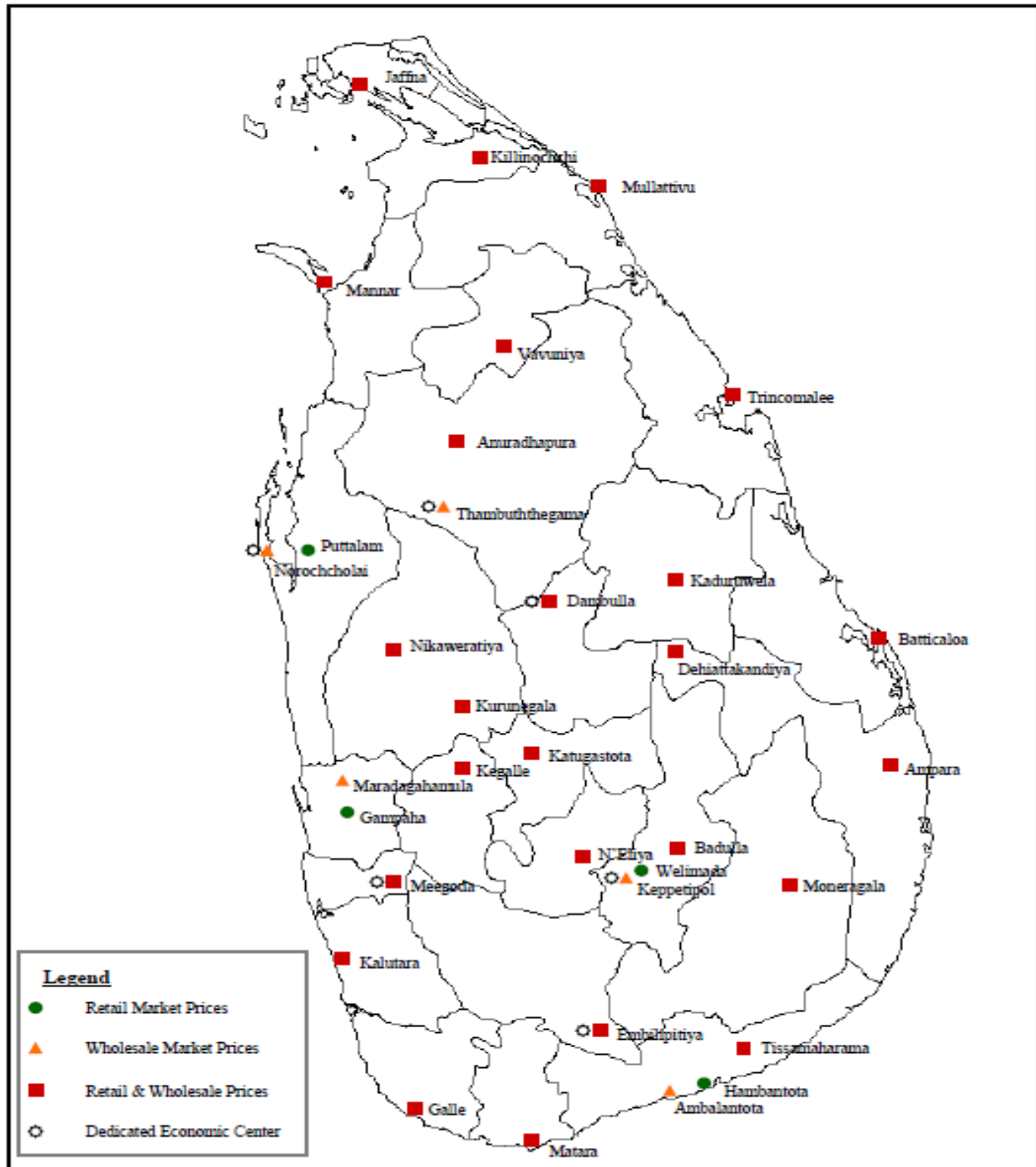
Fruits

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

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

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

Price Collecting Areas





HARTI



Ministry of Agriculture

Food Systems and Market Research Division & Data Management Division

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දෛනික චළච්චි තොග මිල, ජංගම දුරකථනයෙන්
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