

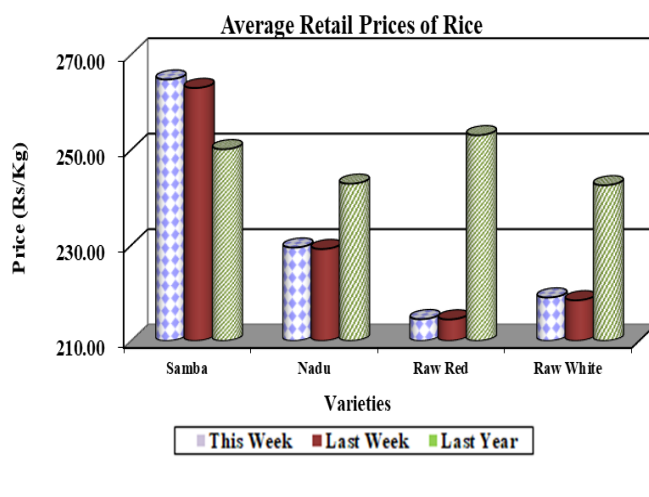
RETAIL MARKET AT A GLANCE

Summary

Rice

Imported ponni samba, local samba and keeri samba prices increased, with the highest increase recorded for imported samba by about Rs.17.00 per kg. Among the local rice varieties, there was no significant change in the prices of nadu white and red kekulu rice varieties. However, compared to the previous year, the price of keeri samba rice increased by about 29% and the price of imported samba by about 24%, while the price of white and red kekulu rice decreased by 10% -15%.

(Page No.01)

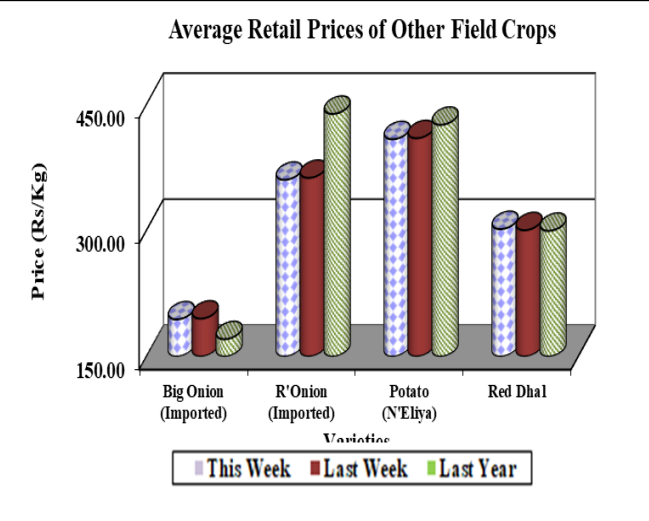


Other Field Crops

With the availability of sufficient imported stocks, the price of imported red onion decreased by about Rs.2.00 per kg, while the price of imported dried chilies increased slightly by about Rs.3.00 per kg.

Due to the availability of high-quality imported stocks, the price of red cowpea increased by about Rs.25.00 per kg and the price of green gram by about Rs.4.00 per kg, while the price of white cowpea decreased by about Rs.16.00 per kg due to the availability of sufficient stocks. However, the prices of white and red cowpea increased by about 27% compared to the previous year.

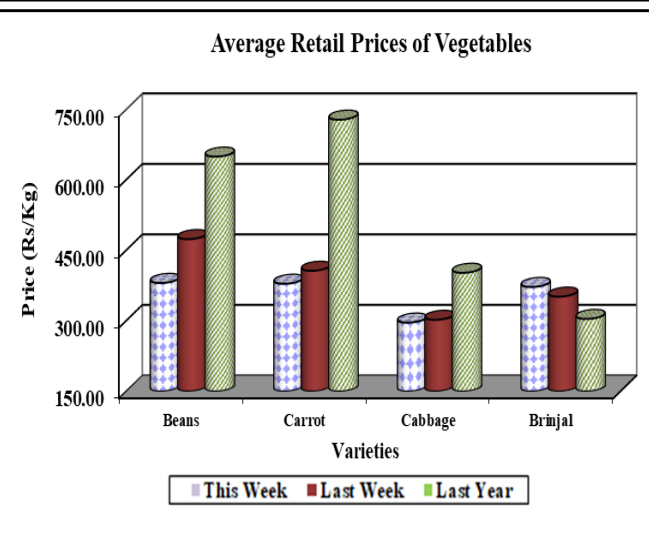
(Page No.02-03)



Vegetables

Due to the availability of sufficient market supply, most vegetable prices in both the upcountry and the low country decreased, with the maximum price decrease being recorded at Rs. 93.00 per kg for beans.

(Page No.03-05)



Fruits/ Coconut

Due to the availability of sufficient market supply, most fruit prices decreased, with the maximum price decrease being recorded for pineapple.

Coconut prices, both small and large, decreased by about Rs. 5.00 per kg, representing a decrease of 13% - 16% compared to the previous year.

(Page No.05)

Egg / Dried Fish

Egg prices, both white and red, increased slightly, while the prices of sprats and katta dried fish increased by Rs. 81.00 and Rs. 47.00 per kg respectively due to limited imported bulk supply.

(Page No.06-08)

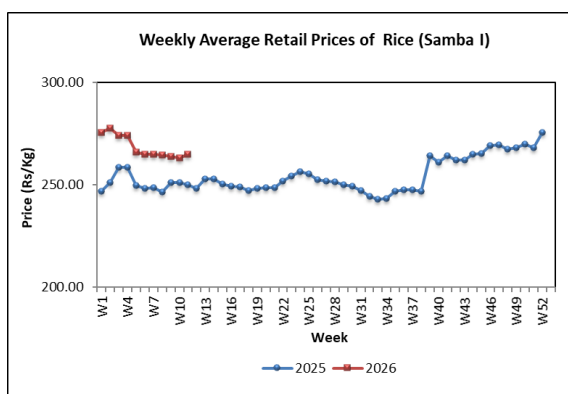
Rice
Wholesale

Price of keeri samba has increased by 3% and price ranged Rs.320.00-340.00/kg, price of all other local rice varieties have not changed significantly price ranged of raw red and raw white were Rs.190.00-200.00/kg.

Compared to same period of last year, the highest price increase of 22% recorded for keeri samba and the highest price decrease of 12% recorded for raw white.

Retail

Prices of samba, keeri samba, raw white and imported samba have increased. The highest price increased of Rs.17.00/kg was recorded for imported samba. There is no significant change in the retail price of nadu and raw red.



Compared to the same period of the last year, the highest price increase of 29% was recorded for keeri samba while the highest

price decreased of 15% was recorded for raw red.

Paddy

Compared to the previous week, a notable increase in average farm-gate prices for most paddy varieties was reported from many producing areas. Accordingly, the price of short-grain paddy (Samba) has increased by about Rs.1.00-6.00 per kilogram, with the reported price range being Rs.110.00-140.00 per kilogram. Similarly, the price of keeri samba has increased by Rs.3.00-8.00 per kilogram, with reported prices ranging from Rs.140.00-185.00 per kilogram.

Meanwhile, the price of long-grain (White) paddy has also increased by around Rs.1.00-7.00 per kilogram, with a price range of Rs.98.00-120.00/kg. In addition, a price increase of about Rs.10.00 per kilogram for long-grain (Red) paddy was reported from the Matara area, with prices ranging between Rs.104.00-110.00 per kilogram in major producing areas such as Matara and Embilipitiya. Furthermore, due to the upcoming festive season, paddy prices are expected to increase further over the next few weeks.

However, when compared to the same period last year, prices of most major paddy

varieties except for keeri samba have decreased. Accordingly, short-grain paddy prices have declined by about 1%-4%, while long-grain white and long-grain red paddy prices have dropped by approximately 11%-16% and 16%-20%, respectively. However, an increase of about 14%-20% in the price of keeri samba paddy has been reported.

Dried Chilies

Wholesale

The price of imported dried chilis has not changed significantly and price ranged Rs.850.00-900.00/kg.

Compared to same period of last year, current wholesale price of imported dried chilis has increased by 41%.

Retail

Price of imported dried chili has increased by Rs.3.00/kg and price ranged Rs.900.00-1200.00/kg.

Compared to the same period of the last year, current retail price of imported dried chili has increased by 20%.

Onion

Wholesale

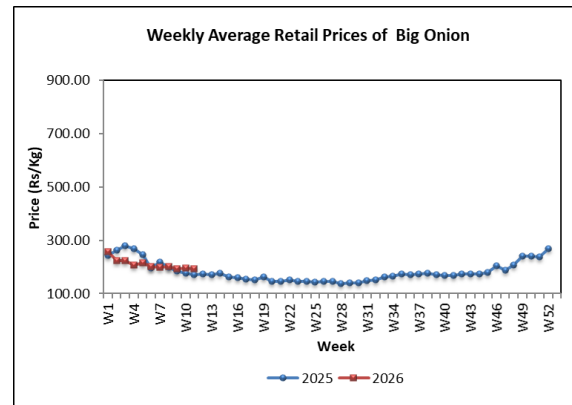
Price of imported red onion has decreased by 2% and price ranged Rs.190.00-

220.00/kg. Price of imported big onion have decreased by 10% due to availability of sufficient stocks and price ranged Rs.110.00-145.00/kg.

Compared to same period of last year, current wholesale price of imported red onion has decreased by 29% while imported big onion has increased by 30%.

Retail

Prices of imported red onions and imported big onions have decreased of Rs.2.00/kg and Rs.1.00/kg respectively.



Compared to the same period of the last year, highest price increase of 14% was recorded for imported big onions and highest price decreased of 18% was recorded for imported red onions.

Potato

Wholesale

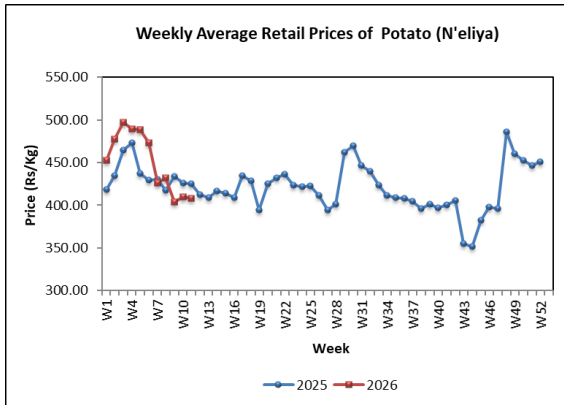
Price of Welimada potato has not changed significantly and price ranged Rs.250.00-280.00 price of Nuwara Eliya and imported

potatoes have decreased by 3% and 13% and price ranged Rs.300.00-320.00/kg and Rs. 150.00-200.00/kg respectively.

Compared to same period of last year, current wholesale price of Welimada potato has decreased by 2% while Nuwara Eliya and imported potato have increased by 9% and 2% respectively.

Retail

The prices of Nuwara-Eliya and imported potatoes have decreased. The highest price decreased of Rs.8.00/kg was recorded for imported potatoes. There is no significant change in the retail price of Welimada potatoes.



Compared to the same period of the last year, highest price increase of 1% was recorded for imported potatoes while highest price decreased of 4% was recorded for Nuwara Eliya potatoes.

Pulses

Wholesale

Price of green gram, and red cowpea and Red dhal have increased in the range of 3%-6% and price ranged Rs.750.00-800.00/kg, Rs.680.00-750.00/kg and Rs.260.00-280.00/kg. Price of white cowpea has decreased by 2% and price ranged Rs.700.00-750.00/kg.

Compared to same period of last year, the highest price increase of 47% was recorded for red cowpea.

Retail

Prices of all types of pulses varieties expect for white cowpea have increased. The highest price increased of Rs.25.00/kg was recorded for red cowpea.

Compared to the same period of the last year, price of red cowpea increases by 27%.

Vegetables

Wholesale

Prices of most of the up country and low country vegetable have decreased, with increased supply from all major producing areas,

Among the upcountry vegetable varieties, the highest price decrease of 30% reported for cabbage, with increased supply from Nuwara Eliya, Welimada and Puttalam. Similarly, prices of beetroot have also decreased by 28%, due to increase supply from Jaffna and Dambulla, while the prices of beans have decreased by 24%, due to increased supply from Balangoda, Welimada and Hatton. However, the price of raddish has increased by 17%, due to availability of good quality stocks from Nuwara Eliya and Puttalam.

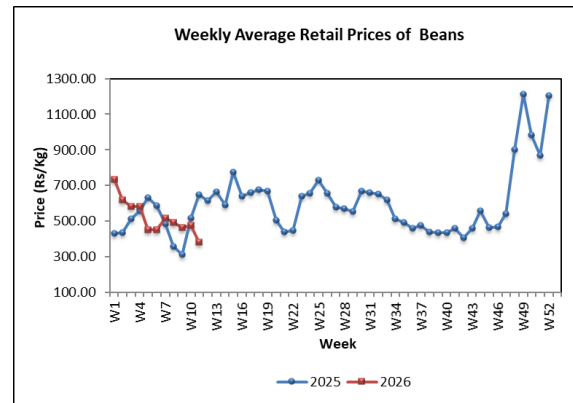
Considering the low-country vegetables, the highest price decrease was reported for luffa and long beans as 37%, due to increased supply from Balangoda, Hambanthota and Dambulla areas.

In addition, prices of bitter gourd have also decreased by 22%, with increased supply from Dambulla, Kandy and Hambanthota. While the prices of ash plantain have decreased by 14%, with increased supply from producing areas. However, the prices of brinjals have increased by 23%, with decreased supply from Balangoda, Embilipitiya and Hanguranketha, while the prices of chilly and lime have also increased by 32% and 17% respectively, with decreased supply from producing areas.

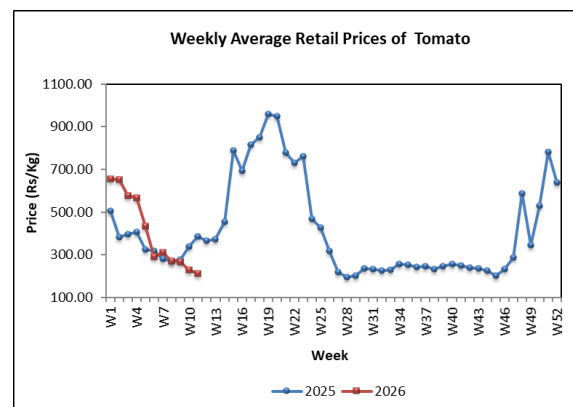
Compared to the same period of last year, the prices of most of the vegetables have decreased, with the highest price decrease of 73% reported for luffa and long beans.

Retail

Retail prices of most of the vegetable varieties decreased. Considering the up-country vegetables, the highest price decrease was reported for beans at Rs.93.00/kg. However, carrot decreased by Rs.28.00/kg.



Considering low-country vegetable varieties, the highest price decrease was reported for bitter gourd at Rs. 37.00/kg. While green chilies decreased by Rs.39.00/kg.



Compared to the same period last year, prices of most varieties have decreased, with a notable 47% decrease reported for green chilies and carrot.

**Coconut
Wholesale**

Prices of both large and small coconut have not changed significantly. Price ranges were Rs.155.00-165.00 for a large nut and Rs.135.00-145.00 for a small nut.

Compared to the same period of last year, the current wholesale prices of both large and small nuts have decreased by 10% and 12% respectively.

Retail

Prices of large and small nuts do not show any significant change compared to last week. The price ranges were Rs.170.00-190.00 for a large nut and Rs.140.00-170.00 for a small nut.

Compared to the same period of last year, the current retail prices of large and small nuts have decreased by 13% and 16% respectively.

**Fruits
Wholesale**

Prices of most of the fruit varieties have decreased due to high supply to the market.

The highest price decrease of 12% was reported for papaw. Further, price of avocado has decreased by 10% due to sufficient supply from harvesting areas.

Compared to the same period of last year, prices of most of the fruit varieties have increased and the highest price increase of 60% was noted for karthakolomban mango.

Retail

In line with the decreased wholesale prices, retail prices of most of the fruits have also decreased. The highest price decrease of Rs. 79.00/kg was reported for grapes.

Price of large, medium and small pineapple has decreased by Rs.47.00/kg, Rs. 33.00/kg and Rs.24.00/kg. Also, prices of avocado, papaw and passion fruit decreased by Rs.20.00/fruit, Rs.10.00/kg and Rs.6.00/fruit respectively. However, the price of kolikuttu banana has increased by Rs. 30.00/kg.

Compared to the same period of last year, current prices of most of the fruits have increased and highest price increases was reported for karthakolomban mango as 57%.

Fresh Fish

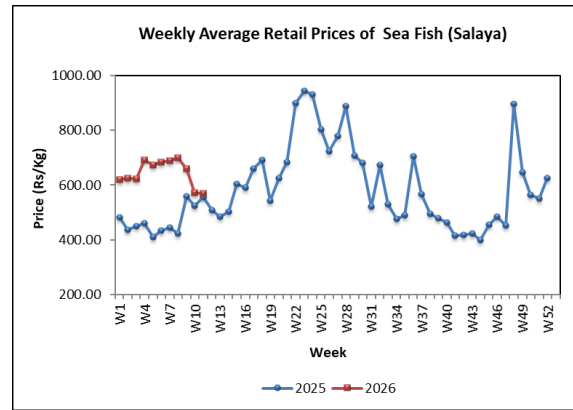
Wholesale

During this week, wholesale prices of most fish varieties decreased, ranging between 4% and 35%. The highest price decrease of 35% was recorded for thora, with prices ranging from Rs.1200.00 to Rs.1700.00/kg. The second highest decrease of 10% was observed for salaya, with prices between Rs.250.00 and Rs.400.00/kg. However, the price of paraw increased by 10%, with prices ranging from Rs.1000.00 to Rs.1200.00 per kilogram.

Compared to the same period last year, wholesale prices of most fish varieties have decreased, while the highest price increase was reported for thalapath

Retail

Retail prices of all fish species except hurulla, balaya paraw and mora have decreased. The prices decreased by Rs.4.00-201.00/kg. The highest price decrease was reported for thora at 201.00/kg. While the price of kelawalla and thalapath decreases by Rs. 116.00/Kg and Rs. 43.00/kg respectively. The highest price increase was reported for balaya at 272.00/kg.



Compared to the same period last year, retail prices of all fish species increased in the range of 27%-48%. The highest price increase was recorded for balaya at 48%.

Dried Fish

Wholesale

Wholesale prices of most local and imported dried fish varieties also decreased, ranging from 1% to 23%. The highest decrease of 23% was recorded for local mora, with prices ranging from Rs.1300.00 to Rs.2800.00/kg. The second highest decrease of 8% was observed for local salaya, with prices between Rs.650.00 and Rs.850.00/kg. Meanwhile, the price of imported mora increased by 7%, with prices ranging from Rs. 2600.00 to Rs. 2650.00/kg.

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

Retail

The retail prices of dried fish except for local sprats and katta have decreased. The price decrease was recorded in the range of Rs.4.00-60.00/kg. The highest price decrease was recorded for thora. It was Rs.60.00/kg. The second and third price decreases were recorded for balaya and anguluwa, which were Rs.25.00/kg and Rs.13.00/kg respectively. The highest price increase was recorded for local sprats, which was Rs.81.00/kg.

Compared to the same period last year, prices of all dried fish except salaya have increased in the range of 6%-53%. The highest price increase was recorded for maduwa by 53%.

Eggs

Wholesale

During this week, egg prices showed slight fluctuations. The price of brown eggs decreased by 4.72%, while white eggs decreased by 5.07%. Accordingly, the price of brown eggs ranged from Rs. 34.00 to Rs.39.00, and white eggs ranged from Rs. 33.00 to Rs. 37.00.

Compared to the same period last year, egg prices have increased, with brown eggs rising by 15% and white eggs by 20%.

Retail

Red eggs have increased by Rs. 1.00 and the price range has been reported between Rs.36.00-40.00/egg. There is no significant change in the white egg prices. Price ranged Rs.35.00-38.00/egg.

Compared to the same period last year, prices of white and red eggs have increased by 14%.

Meat

Retail

Retail prices of meat other than mutton and skinless boiler chicken have decreased. The highest price decrease was reported for pork and it was Rs.100.00/kg. Price has decreased for beef and skinless curry chicken as Rs.13.00 each. The price increase for skinless boiler chicken and mutton has been reported as Rs. 43.00/kg.

Compared to the same period last year, prices of all meats increased in the range of 6%-82%. The highest price increase was recorded for pork at 82%.

NOTE

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

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

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

Table 01: Selected Markets: Wholesale Price of Rice (Rs/50kg bag)

Week 11: 13 - 19 Mar 2026

LOCATIONS	Rice Varieties													
	Samba 1		Samba 2		Keeri Samba		Nadu 1		Nadu 2		Raw Red		Raw White	
Colombo	12000	12500	11750	11900	16000	17000	10000	10500	9500	9900	9500	10000	9500	10000
Divulapitiya	14000	14250	11500	12500	15750	17500	11350	11400	9450	10700	9000	9500	9000	10100
Kurunegala	-	-	11900	12000	-	-	11350	11400	9500	9750	-	-	9400	9600
Nikaweratiya	13000	13250	11850	12250	17150	17250	11200	11500	9500	10000	-	-	9250	9500
Badulla	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Puttalam	13250	13500	12250	12500	17750	18500	11250	11500	10000	10750	10500	10500	9900	10250
Dambulla	14000	14250	12250	12500	-	-	11250	11300	10300	10500	10250	10450	10000	10250
Anuradhapura	14000	14250	11900	12000	17750	18000	11250	11400	10000	10750	10000	10750	9500	10000
Tambuttegama	14500	14500	11900	12000	-	-	11300	11400	9850	10500	10750	10900	9600	9900
Polonnaruwa	-	-	-	-	-	-	11100	11250	-	-	10800	10900	10800	10900
Kalutara	-	-	-	-	-	-	11250	11350	10000	10500	9000	10250	9500	10500
Ampara	-	-	-	-	-	-	11500	11500	10500	11000	8500	9000	8500	9750
Kandy	13250	13500	12000	12400	17250	17500	11000	11150	10000	10250	9750	10250	9750	10250
Moneragala	-	-	11750	12000	17750	18000	11300	11350	10500	10750	8500	9000	9000	9500
Kegalle	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Dehiattakandiya	14250	14250	-	-	15500	17500	11000	11250	10000	10000	10500	10750	9250	10750
Hambantota	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Matara	-	-	-	-	-	-	11250	11400	10400	10750	8400	8800	9300	10000
Galle	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Meegoda	-	-	11900	12000	-	-	10500	10700	9500	10000	8500	8800	9250	9700
Tissamaharama	-	-	-	-	-	-	11450	11450	-	-	8000	8150	9650	9700
Embilipitiya	12950	13000	11950	12000	17250	17500	11300	11350	10500	10600	8000	8250	9000	9100
Jaffna	-	-	-	-	-	-	11300	11350	-	-	9500	10250	9800	10000
Vavuniya	-	-	-	-	-	-	11000	11250	-	-	9000	9250	9750	10250
Mannar	-	-	12250	12400	15500	15750	10500	10750	-	-	9750	9800	10000	10500
Killinochchi	-	-	-	-	-	-	10500	10750	-	-	8500	8750	10000	10250
Mullattivu	-	-	-	-	-	-	10750	11000	-	-	8750	9000	10250	10500
Batticaloa	-	-	11750	12000	15000	16000	-	-	10000	10250	9250	9250	9250	9250
Trincomalee	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Galenbindunuwew	-	-	11950	11950	-	-	11350	11450	10550	10950	10750	10800	10300	10800
Matale	-	-	-	-	-	-	10750	11000	9750	10000	9750	10000	9500	10000

09

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

Week 11: 13 - 19 Mar 2026

10

LOCATIONS	Rice Varieties													
	Samba 1		Samba 2		Keeri Samba		Nadu 1		Nadu 2		Raw Red		Raw White	
Colombo	255.00	280.00	-	-	350.00	390.00	225.00	240.00	-	-	200.00	220.00	210.00	230.00
Gampaha	-	-	240.00	240.00	-	-	230.00	230.00	200.00	220.00	210.00	220.00	210.00	220.00
Kurunegala	-	-	240.00	240.00	-	-	230.00	230.00	215.00	225.00	215.00	220.00	210.00	220.00
Nikaweratiya	270.00	275.00	245.00	250.00	350.00	365.00	230.00	235.00	195.00	205.00	-	-	190.00	200.00
Dambulla	285.00	290.00	250.00	260.00	370.00	380.00	227.00	230.00	215.00	220.00	215.00	220.00	210.00	215.00
Anuradhapura	285.00	290.00	240.00	245.00	360.00	370.00	230.00	230.00	210.00	220.00	210.00	220.00	200.00	210.00
Thambuththegama	300.00	300.00	240.00	250.00	370.00	370.00	230.00	230.00	205.00	218.00	210.00	218.00	205.00	215.00
Polonnaruwa	-	-	240.00	240.00	-	-	230.00	230.00	-	-	220.00	220.00	220.00	220.00
Kaluthara	260.00	270.00	240.00	240.00	350.00	360.00	230.00	230.00	200.00	220.00	185.00	208.00	190.00	220.00
Badulla	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Keppetipola	-	-	250.00	260.00	-	-	225.00	230.00	220.00	222.00	185.00	190.00	195.00	200.00
Moneragala	-	-	240.00	245.00	365.00	370.00	230.00	230.00	220.00	220.00	180.00	190.00	190.00	200.00
Kegalle	-	-	-	-	-	-	230.00	230.00	-	-	220.00	220.00	220.00	220.00
Ampara	-	-	240.00	250.00	360.00	370.00	230.00	230.00	220.00	225.00	185.00	220.00	180.00	220.00
Dehiattakandiya	290.00	290.00	-	-	350.00	360.00	225.00	230.00	205.00	205.00	220.00	220.00	200.00	220.00
Nuwaraeliya	-	-	260.00	265.00	370.00	380.00	228.00	230.00	220.00	225.00	184.00	186.00	194.00	200.00
Kandy	275.00	280.00	250.00	255.00	370.00	375.00	230.00	230.00	215.00	220.00	200.00	210.00	200.00	210.00
Puttalam	280.00	285.00	260.00	265.00	380.00	385.00	230.00	230.00	210.00	220.00	220.00	220.00	210.00	220.00
Hambantota	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Rathnapura	280.00	285.00	-	-	-	-	230.00	235.00	218.00	220.00	185.00	190.00	200.00	205.00
Matara	270.00	280.00	240.00	250.00	350.00	360.00	230.00	230.00	215.00	220.00	175.00	190.00	196.00	220.00
Galle	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Tissamaharama	-	-	240.00	240.00	-	-	230.00	230.00	-	-	165.00	170.00	195.00	200.00
Meegoda (DEC)	-	-	240.00	245.00	-	-	230.00	230.00	210.00	220.00	185.00	220.00	200.00	220.00
Embilipitiya	260.00	260.00	240.00	240.00	355.00	360.00	230.00	230.00	215.00	220.00	165.00	170.00	190.00	200.00
Jaffna	-	-	-	-	-	-	230.00	232.00	-	-	190.00	200.00	210.00	220.00
Vavuniya	-	-	-	-	-	-	230.00	235.00	-	-	190.00	200.00	205.00	215.00
Mannar	-	-	258.00	260.00	350.00	355.00	230.00	235.00	-	-	210.00	215.00	220.00	220.00
Killinochchi	-	-	-	-	-	-	-	-	220.00	225.00	180.00	190.00	210.00	215.00
Mullaittivu	-	-	-	-	-	-	-	-	220.00	225.00	180.00	185.00	210.00	215.00
Batticaloa	-	-	245.00	252.00	340.00	350.00	-	-	210.00	215.00	195.00	200.00	195.00	200.00
Trincomalee	-	-	250.00	250.00	350.00	360.00	225.00	230.00	-	-	205.00	210.00	215.00	220.00
Hanguranketha	-	-	240.00	240.00	-	-	227.00	230.00	210.00	217.00	175.00	205.00	195.00	220.00
Veyangoda	-	-	240.00	240.00	-	-	230.00	230.00	200.00	220.00	210.00	220.00	200.00	220.00
Galenbindunuwewa	-	-	240.00	240.00	-	-	230.00	230.00	215.00	220.00	220.00	220.00	210.00	220.00
Bandarawela	-	-	-	-	360.00	370.00	230.00	230.00	216.00	220.00	190.00	195.00	195.00	200.00
Matale	-	-	250.00	260.00	360.00	370.00	228.00	230.00	208.00	215.00	210.00	215.00	200.00	210.00

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

Week 11: 13 - 19 Mar 2026

LOCATION	Dried Chillies	Red Onion		Big Onion	Potato			Pulses		
	Imported	Imported	Local		Imported	Welimada	Nuwara Eliya	Green Gram	Cowpea	Red Dhal
Colombo	42500 - 45000	9500 - 11000	-	5500 - 7250	7500 - 10000	12500 - 14000	15000 - 16000	37500 - 40000	35000 - 37500	13000 - 14000
Kurunegala	46000 - 48000	11000 - 12000	-	7250 - 7750	7750 - 8250	-	-	36500 - 37500	40500 - 41500	14000 - 14300
Nikaweratiya	43500 - 45000	11000 - 12000	-	7500 - 8350	7500 - 8250	-	-	33750 - 35000	37000 - 37500	14000 - 14250
Dehiattakandiya	44000 - 46500	15000 - 17000	-	7750 - 8500	8000 - 8500	-	-	32500 - 37500	37500 - 42500	13750 - 14250
Dambulla (DEC)	48000 - 49000	9000 - 10000	-	7000 - 7500	7500 - 7750	11000 - 11500	-	30000 - 32500	28000 - 32500	13000 - 13250
Anuradhapura	45000 - 47500	11000 - 13000	-	7750 - 8500	8000 - 9000	-	-	35000 - 40000	37500 - 45000	13750 - 14250
Thambuththegama	43000 - 44500	9000 - 10000	-	5750 - 7750	7750 - 8000	-	-	35000 - 37500	25000 - 27500	13500 - 13750
Polonnaruwa	45000 - 47500	14000 - 15000	-	8000 - 9000	7500 - 10000	-	17500 - 19000	35000 - 36000	41000 - 47500	12500 - 14000
Kaluthara	45000 - 47750	12000 - 12750	-	7000 - 7750	9000 - 10000	-	-	37500 - 43000	37500 - 40000	13750 - 14500
Puttalam	43000 - 46000	15000 - 17000	9000 - 12500	8000 - 8750	8500 - 9250	-	-	36000 - 38500	40000 - 42500	13250 - 14000
Kandy	45000 - 46500	11000 - 12000	-	6250 - 7500	7750 - 8000	12500 - 13000	14500 - 15000	40000 - 42500	35000 - 37500	13800 - 14000
Matara	46000 - 47500	12000 - 12500	-	7500 - 8000	9800 - 10000	-	-	37500 - 41500	37500 - 40000	13500 - 14500
Hambantota	-	-	-	-	-	-	-	-	-	-
Kegalle	47000 - 48000	14000 - 15000	-	8500 - 9000	9000 - 10000	-	-	40000 - 40000	39000 - 39100	13000 - 14500
Galle	-	-	-	-	-	-	-	-	-	-
Tissamaharama	44250 - 45000	13500 - 14000	-	6750 - 7250	9000 - 9250	14000 - 14250	15000 - 15000	29000 - 30000	-	13250 - 13500
Meegoda (DEC)	43000 - 45000	10000 - 11000	-	7000 - 7500	7000 - 7500	13000 - 13500	14500 - 15000	37500 - 41500	35000 - 40000	13500 - 14250
Jaffna	47000 - 47500	-	-	8000 - 8200	9000 - 9000	-	-	33500 - 34500	-	12800 - 13000
Vavuniya	45000 - 46000	10000 - 11000	-	8000 - 8500	8000 - 8500	-	18000 - 19000	30000 - 32500	24000 - 27500	14000 - 14500
Mannar	40000 - 42500	10000 - 11000	-	7500 - 8000	8000 - 8000	-	-	30000 - 34000	-	-
Killinochchi	45000 - 47500	10000 - 11500	-	7500 - 8500	8000 - 9000	-	-	35000 - 37000	-	14000 - 14500
Mullattivu	46000 - 49000	-	-	8500 - 9500	9500 - 10000	-	-	36500 - 39000	-	13750 - 14250
Batticaloa	42500 - 42500	10500 - 10750	-	7000 - 7500	9000 - 9000	12500 - 13750	15500 - 15500	30000 - 30000	35000 - 35000	-
Trincomalee	-	-	-	-	-	-	-	-	-	-
Galenbindunuwewa	48000 - 49000	13000 - 17250	-	7750 - 9000	8750 - 10000	-	-	30250 - 35000	34000 - 41500	14000 - 14750
Matale	45000 - 47500	11000 - 12000	-	8000 - 9000	7000 - 8000	-	-	37500 - 40000	35000 - 37500	14250 - 14500

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

Week 11: 13 - 19 Mar 2026

LOCATIONS	Dried Chillies	Red Onion		Big Onion	Potato			Pulses		
	Imported	Imported	Local		Imported	Welimada	Nuwara Eliya	Green Gram	Cowpea	Red Dhal
Colombo	900.00 - 1200.00	300.00 - 400.00	-	160.00 - 220.00	180.00 - 240.00	350.00 - 380.00	380.00 - 460.00	800.00 - 1000.00	900.00 - 1200.00	280.00 - 320.00
Gampaha	1000.00 - 1180.00	360.00 - 480.00	-	200.00 - 240.00	220.00 - 260.00	-	400.00 - 440.00	800.00 - 1000.00	880.00 - 1000.00	300.00 - 320.00
Kurunegala	980.00 - 1100.00	330.00 - 360.00	-	200.00 - 220.00	200.00 - 240.00	-	-	780.00 - 850.00	940.00 - 960.00	300.00 - 310.00
Nikaweratiya	950.00 - 1050.00	250.00 - 280.00	-	160.00 - 190.00	170.00 - 175.00	-	-	720.00 - 780.00	820.00 - 900.00	280.00 - 300.00
Dambulla	1000.00 - 1100.00	340.00 - 360.00	-	180.00 - 200.00	180.00 - 200.00	-	-	800.00 - 880.00	850.00 - 900.00	280.00 - 300.00
Anuradhapura	980.00 - 1000.00	280.00 - 320.00	-	170.00 - 200.00	180.00 - 200.00	360.00 - 400.00	-	800.00 - 900.00	850.00 - 1000.00	280.00 - 320.00
Thambuththegama	980.00 - 1100.00	280.00 - 350.00	-	150.00 - 200.00	200.00 - 220.00	-	-	800.00 - 850.00	680.00 - 750.00	280.00 - 290.00
Polonnaruwa	950.00 - 1000.00	260.00 - 320.00	-	200.00 - 200.00	200.00 - 220.00	-	380.00 - 400.00	750.00 - 800.00	850.00 - 1000.00	280.00 - 300.00
Kaluthara	950.00 - 1000.00	300.00 - 400.00	-	180.00 - 200.00	200.00 - 250.00	320.00 - 350.00	400.00 - 440.00	800.00 - 900.00	820.00 - 1000.00	280.00 - 300.00
Badulla	-	-	-	-	-	-	-	-	-	-
Keppetipola	950.00 - 1000.00	280.00 - 320.00	-	180.00 - 190.00	190.00 - 200.00	300.00 - 330.00	-	760.00 - 800.00	870.00 - 880.00	270.00 - 280.00
Moneragala	980.00 - 1000.00	280.00 - 340.00	-	180.00 - 220.00	200.00 - 240.00	360.00 - 400.00	-	800.00 - 900.00	800.00 - 900.00	300.00 - 320.00
Kegalle	960.00 - 1000.00	280.00 - 300.00	-	180.00 - 200.00	180.00 - 200.00	360.00 - 380.00	-	750.00 - 760.00	830.00 - 850.00	280.00 - 300.00
Ampara	980.00 - 1020.00	300.00 - 340.00	-	160.00 - 175.00	175.00 - 200.00	320.00 - 340.00	-	800.00 - 880.00	800.00 - 850.00	280.00 - 300.00
Dehiattakandiya	900.00 - 1000.00	350.00 - 440.00	-	160.00 - 190.00	170.00 - 190.00	-	-	750.00 - 850.00	850.00 - 950.00	280.00 - 300.00
Nuwaraeliya	1000.00 - 1100.00	300.00 - 320.00	-	185.00 - 195.00	200.00 - 210.00	-	340.00 - 350.00	800.00 - 850.00	880.00 - 900.00	270.00 - 285.00
Kandy	1000.00 - 1100.00	360.00 - 400.00	-	200.00 - 240.00	200.00 - 240.00	340.00 - 360.00	380.00 - 400.00	850.00 - 900.00	960.00 - 1000.00	300.00 - 320.00
Puttalam	950.00 - 1000.00	320.00 - 350.00	320.00 - 360.00	180.00 - 200.00	200.00 - 240.00	-	-	780.00 - 850.00	880.00 - 950.00	290.00 - 300.00
Rathnapura	1000.00 - 1200.00	260.00 - 320.00	-	180.00 - 220.00	200.00 - 240.00	240.00 - 260.00	-	790.00 - 880.00	760.00 - 850.00	280.00 - 300.00
Hambantota	-	-	-	-	-	-	-	-	-	-
Matara	960.00 - 1000.00	300.00 - 380.00	-	180.00 - 200.00	220.00 - 250.00	320.00 - 340.00	400.00 - 440.00	800.00 - 900.00	800.00 - 900.00	285.00 - 300.00
Galle	-	-	-	-	-	-	-	-	-	-
Tissamaharama	980.00 - 1080.00	300.00 - 330.00	-	180.00 - 190.00	220.00 - 240.00	340.00 - 350.00	-	650.00 - 690.00	-	280.00 - 290.00
Meegoda (DEC)	950.00 - 1000.00	320.00 - 400.00	-	180.00 - 200.00	200.00 - 220.00	360.00 - 360.00	400.00 - 400.00	760.00 - 880.00	800.00 - 1000.00	280.00 - 320.00
Embilipitiya	920.00 - 980.00	300.00 - 350.00	-	170.00 - 180.00	195.00 - 220.00	380.00 - 400.00	-	700.00 - 750.00	850.00 - 900.00	270.00 - 320.00
Jaffna	1040.00 - 1100.00	-	-	190.00 - 200.00	190.00 - 200.00	-	-	720.00 - 740.00	-	280.00 - 290.00
Vavuniya	950.00 - 980.00	240.00 - 260.00	-	180.00 - 200.00	180.00 - 200.00	-	380.00 - 420.00	700.00 - 780.00	-	290.00 - 300.00
Mannar	960.00 - 1000.00	-	-	180.00 - 200.00	200.00 - 220.00	-	-	740.00 - 750.00	-	270.00 - 280.00
Killinochchi	960.00 - 1000.00	240.00 - 260.00	-	180.00 - 200.00	200.00 - 220.00	-	-	750.00 - 780.00	-	300.00 - 310.00
Mullaittivu	940.00 - 1000.00	-	-	-	200.00 - 220.00	-	-	750.00 - 800.00	-	280.00 - 290.00
Batticaloa	1000.00 - 1100.00	250.00 - 280.00	-	200.00 - 240.00	200.00 - 220.00	-	400.00 - 420.00	700.00 - 780.00	800.00 - 800.00	270.00 - 280.00
Trincomalee	950.00 - 1000.00	240.00 - 250.00	300.00 - 320.00	190.00 - 200.00	190.00 - 200.00	-	-	760.00 - 800.00	900.00 - 950.00	290.00 - 300.00
Hanguranketha	925.00 - 1000.00	-	375.00 - 375.00	175.00 - 180.00	180.00 - 190.00	280.00 - 360.00	-	820.00 - 900.00	760.00 - 850.00	280.00 - 320.00
Veyangoda	1000.00 - 1100.00	320.00 - 400.00	-	180.00 - 220.00	200.00 - 240.00	320.00 - 360.00	380.00 - 400.00	800.00 - 1000.00	800.00 - 1000.00	280.00 - 320.00
Galenbindunuwewa	980.00 - 1060.00	300.00 - 375.00	-	175.00 - 200.00	195.00 - 220.00	-	-	625.00 - 720.00	700.00 - 850.00	290.00 - 300.00
Bandarawela	950.00 - 1000.00	300.00 - 320.00	-	180.00 - 200.00	180.00 - 200.00	280.00 - 320.00	-	800.00 - 1000.00	900.00 - 1000.00	300.00 - 320.00
Matale	1000.00 - 1100.00	280.00 - 360.00	-	200.00 - 240.00	180.00 - 200.00	320.00 - 360.00	-	850.00 - 880.00	800.00 - 880.00	285.00 - 290.00

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

Week 11: 13 - 19 Mar 2026

Locations	Butter Beans	Green Beans	Carrot	Leeks	Beetroot	Knolkhol
Colombo	-	200.00 - 300.00	240.00 - 300.00	160.00 - 200.00	40.00 - 100.00	100.00 - 130.00
Meegoda (DEC)	-	190.00 - 240.00	250.00 - 320.00	190.00 - 210.00	70.00 - 90.00	150.00 - 200.00
Dambulla (DEC)	-	150.00 - 200.00	160.00 - 280.00	160.00 - 200.00	50.00 - 60.00	100.00 - 130.00
Keppetipola (DEC)	-	150.00 - 200.00	180.00 - 220.00	150.00 - 170.00	90.00 - 110.00	100.00 - 110.00
Norochchole (DEC)	-	-	-	-	70.00 - 120.00	150.00 - 180.00
Nuwara Eliya	-	180.00 - 220.00	280.00 - 300.00	180.00 - 200.00	100.00 - 120.00	120.00 - 130.00
Kandy	-	180.00 - 200.00	300.00 - 320.00	200.00 - 220.00	60.00 - 70.00	120.00 - 130.00
Hambantota	-	-	-	-	-	-
Thambuththegama (DEC)	-	190.00 - 230.00	280.00 - 330.00	180.00 - 230.00	60.00 - 80.00	-
Jaffna	-	-	-	-	-	-
Bandarawela	-	150.00 - 170.00	200.00 - 230.00	160.00 - 170.00	110.00 - 120.00	110.00 - 130.00
Veyangoda	-	170.00 - 200.00	230.00 - 300.00	180.00 - 200.00	70.00 - 80.00	150.00 - 180.00

Locations	Raddish	Cabbage	Tomato	Ladies Fingers	Brinjal	Capsicum
Colombo	50.00 - 100.00	80.00 - 130.00	70.00 - 100.00	60.00 - 100.00	250.00 - 300.00	200.00 - 300.00
Meegoda (DEC)	60.00 - 90.00	120.00 - 170.00	80.00 - 100.00	80.00 - 120.00	260.00 - 320.00	260.00 - 320.00
Moneragala	60.00 - 80.00	160.00 - 200.00	100.00 - 140.00	130.00 - 150.00	260.00 - 300.00	300.00 - 350.00
Dambulla (DEC)	40.00 - 50.00	110.00 - 150.00	60.00 - 80.00	80.00 - 100.00	200.00 - 250.00	250.00 - 280.00
Keppetipola (DEC)	30.00 - 40.00	80.00 - 100.00	50.00 - 80.00	80.00 - 90.00	250.00 - 300.00	280.00 - 320.00
Norochchole (DEC)	40.00 - 60.00	150.00 - 160.00	100.00 - 140.00	100.00 - 150.00	180.00 - 250.00	300.00 - 350.00
Nuwara Eliya	30.00 - 50.00	130.00 - 150.00	60.00 - 90.00	90.00 - 110.00	280.00 - 290.00	300.00 - 330.00
Kandy	50.00 - 70.00	120.00 - 150.00	90.00 - 100.00	90.00 - 100.00	270.00 - 300.00	260.00 - 280.00
Hambantota	-	-	-	-	-	-
Thambuththegama (DEC)	70.00 - 90.00	120.00 - 150.00	40.00 - 60.00	50.00 - 70.00	150.00 - 220.00	180.00 - 250.00
Tissamaharama	140.00 - 160.00	160.00 - 180.00	80.00 - 100.00	140.00 - 150.00	340.00 - 350.00	380.00 - 400.00
Jaffna	-	-	-	-	-	-
Bandarawela	30.00 - 40.00	70.00 - 90.00	80.00 - 90.00	100.00 - 110.00	240.00 - 270.00	280.00 - 320.00
Veyangoda	50.00 - 60.00	130.00 - 170.00	70.00 - 90.00	80.00 - 130.00	240.00 - 300.00	230.00 - 280.00

Locations	Pumpkin	Cucumber	Bitter Gourd	Snake Gourd	Drumstick	Luffa
Colombo	120.00 - 150.00	40.00 - 100.00	160.00 - 250.00	100.00 - 150.00	-	80.00 - 120.00
Meegoda (DEC)	120.00 - 140.00	60.00 - 70.00	190.00 - 220.00	130.00 - 150.00	-	90.00 - 140.00
Moneragala	120.00 - 140.00	50.00 - 70.00	250.00 - 260.00	120.00 - 150.00	-	140.00 - 150.00
Dambulla (DEC)	100.00 - 120.00	40.00 - 50.00	140.00 - 180.00	70.00 - 90.00	-	80.00 - 100.00
Keppetipola (DEC)	120.00 - 130.00	60.00 - 70.00	180.00 - 200.00	100.00 - 120.00	-	120.00 - 130.00
Norochchole (DEC)	100.00 - 130.00	50.00 - 60.00	280.00 - 320.00	100.00 - 130.00	-	100.00 - 150.00
Nuwara Eliya	130.00 - 140.00	80.00 - 90.00	200.00 - 220.00	110.00 - 120.00	-	130.00 - 140.00
Kandy	130.00 - 140.00	70.00 - 80.00	150.00 - 180.00	100.00 - 120.00	-	130.00 - 150.00
Hambantota	-	-	-	-	-	-
Thambuththegama (DEC)	90.00 - 110.00	35.00 - 45.00	140.00 - 200.00	60.00 - 80.00	-	70.00 - 90.00
Tissamaharama	140.00 - 150.00	60.00 - 70.00	270.00 - 280.00	180.00 - 200.00	-	180.00 - 200.00
Jaffna	-	-	-	-	-	-
Bandarawela	120.00 - 140.00	80.00 - 90.00	220.00 - 230.00	120.00 - 140.00	-	130.00 - 140.00
Veyangoda	130.00 - 140.00	60.00 - 70.00	160.00 - 200.00	110.00 - 120.00	-	100.00 - 120.00

Table 06 (Contd.)

	Long Beans	Ash Plantain	Green Chillies	Lime	Sweet Potatoe	Manioc
Colombo	60.00 - 100.00	120.00 - 150.00	300.00 - 350.00	50.00 - 100.00	100.00 - 150.00	60.00 - 150.00
Meegoda (DEC)	80.00 - 120.00	150.00 - 170.00	320.00 - 370.00	90.00 - 120.00	100.00 - 120.00	100.00 - 110.00
Moneragala	100.00 - 130.00	100.00 - 120.00	350.00 - 400.00	80.00 - 100.00	120.00 - 140.00	70.00 - 80.00
Dambulla (DEC)	70.00 - 100.00	120.00 - 130.00	350.00 - 400.00	80.00 - 100.00	80.00 - 120.00	100.00 - 110.00
Keppetipola (DEC)	100.00 - 120.00	120.00 - 130.00	300.00 - 320.00	80.00 - 90.00	140.00 - 150.00	110.00 - 120.00
Norochhole (DEC)	100.00 - 130.00	110.00 - 130.00	320.00 - 400.00	100.00 - 120.00	-	110.00 - 140.00
Nuwara Eliya	120.00 - 130.00	140.00 - 150.00	350.00 - 380.00	90.00 - 100.00	130.00 - 140.00	120.00 - 130.00
Kandy	100.00 - 130.00	120.00 - 140.00	320.00 - 350.00	70.00 - 80.00	140.00 - 160.00	90.00 - 100.00
Hambantota	-	-	-	-	-	-
Thambuththegama (DEC)	50.00 - 70.00	70.00 - 100.00	300.00 - 360.00	60.00 - 80.00	120.00 - 130.00	100.00 - 120.00
Tissamaharama	120.00 - 140.00	150.00 - 160.00	-	100.00 - 120.00	180.00 - 200.00	160.00 - 180.00
Jaffna	-	-	-	-	-	-
Bandarawela	100.00 - 120.00	120.00 - 140.00	300.00 - 340.00	80.00 - 100.00	130.00 - 140.00	-
Veyangoda	60.00 - 80.00	130.00 - 160.00	350.00 - 400.00	90.00 - 110.00	120.00 - 130.00	100.00 - 120.00

Locations	Leafy Vegetables (Rs/bundle)			Coconut (Rs/nut)	
	Mukunuwenna	Kankun	Gotukola	Large	Small
Colombo	30.00 - 40.00	30.00 - 40.00	200.00 - 250.00	155.00 - 165.00	135.00 - 145.00
Meegoda (DEC)	-	-	-	150.00 - 155.00	120.00 - 130.00
Norochhole (DEC)	40.00 - 40.00	40.00 - 40.00	-	150.00 - 160.00	120.00 - 125.00
Nuwara Eliya	-	-	-	-	-
Dambulla (DEC)	30.00 - 35.00	30.00 - 40.00	125.00 - 150.00	110.00 - 115.00	80.00 - 100.00
Kandy	50.00 - 60.00	50.00 - 60.00	280.00 - 300.00	120.00 - 140.00	80.00 - 90.00
Hambantota	-	-	-	-	-
Thambuththegama (DEC)	-	-	-	100.00 - 110.00	80.00 - 90.00
Tissamaharama	30.00 - 35.00	30.00 - 35.00	-	-	-
Jaffna	-	-	-	-	-
Bandarawela	-	-	-	-	-
Veyangoda	-	-	-	-	-

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

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

Week 11: 13 - 19 Mar 2026

LOCATIONS	Up Country Varieties																
	Butter Beans		Green Beans		Carrot		Leeks		Beetroot		Knol Khol		Raddish		Cabbage		Tomato
Colombo	-	300.00 - 480.00	300.00 - 400.00	220.00 - 400.00	180.00 - 360.00	200.00 - 400.00	100.00 - 320.00	160.00 - 400.00	150.00 - 240.00								
Gampaha	-	320.00 - 400.00	400.00 - 420.00	360.00 - 420.00	160.00 - 240.00	320.00 - 420.00	160.00 - 280.00	280.00 - 360.00	120.00 - 240.00								
Kurunegala	-	340.00 - 400.00	400.00 - 440.00	320.00 - 380.00	180.00 - 200.00	240.00 - 280.00	100.00 - 140.00	260.00 - 280.00	170.00 - 200.00								
Nikaweratiya	-	320.00 - 400.00	400.00 - 520.00	350.00 - 450.00	160.00 - 240.00	240.00 - 320.00	120.00 - 240.00	240.00 - 350.00	240.00 - 280.00								
Dambulla	-	300.00 - 380.00	400.00 - 440.00	360.00 - 400.00	160.00 - 180.00	220.00 - 260.00	160.00 - 180.00	240.00 - 260.00	160.00 - 200.00								
Anuradhapura	-	360.00 - 400.00	400.00 - 480.00	360.00 - 400.00	180.00 - 240.00	-	140.00 - 160.00	240.00 - 320.00	180.00 - 240.00								
Thambuththegama	-	280.00 - 350.00	440.00 - 500.00	300.00 - 320.00	120.00 - 180.00	-	150.00 - 180.00	220.00 - 280.00	80.00 - 120.00								
Polonnaruwa	-	400.00 - 480.00	400.00 - 480.00	300.00 - 360.00	200.00 - 240.00	280.00 - 320.00	180.00 - 240.00	240.00 - 320.00	200.00 - 250.00								
Kaluthara	-	320.00 - 400.00	300.00 - 440.00	280.00 - 340.00	160.00 - 200.00	200.00 - 280.00	130.00 - 200.00	200.00 - 280.00	180.00 - 200.00								
Badulla	-	-	-	-	-	-	-	-	-								
Keppetipola	-	230.00 - 250.00	250.00 - 270.00	220.00 - 230.00	150.00 - 160.00	140.00 - 160.00	80.00 - 100.00	140.00 - 160.00	130.00 - 150.00								
Moneragala	-	320.00 - 360.00	340.00 - 400.00	340.00 - 400.00	200.00 - 260.00	-	160.00 - 180.00	240.00 - 300.00	160.00 - 200.00								
Kegalle	-	360.00 - 460.00	450.00 - 480.00	350.00 - 400.00	160.00 - 200.00	280.00 - 320.00	240.00 - 280.00	280.00 - 320.00	200.00 - 240.00								
Ampara	-	280.00 - 340.00	370.00 - 400.00	300.00 - 360.00	160.00 - 360.00	280.00 - 320.00	140.00 - 240.00	260.00 - 300.00	200.00 - 240.00								
Dehiattakandiya	-	340.00 - 400.00	380.00 - 400.00	300.00 - 380.00	160.00 - 240.00	280.00 - 320.00	200.00 - 220.00	280.00 - 300.00	200.00 - 240.00								
Nuwaraeliya	-	300.00 - 320.00	380.00 - 420.00	300.00 - 320.00	200.00 - 220.00	230.00 - 240.00	80.00 - 100.00	220.00 - 240.00	240.00 - 260.00								
Kandy	-	260.00 - 300.00	400.00 - 480.00	300.00 - 320.00	160.00 - 200.00	200.00 - 240.00	160.00 - 180.00	200.00 - 240.00	160.00 - 200.00								
Puttalam	-	480.00 - 520.00	480.00 - 520.00	360.00 - 480.00	180.00 - 280.00	300.00 - 350.00	180.00 - 240.00	240.00 - 320.00	200.00 - 280.00								
Hambantota	-	-	-	-	-	-	-	-	-								
Rathnapura	-	300.00 - 360.00	300.00 - 360.00	280.00 - 350.00	180.00 - 250.00	240.00 - 320.00	80.00 - 120.00	200.00 - 280.00	150.00 - 210.00								
Matara	-	320.00 - 400.00	360.00 - 400.00	320.00 - 400.00	140.00 - 180.00	220.00 - 240.00	120.00 - 200.00	220.00 - 360.00	100.00 - 140.00								
Galle	-	-	-	-	-	-	-	-	-								
Tissamaharama	-	300.00 - 320.00	360.00 - 380.00	280.00 - 300.00	160.00 - 180.00	260.00 - 280.00	180.00 - 200.00	220.00 - 240.00	120.00 - 140.00								
Meegoda (DEC)	-	320.00 - 360.00	440.00 - 480.00	360.00 - 400.00	160.00 - 200.00	320.00 - 360.00	200.00 - 240.00	280.00 - 360.00	180.00 - 240.00								
Embilipitiya	-	400.00 - 480.00	350.00 - 400.00	300.00 - 320.00	200.00 - 240.00	200.00 - 240.00	120.00 - 160.00	280.00 - 320.00	60.00 - 80.00								
Jaffna	-	350.00 - 400.00	400.00 - 400.00	380.00 - 400.00	100.00 - 120.00	-	100.00 - 120.00	200.00 - 240.00	100.00 - 120.00								
Vavuniya	-	300.00 - 360.00	350.00 - 400.00	300.00 - 350.00	150.00 - 180.00	300.00 - 340.00	150.00 - 180.00	250.00 - 280.00	150.00 - 180.00								
Mannar	-	480.00 - 500.00	400.00 - 400.00	400.00 - 400.00	180.00 - 200.00	-	250.00 - 250.00	300.00 - 320.00	240.00 - 250.00								
Killinochchi	-	340.00 - 360.00	380.00 - 420.00	380.00 - 420.00	160.00 - 180.00	-	130.00 - 150.00	200.00 - 230.00	180.00 - 200.00								
Mullaittivu	-	480.00 - 500.00	400.00 - 450.00	400.00 - 420.00	180.00 - 220.00	-	150.00 - 180.00	200.00 - 250.00	150.00 - 200.00								
Batticaloa	-	400.00 - 400.00	-	320.00 - 350.00	200.00 - 200.00	200.00 - 220.00	200.00 - 220.00	320.00 - 350.00	200.00 - 200.00								
Trincomalee	-	400.00 - 450.00	380.00 - 420.00	350.00 - 370.00	240.00 - 260.00	260.00 - 280.00	220.00 - 250.00	250.00 - 270.00	240.00 - 260.00								
Hanguranketha	-	300.00 - 340.00	300.00 - 320.00	240.00 - 280.00	120.00 - 150.00	-	70.00 - 90.00	170.00 - 210.00	150.00 - 180.00								
Veyangoda	-	320.00 - 360.00	320.00 - 400.00	280.00 - 320.00	160.00 - 200.00	240.00 - 280.00	160.00 - 200.00	200.00 - 280.00	200.00 - 240.00								
Galenbindunuwewa	-	450.00 - 500.00	380.00 - 440.00	380.00 - 440.00	140.00 - 200.00	150.00 - 200.00	120.00 - 160.00	260.00 - 320.00	160.00 - 240.00								
Bandarawela	-	240.00 - 300.00	300.00 - 340.00	240.00 - 260.00	220.00 - 240.00	220.00 - 240.00	100.00 - 120.00	200.00 - 230.00	180.00 - 220.00								
Matale	-	400.00 - 480.00	400.00 - 480.00	400.00 - 480.00	200.00 - 240.00	240.00 - 320.00	120.00 - 160.00	240.00 - 260.00	160.00 - 200.00								

Table 07 (Contd.)

LOCATIONS	Low Country Varieties										
	Ladies Fingers	Brinjal	Capsicum	Pumpkin	Cucumber	Bitter Gourd	Snake Gourd	Drumstick	Luffa	Long Beans	
Colombo	160.00 - 320.00	320.00 - 400.00	300.00 - 700.00	160.00 - 320.00	100.00 - 240.00	250.00 - 600.00	200.00 - 400.00	-	180.00 - 400.00	150.00 - 400.00	
Gampaha	280.00 - 320.00	320.00 - 460.00	400.00 - 520.00	200.00 - 300.00	120.00 - 220.00	400.00 - 480.00	300.00 - 340.00	300.00 - 320.00	280.00 - 360.00	270.00 - 320.00	
Kurunegala	180.00 - 200.00	380.00 - 420.00	420.00 - 500.00	220.00 - 250.00	90.00 - 120.00	340.00 - 360.00	180.00 - 220.00	-	200.00 - 250.00	220.00 - 260.00	
Nikaweratiya	160.00 - 220.00	280.00 - 400.00	400.00 - 550.00	200.00 - 260.00	120.00 - 160.00	240.00 - 300.00	120.00 - 180.00	-	180.00 - 260.00	160.00 - 240.00	
Dambulla	180.00 - 200.00	400.00 - 440.00	480.00 - 520.00	180.00 - 200.00	120.00 - 140.00	400.00 - 440.00	200.00 - 260.00	-	180.00 - 220.00	200.00 - 240.00	
Anuradhapura	200.00 - 240.00	360.00 - 400.00	400.00 - 480.00	200.00 - 240.00	120.00 - 160.00	320.00 - 360.00	200.00 - 240.00	-	240.00 - 280.00	180.00 - 200.00	
Thambuththegama	120.00 - 160.00	300.00 - 350.00	280.00 - 350.00	160.00 - 200.00	80.00 - 120.00	240.00 - 280.00	120.00 - 160.00	-	150.00 - 200.00	120.00 - 150.00	
Polonnaruwa	150.00 - 200.00	370.00 - 400.00	440.00 - 480.00	180.00 - 200.00	100.00 - 120.00	400.00 - 440.00	180.00 - 240.00	-	180.00 - 280.00	160.00 - 240.00	
Kaluthara	200.00 - 200.00	300.00 - 320.00	400.00 - 500.00	160.00 - 200.00	120.00 - 160.00	400.00 - 480.00	200.00 - 280.00	-	200.00 - 300.00	180.00 - 200.00	
Badulla	-	-	-	-	-	-	-	-	-	-	
Keppetipola	170.00 - 180.00	320.00 - 350.00	380.00 - 400.00	180.00 - 200.00	120.00 - 130.00	280.00 - 300.00	180.00 - 200.00	-	200.00 - 220.00	180.00 - 200.00	
Moneragala	240.00 - 260.00	360.00 - 400.00	400.00 - 480.00	180.00 - 200.00	120.00 - 150.00	320.00 - 360.00	200.00 - 240.00	-	240.00 - 260.00	180.00 - 200.00	
Kegalle	240.00 - 280.00	440.00 - 480.00	450.00 - 480.00	250.00 - 280.00	120.00 - 160.00	280.00 - 320.00	200.00 - 240.00	550.00 - 560.00	250.00 - 280.00	280.00 - 320.00	
Ampara	240.00 - 300.00	380.00 - 440.00	440.00 - 560.00	200.00 - 240.00	140.00 - 200.00	360.00 - 460.00	260.00 - 320.00	500.00 - 530.00	200.00 - 320.00	280.00 - 340.00	
Dehiattakandiya	240.00 - 300.00	380.00 - 400.00	400.00 - 520.00	200.00 - 240.00	100.00 - 150.00	400.00 - 440.00	200.00 - 240.00	-	200.00 - 300.00	200.00 - 280.00	
Nuwaraeliya	200.00 - 220.00	380.00 - 400.00	400.00 - 420.00	240.00 - 260.00	180.00 - 200.00	300.00 - 320.00	230.00 - 250.00	-	220.00 - 240.00	220.00 - 240.00	
Kandy	160.00 - 180.00	450.00 - 480.00	450.00 - 480.00	200.00 - 240.00	140.00 - 160.00	260.00 - 300.00	160.00 - 200.00	-	240.00 - 260.00	180.00 - 200.00	
Puttalam	200.00 - 240.00	400.00 - 480.00	500.00 - 600.00	200.00 - 250.00	200.00 - 240.00	400.00 - 480.00	200.00 - 280.00	-	320.00 - 400.00	200.00 - 240.00	
Rathnapura	130.00 - 170.00	360.00 - 440.00	400.00 - 480.00	180.00 - 240.00	100.00 - 150.00	400.00 - 500.00	200.00 - 260.00	-	250.00 - 320.00	180.00 - 250.00	
Hambantota	-	-	-	-	-	-	-	-	-	-	
Matara	200.00 - 240.00	280.00 - 340.00	400.00 - 440.00	140.00 - 200.00	120.00 - 160.00	400.00 - 480.00	240.00 - 280.00	-	240.00 - 320.00	160.00 - 200.00	
Galle	-	-	-	-	-	-	-	-	-	-	
Tissamaharama	180.00 - 200.00	380.00 - 400.00	440.00 - 450.00	180.00 - 200.00	100.00 - 120.00	320.00 - 340.00	240.00 - 260.00	-	240.00 - 260.00	160.00 - 180.00	
Meegoda (DEC)	280.00 - 300.00	400.00 - 480.00	400.00 - 500.00	200.00 - 240.00	160.00 - 200.00	400.00 - 480.00	300.00 - 320.00	-	280.00 - 360.00	200.00 - 280.00	
Embilipitiya	140.00 - 160.00	350.00 - 400.00	400.00 - 480.00	200.00 - 240.00	70.00 - 100.00	400.00 - 480.00	200.00 - 240.00	400.00 - 480.00	280.00 - 320.00	140.00 - 160.00	
Jaffna	180.00 - 200.00	250.00 - 280.00	300.00 - 350.00	100.00 - 120.00	150.00 - 160.00	400.00 - 420.00	180.00 - 200.00	-	-	250.00 - 300.00	
Vavuniya	280.00 - 300.00	250.00 - 280.00	300.00 - 340.00	120.00 - 150.00	50.00 - 80.00	300.00 - 350.00	200.00 - 250.00	900.00 - 950.00	300.00 - 360.00	250.00 - 300.00	
Mannar	300.00 - 300.00	350.00 - 400.00	400.00 - 450.00	150.00 - 160.00	180.00 - 200.00	450.00 - 500.00	300.00 - 320.00	-	-	300.00 - 300.00	
Killinochchi	240.00 - 260.00	360.00 - 400.00	380.00 - 420.00	150.00 - 170.00	80.00 - 100.00	380.00 - 420.00	180.00 - 220.00	-	-	230.00 - 250.00	
Mullaittivu	280.00 - 320.00	300.00 - 350.00	400.00 - 450.00	140.00 - 160.00	150.00 - 180.00	600.00 - 650.00	240.00 - 260.00	-	-	300.00 - 350.00	
Batticaloa	320.00 - 350.00	400.00 - 400.00	400.00 - 400.00	180.00 - 200.00	250.00 - 280.00	400.00 - 400.00	320.00 - 350.00	-	250.00 - 250.00	400.00 - 400.00	
Trincomalee	340.00 - 360.00	460.00 - 500.00	450.00 - 500.00	200.00 - 230.00	220.00 - 240.00	520.00 - 550.00	280.00 - 320.00	-	300.00 - 340.00	320.00 - 350.00	
Hanguranketha	160.00 180.00	360.00 400.00	360.00 380.00	140.00 150.00	100.00 120.00	200.00 220.00	170.00 200.00	-	200.00 240.00	150.00 180.00	
Veyangoda	200.00 - 240.00	360.00 - 400.00	360.00 - 400.00	200.00 - 240.00	140.00 - 200.00	280.00 - 320.00	200.00 - 280.00	-	200.00 - 240.00	180.00 - 240.00	
Galenbindunuwewa	150.00 - 200.00	320.00 - 420.00	460.00 - 520.00	160.00 - 220.00	120.00 - 160.00	320.00 - 420.00	180.00 - 250.00	-	160.00 - 240.00	140.00 - 200.00	
Bandarawela	160.00 - 180.00	300.00 - 360.00	420.00 - 480.00	180.00 - 220.00	100.00 - 130.00	320.00 - 360.00	220.00 - 240.00	-	220.00 - 240.00	200.00 - 220.00	
Matale	220.00 - 240.00	400.00 - 520.00	600.00 - 640.00	160.00 - 240.00	160.00 - 200.00	320.00 - 400.00	200.00 - 240.00	-	200.00 - 240.00	200.00 - 320.00	

Table 07 (Contd.)

LOCATIONS	Low Country Varieties					Leafy Vegetable			Coconut (Rs/nut)	
	Ash Plantain	Green Chillies	Lime	Sweet Potato	Manioc	Mukunuwenna	Kankun	Gotukola	Large	Small
Colombo	180.00 - 360.00	400.00 - 800.00	200.00 - 450.00	200.00 - 340.00	160.00 - 240.00	50.00 - 100.00	50.00 - 100.00	90.00 - 320.00	170.00 - 190.00	140.00 - 170.00
Gampaha	280.00 - 380.00	600.00 - 700.00	280.00 - 320.00	260.00 - 360.00	180.00 - 200.00	70.00 - 80.00	70.00 - 80.00	50.00 - 60.00	150.00 - 160.00	100.00 - 135.00
Kurunegala	240.00 - 280.00	550.00 - 650.00	180.00 - 240.00	200.00 - 250.00	180.00 - 200.00	60.00 - 70.00	60.00 - 70.00	60.00 - 60.00	155.00 - 165.00	120.00 - 130.00
Nikaweratiya	180.00 - 240.00	400.00 - 460.00	150.00 - 260.00	160.00 - 240.00	160.00 - 200.00	50.00 - 60.00	50.00 - 60.00	150.00 - 160.00	120.00 - 130.00	70.00 - 100.00
Dambulla	240.00 - 300.00	500.00 - 600.00	200.00 - 250.00	260.00 - 280.00	200.00 - 240.00	60.00 - 80.00	60.00 - 80.00	60.00 - 80.00	140.00 - 150.00	100.00 - 120.00
Anuradhapura	200.00 - 240.00	500.00 - 600.00	200.00 - 250.00	240.00 - 280.00	180.00 - 240.00	50.00 - 60.00	50.00 - 60.00	50.00 - 60.00	140.00 - 160.00	100.00 - 120.00
Thambuththegama	150.00 - 200.00	440.00 - 500.00	120.00 - 160.00	200.00 - 250.00	150.00 - 200.00	-	-	-	120.00 - 120.00	90.00 - 100.00
Polonnaruwa	220.00 - 260.00	450.00 - 500.00	200.00 - 300.00	260.00 - 280.00	220.00 - 240.00	50.00 - 50.00	50.00 - 50.00	50.00 - 50.00	140.00 - 150.00	80.00 - 100.00
Kaluthara	180.00 - 220.00	400.00 - 600.00	200.00 - 200.00	180.00 - 320.00	170.00 - 200.00	70.00 - 80.00	80.00 - 100.00	100.00 - 100.00	200.00 - 220.00	160.00 - 180.00
Badulla	-	-	-	-	-	-	-	-	-	-
Keppetipola	180.00 - 200.00	420.00 - 460.00	230.00 - 250.00	160.00 - 170.00	130.00 - 150.00	60.00 - 70.00	60.00 - 70.00	80.00 - 100.00	140.00 - 160.00	120.00 - 130.00
Moneragala	160.00 - 200.00	500.00 - 600.00	140.00 - 160.00	200.00 - 240.00	120.00 - 140.00	50.00 - 60.00	50.00 - 60.00	50.00 - 70.00	130.00 - 150.00	100.00 - 120.00
Kegalle	230.00 - 250.00	620.00 - 650.00	300.00 - 350.00	250.00 - 280.00	200.00 - 200.00	90.00 - 90.00	80.00 - 80.00	50.00 - 50.00	190.00 - 200.00	150.00 - 160.00
Ampara	240.00 - 300.00	460.00 - 660.00	200.00 - 300.00	240.00 - 260.00	140.00 - 150.00	60.00 - 70.00	60.00 - 70.00	60.00 - 70.00	150.00 - 170.00	120.00 - 130.00
Dehiattakandiya	260.00 - 280.00	400.00 - 600.00	200.00 - 200.00	200.00 - 200.00	200.00 - 200.00	50.00 - 50.00	50.00 - 50.00	50.00 - 50.00	120.00 - 130.00	100.00 - 110.00
Nuwaraeliya	240.00 - 260.00	500.00 - 550.00	250.00 - 260.00	280.00 - 300.00	220.00 - 240.00	70.00 - 80.00	70.00 - 80.00	70.00 - 80.00	150.00 - 160.00	120.00 - 130.00
Kandy	200.00 - 240.00	500.00 - 600.00	160.00 - 200.00	200.00 - 240.00	150.00 - 180.00	70.00 - 80.00	70.00 - 80.00	50.00 - 60.00	150.00 - 170.00	100.00 - 130.00
Puttalam	180.00 - 240.00	450.00 - 520.00	160.00 - 200.00	320.00 - 350.00	200.00 - 250.00	50.00 - 60.00	60.00 - 60.00	50.00 - 60.00	170.00 - 180.00	130.00 - 150.00
Rathnapura	200.00 - 250.00	450.00 - 500.00	150.00 - 200.00	200.00 - 250.00	120.00 - 160.00	80.00 - 80.00	80.00 - 80.00	100.00 - 100.00	190.00 - 220.00	140.00 - 175.00
Hambanthota	-	-	-	-	-	-	-	-	-	-
Matara	160.00 - 200.00	560.00 - 600.00	200.00 - 240.00	200.00 - 240.00	150.00 - 170.00	50.00 - 60.00	50.00 - 60.00	90.00 - 100.00	180.00 - 200.00	140.00 - 160.00
Galle	-	-	-	-	-	-	-	-	-	-
Tissamaharama	180.00 - 200.00	640.00 - 650.00	160.00 - 180.00	220.00 - 240.00	200.00 - 220.00	40.00 - 45.00	40.00 - 45.00	70.00 - 80.00	150.00 - 170.00	110.00 - 130.00
Meegoda (DEC)	300.00 - 320.00	560.00 - 600.00	240.00 - 300.00	240.00 - 280.00	160.00 - 200.00	80.00 - 100.00	80.00 - 80.00	100.00 - 120.00	170.00 - 190.00	150.00 - 150.00
Embilipitiya	150.00 - 180.00	480.00 - 520.00	120.00 - 150.00	200.00 - 240.00	140.00 - 170.00	70.00 - 80.00	60.00 - 80.00	90.00 - 120.00	140.00 - 170.00	100.00 - 130.00
Jaffna	150.00 - 200.00	400.00 - 420.00	170.00 - 200.00	240.00 - 260.00	180.00 - 200.00	90.00 - 100.00	80.00 - 80.00	80.00 - 80.00	160.00 - 180.00	100.00 - 120.00
Vavuniya	220.00 - 250.00	400.00 - 450.00	120.00 - 150.00	200.00 - 240.00	150.00 - 180.00	50.00 - 60.00	50.00 - 60.00	70.00 - 80.00	150.00 - 180.00	100.00 - 120.00
Mannar	200.00 - 200.00	450.00 - 500.00	250.00 - 300.00	250.00 - 280.00	180.00 - 200.00	60.00 - 65.00	50.00 - 60.00	80.00 - 90.00	135.00 - 140.00	95.00 - 100.00
Killinochchi	170.00 - 200.00	440.00 - 460.00	140.00 - 160.00	200.00 - 230.00	170.00 - 200.00	60.00 - 70.00	50.00 - 60.00	60.00 - 70.00	140.00 - 160.00	60.00 - 80.00
Mullaittivu	160.00 - 200.00	400.00 - 450.00	140.00 - 160.00	200.00 - 250.00	180.00 - 220.00	80.00 - 80.00	70.00 - 80.00	50.00 - 50.00	130.00 - 140.00	90.00 - 95.00
Batticaloa	230.00 - 240.00	400.00 - 400.00	150.00 - 150.00	200.00 - 200.00	150.00 - 160.00	100.00 - 100.00	100.00 - 100.00	100.00 - 100.00	160.00 - 170.00	60.00 - 65.00
Trincomalee	220.00 240.00	450.00 480.00	160.00 200.00	240.00 260.00	200.00 220.00	75.00 80.00	70.00 75.00	50.00 55.00	150.00 160.00	100.00 110.00
Hanguranketha	220.00 - 250.00	420.00 - 480.00	220.00 - 250.00	250.00 - 280.00	160.00 - 180.00	40.00 - 50.00	40.00 - 50.00	40.00 - 50.00	145.00 - 150.00	110.00 - 110.00
Veyangoda	200.00 - 240.00	600.00 - 700.00	200.00 - 240.00	200.00 - 240.00	180.00 - 200.00	65.00 - 70.00	65.00 - 70.00	90.00 - 100.00	150.00 - 160.00	120.00 - 140.00
Galenbindunuwewa	160.00 - 200.00	480.00 - 580.00	160.00 - 200.00	180.00 - 200.00	180.00 - 200.00	50.00 - 60.00	50.00 - 60.00	60.00 - 60.00	120.00 - 130.00	90.00 - 110.00
Bandarawela	200.00 - 220.00	400.00 - 450.00	160.00 - 200.00	200.00 - 220.00	160.00 - 180.00	70.00 - 80.00	70.00 - 80.00	80.00 - 100.00	150.00 - 170.00	100.00 - 130.00
Matale	200.00 - 240.00	500.00 - 560.00	200.00 - 240.00	200.00 - 240.00	180.00 - 200.00	80.00 - 90.00	70.00 - 80.00	70.00 - 80.00	160.00 - 170.00	110.00 - 130.00

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

Week 11: 13 - 19 Mar 2026

18

LOCATIONS	Banana					Pineapple			Mango	
	Ambul (Rs/kg)	Kolikuttu (Rs/kg)	Seeni (Rs/kg)	Anamalu	Ambun	Large	Medium	Small	Betti	Karthakolomban
Colombo	160.00 - 240.00	320.00 - 430.00	150.00 - 250.00	40.00 - 70.00	60.00 - 90.00	400.00 - 650.00	310.00 - 500.00	250.00 - 400.00	-	270.00 - 500.00
Gampaha	160.00 - 220.00	300.00 - 360.00	180.00 - 200.00	-	-	500.00 - 620.00	380.00 - 420.00	-	-	-
Kurunegala	180.00 - 200.00	300.00 - 360.00	180.00 - 200.00	-	68.00 - 72.00	480.00 - 550.00	-	-	-	-
Nikaweratiya	200.00 - 240.00	330.00 - 350.00	180.00 - 230.00	-	45.00 - 50.00	450.00 - 550.00	350.00 - 480.00	-	-	-
Dambulla	180.00 - 200.00	360.00 - 380.00	160.00 - 200.00	-	75.00 - 76.00	650.00 - 700.00	550.00 - 580.00	280.00 - 300.00	130.00 - 140.00	300.00 - 350.00
Anuradhapura	180.00 - 240.00	350.00 - 400.00	150.00 - 200.00	30.00 - 38.00	45.00 - 56.00	720.00 - 810.00	520.00 - 600.00	400.00 - 450.00	-	-
Thambuththegama	160.00 - 200.00	350.00 - 400.00	120.00 - 180.00	-	40.00 - 50.00	500.00 - 600.00	-	-	-	-
Polonnaruwa	250.00 - 250.00	400.00 - 450.00	200.00 - 200.00	50.00 - 57.00	80.00 - 90.00	600.00 - 600.00	550.00 - 550.00	500.00 - 500.00	-	-
Kaluthara	180.00 - 220.00	350.00 - 380.00	180.00 - 200.00	35.00 - 40.00	46.00 - 50.00	520.00 - 585.00	400.00 - 450.00	320.00 - 360.00	-	-
Badulla	-	-	-	-	-	-	-	-	-	-
Keppetipola	190.00 - 200.00	300.00 - 330.00	170.00 - 190.00	43.00 - 45.00	64.00 - 65.00	400.00 - 450.00	350.00 - 360.00	240.00 - 250.00	-	-
Moneragala	100.00 - 120.00	280.00 - 300.00	80.00 - 100.00	24.00 - 26.00	30.00 - 35.00	810.00 - 840.00	670.00 - 700.00	580.00 - 610.00	-	-
Kegalle	200.00 - 220.00	350.00 - 380.00	200.00 - 220.00	48.00 - 50.00	68.00 - 70.00	600.00 - 650.00	400.00 - 450.00	150.00 - 160.00	-	-
Ampara	170.00 - 180.00	320.00 - 350.00	140.00 - 140.00	37.00 - 37.00	50.00 - 50.00	530.00 - 550.00	-	-	-	-
Dehiattakandiya	200.00 - 230.00	350.00 - 380.00	160.00 - 200.00	-	45.00 - 56.00	600.00 - 800.00	500.00 - 580.00	380.00 - 420.00	-	-
Nuwaraeliya	200.00 - 220.00	330.00 - 340.00	180.00 - 200.00	45.00 - 46.00	65.00 - 68.00	440.00 - 460.00	350.00 - 360.00	260.00 - 280.00	-	-
Kandy	180.00 - 200.00	320.00 - 340.00	170.00 - 200.00	32.00 - 34.00	55.00 - 60.00	650.00 - 700.00	450.00 - 500.00	250.00 - 300.00	-	-
Puttalam	140.00 - 160.00	320.00 - 360.00	140.00 - 160.00	24.00 - 28.00	-	520.00 - 550.00	280.00 - 350.00	180.00 - 220.00	-	-
Rathnapura	110.00 - 150.00	250.00 - 350.00	100.00 - 130.00	32.00 - 35.00	50.00 - 58.00	560.00 - 630.00	400.00 - 480.00	320.00 - 380.00	-	-
Hambantota	-	-	-	-	-	-	-	-	-	-
Matara	150.00 - 180.00	300.00 - 330.00	130.00 - 150.00	25.00 - 27.00	37.00 - 39.00	650.00 - 700.00	600.00 - 630.00	340.00 - 400.00	-	-
Galle	-	-	-	-	-	-	-	-	-	-
Tissamaharama	160.00 - 170.00	260.00 - 280.00	140.00 - 150.00	-	-	480.00 - 520.00	380.00 - 400.00	300.00 - 320.00	-	-
Meegoda (DEC)	170.00 - 200.00	320.00 - 360.00	170.00 - 200.00	47.00 - 56.00	50.00 - 60.00	680.00 - 760.00	520.00 - 580.00	400.00 - 450.00	-	-
Embilipitiya	90.00 - 110.00	240.00 - 280.00	100.00 - 120.00	20.00 - 30.00	30.00 - 40.00	380.00 - 450.00	300.00 - 350.00	200.00 - 280.00	-	-
Jaffna	150.00 - 150.00	300.00 - 300.00	150.00 - 150.00	-	-	420.00 - 440.00	330.00 - 350.00	240.00 - 260.00	-	-
Vavuniya	150.00 - 170.00	200.00 - 250.00	200.00 - 240.00	34.00 - 38.00	40.00 - 45.00	500.00 - 600.00	400.00 - 500.00	300.00 - 400.00	-	-
Mannar	150.00 - 160.00	350.00 - 350.00	160.00 - 180.00	37.00 - 45.00	40.00 - 43.00	550.00 - 600.00	480.00 - 500.00	380.00 - 400.00	-	300.00 - 380.00
Killinochchi	160.00 - 180.00	340.00 - 360.00	150.00 - 170.00	34.00 - 36.00	39.00 - 40.00	450.00 - 480.00	350.00 - 380.00	300.00 - 330.00	-	-
Mullaittivu	150.00 - 170.00	300.00 - 350.00	140.00 - 150.00	35.00 - 40.00	37.00 - 42.00	580.00 - 620.00	420.00 - 450.00	320.00 - 350.00	-	-
Batticaloa	150.00 - 160.00	350.00 - 350.00	150.00 - 150.00	36.00 - 36.00	38.00 - 38.00	500.00 - 500.00	340.00 - 350.00	250.00 - 300.00	-	-
Trincomalee	180.00 - 200.00	400.00 - 440.00	170.00 - 180.00	-	-	660.00 - 680.00	550.00 - 570.00	420.00 - 440.00	-	-
Veyangoda	170.00 - 180.00	300.00 - 320.00	160.00 - 180.00	33.00 - 36.00	60.00 - 64.00	540.00 - 610.00	410.00 - 470.00	320.00 - 360.00	-	170.00 - 200.00
Galenbindunuwewa	150.00 - 190.00	380.00 - 420.00	160.00 - 200.00	-	-	580.00 - 620.00	500.00 - 540.00	440.00 - 460.00	-	-
Bandarawela	180.00 - 200.00	300.00 - 330.00	170.00 - 190.00	32.00 - 35.00	46.00 - 50.00	500.00 - 550.00	450.00 - 480.00	340.00 - 380.00	-	-
Matale	180.00 - 200.00	360.00 - 400.00	180.00 - 200.00	30.00 - 34.00	60.00 - 70.00	550.00 - 600.00	450.00 - 500.00	250.00 - 320.00	-	-

Table 08 (Contd.)

LOCATIONS	Mango		Other Fruits							
	Vilad	Kohu	Papaw (Rs/kg)	Passion	Wood Apple	Orange	Avocado	Slime Apple	Grapes (Rs/kg)	King Coconut
Colombo	120.00 - 200.00	-	350.00 - 450.00	100.00 - 140.00	80.00 - 160.00	50.00 - 100.00	230.00 - 430.00	60.00 - 160.00	2000.00 - 3000.00	200.00 - 230.00
Gampaha	100.00 - 100.00	-	320.00 - 360.00	-	120.00 - 160.00	110.00 - 120.00	-	83.00 - 97.00	2800.00 - 3000.00	170.00 - 180.00
Kurunegala	-	-	300.00 - 350.00	-	120.00 - 140.00	100.00 - 110.00	-	67.00 - 84.00	2750.00 - 2850.00	160.00 - 180.00
Nikaweratiya	-	-	300.00 - 350.00	40.00 - 60.00	-	100.00 - 130.00	400.00 - 450.00	-	2500.00 - 2700.00	150.00 - 200.00
Dambulla	-	80.00 - 90.00	300.00 - 350.00	70.00 - 80.00	80.00 - 100.00	100.00 - 120.00	200.00 - 200.00	80.00 - 100.00	2800.00 - 3000.00	180.00 - 200.00
Anuradhapura	-	-	320.00 - 360.00	-	70.00 - 100.00	100.00 - 120.00	-	80.00 - 100.00	2500.00 - 2700.00	180.00 - 220.00
Thambuththegama	-	-	280.00 - 350.00	65.00 - 70.00	-	-	-	-	-	150.00 - 200.00
Polonnaruwa	-	-	350.00 - 400.00	80.00 - 80.00	80.00 - 100.00	50.00 - 50.00	-	-	2500.00 - 2500.00	180.00 - 200.00
Kaluthara	-	-	350.00 - 400.00	-	90.00 - 100.00	-	-	70.00 - 90.00	2800.00 - 3000.00	180.00 - 220.00
Badulla	-	-	-	-	-	-	-	-	-	-
Keppetipola	-	-	350.00 - 360.00	-	70.00 - 80.00	60.00 - 65.00	-	-	2300.00 - 2500.00	180.00 - 200.00
Moneragala	-	-	250.00 - 270.00	-	70.00 - 90.00	40.00 - 60.00	-	60.00 - 80.00	2500.00 - 3000.00	150.00 - 170.00
Kegalle	-	-	440.00 - 450.00	-	110.00 - 120.00	-	-	70.00 - 80.00	2500.00 - 2500.00	150.00 - 160.00
Ampara	-	-	360.00 - 380.00	60.00 - 65.00	-	-	-	-	2800.00 - 3000.00	170.00 - 180.00
Dehiattakandiya	-	-	320.00 - 360.00	-	50.00 - 70.00	50.00 - 100.00	-	40.00 - 60.00	2800.00 - 3000.00	130.00 - 150.00
Nuwareliya	-	-	360.00 - 380.00	90.00 - 100.00	80.00 - 90.00	65.00 - 68.00	200.00 - 220.00	-	2400.00 - 3000.00	200.00 - 240.00
Kandy	-	-	300.00 - 320.00	80.00 - 100.00	80.00 - 100.00	40.00 - 50.00	200.00 - 250.00	50.00 - 60.00	2500.00 - 2600.00	180.00 - 200.00
Puttalam	-	-	280.00 - 320.00	55.00 - 60.00	-	20.00 - 25.00	150.00 - 150.00	-	2400.00 - 2600.00	150.00 - 150.00
Hambantota	-	-	-	-	-	-	-	-	-	-
Rathnapura	-	-	280.00 - 350.00	-	80.00 - 120.00	-	-	60.00 - 100.00	2000.00 - 2400.00	120.00 - 150.00
Matara	-	-	300.00 - 320.00	75.00 - 90.00	80.00 - 90.00	80.00 - 120.00	-	60.00 - 70.00	2500.00 - 2700.00	180.00 - 200.00
Galle	-	-	-	-	-	-	-	-	-	-
Tissamaharama	-	-	300.00 - 330.00	-	86.00 - 90.00	-	-	84.00 - 85.00	2600.00 - 2800.00	150.00 - 160.00
Meegoda (DEC)	-	-	300.00 - 350.00	-	90.00 - 90.00	50.00 - 70.00	180.00 - 200.00	42.00 - 60.00	2200.00 - 2400.00	150.00 - 160.00
Embilipitiya	-	-	280.00 - 330.00	-	120.00 - 140.00	60.00 - 90.00	-	20.00 - 30.00	2580.00 - 2650.00	160.00 - 180.00
Jaffna	-	-	290.00 - 300.00	90.00 - 100.00	100.00 - 100.00	50.00 - 60.00	-	-	2500.00 - 2700.00	200.00 - 220.00
Vavuniya	-	-	350.00 - 420.00	-	80.00 - 90.00	-	-	-	2300.00 - 2400.00	240.00 - 260.00
Mannar	-	-	320.00 - 350.00	60.00 - 80.00	80.00 - 90.00	40.00 - 45.00	250.00 - 300.00	-	2500.00 - 2600.00	180.00 - 200.00
Killinochchi	-	-	260.00 - 280.00	-	65.00 - 75.00	30.00 - 40.00	-	-	2800.00 - 2900.00	180.00 - 200.00
Mullaittivu	-	-	300.00 - 340.00	55.00 - 65.00	60.00 - 65.00	-	-	-	2600.00 - 2650.00	160.00 - 180.00
Batticaloa	-	-	300.00 - 300.00	35.00 - 40.00	50.00 - 50.00	60.00 - 60.00	-	-	2000.00 - 2000.00	200.00 - 200.00
Trincomalee	-	-	280.00 - 320.00	55.00 - 60.00	80.00 - 90.00	-	-	-	2400.00 - 2500.00	190.00 - 200.00
Veyangoda	-	-	320.00 - 340.00	70.00 - 85.00	55.00 - 60.00	55.00 - 60.00	-	30.00 - 37.00	2300.00 - 2500.00	120.00 - 150.00
Galenbindunuwewa	-	-	280.00 - 320.00	-	-	-	175.00 - 200.00	-	2500.00 - 2600.00	170.00 - 200.00
Bandarawela	60.00 - 60.00	-	300.00 - 340.00	100.00 - 120.00	80.00 - 90.00	40.00 - 50.00	-	-	2600.00 - 2800.00	160.00 - 200.00
Matale	-	-	400.00 - 440.00	50.00 - 60.00	140.00 - 160.00	80.00 - 100.00	-	60.00 - 80.00	2400.00 - 2500.00	150.00 - 160.00

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

Week 11: 13 - 19 Mar 2026

Locations	Sea Fish					
	Salaya	Hurulla	Balaya	Kelawalla	Thora	Paraw
Colombo	250.00 – 400.00	700.00 – 900.00	700.00 – 900.00	900.00 – 1200.00	1200.00 – 1700.00	1000.00 – 1200.00
Kandy	400.00 – 450.00	1000.00 – 1050.00	850.00 – 1000.00	1300.00 – 1400.00	2300.00 – 2500.00	1000.00 – 1200.00
Kaluthara	350.00 – 400.00	-	900.00 – 1100.00	1300.00 – 1300.00	-	1200.00 – 1200.00
Puttalam	400.00 – 450.00	800.00 – 900.00	800.00 – 850.00	1050.00 – 1100.00	2000.00 – 2200.00	800.00 – 1100.00
Matara	380.00 – 400.00	-	950.00 – 1050.00	1300.00 – 1400.00	-	1400.00 – 1500.00
Hambantota	-	-	-	-	-	-
Galle	-	-	-	-	-	-
Batticaloa	250.00 – 250.00	-	800.00 – 900.00	1000.00 – 1000.00	1200.00 – 1200.00	1000.00 – 1000.00
Trincomalee	-	-	-	-	-	-
Mannar	500.00 – 550.00	-	950.00 – 1000.00	-	-	1200.00 – 1250.00

Locations	Sea Fish				Eggs	
	Mora	Shrimps	Thalapath	Teppeli	Brown	White
Colombo	1300.00 – 1400.00	1600.00 – 2000.00	1400.00 – 2200.00	-	34.00 – 39.00	33.00 – 37.00
Kandy	1300.00 – 1400.00	1800.00 – 2200.00	2200.00 – 2300.00	-	35.00 – 37.00	34.00 – 36.00
Kaluthara	900.00 – 1000.00	2300.00 – 2300.00	1600.00 – 1700.00	-	-	-
Puttalam	1200.00 – 1250.00	1500.00 – 1800.00	2000.00 – 2250.00	-	33.00 – 34.00	34.00 – 34.00
Matara	-	-	1800.00 – 1900.00	-	36.00 – 37.00	33.00 – 34.00
Hambantota	-	-	-	-	-	-
Galle	-	-	-	-	-	-
Batticaloa	700.00 – 700.00	1300.00 – 1400.00	1500.00 – 1600.00	-	38.00 – 38.00	36.00 – 36.00
Trincomalee	-	-	-	-	-	-
Mannar	1550.00 – 1600.00	1350.00 – 1400.00	-	-	35.00 – 36.00	33.00 – 34.00

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

Week 11: 13 - 19 Mar 2026

Locations	Local Dried Fish					
	Sprats	Kattawa	Thora	Mora	Balaya	Anguluwa
Colombo	60000 – 80000	85000 – 92500	-	65000 – 140000	60000 – 72500	87500 – 100000
Kandy	72500 – 75000	105000 – 107500	-	132500 – 135000	70000 – 75000	-
Batticaloa	50000 – 50000	90000 – 90000	-	-	75000 – 75000	-
Trincomalee	-	-	-	-	-	-
Mannar	-	90000 – 100000	-	120000 – 125000	57500 – 60000	45000 – 50000

Locations	Local Dried Fish			Imported Dried Fish		
	Maduwa	Koduwa	Salaya	Sprats	Kattawa	Thora
Colombo	75000 – 85000	-	32500 – 42500	45000 – 52500	90000 – 100000	135000 – 140000
Kandy	-	-	40000 – 45000	55000 – 60000	90000 – 92500	-
Batticaloa	-	-	-	40000 – 40000	-	-
Trincomalee	-	-	-	-	-	-
Mannar	40000 – 42500	-	-	47500 – 50000	-	-

Locations	Imported Dried Fish					
	Mora	Balaya	Anguluwa	Maduwa	Koduwa	Salaya
Colombo	130000 – 132500	-	85000 – 95000	-	-	-
Kandy	-	-	-	-	-	-
Batticaloa	-	-	-	-	-	-
Trincomalee	-	-	-	-	-	-
Mannar	-	-	-	-	-	-

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

Week 11: 13 - 19 Mar 2026

LOCATIONS	Sea Fish									Eggs	
	Salaya	Hurulla	Balaya	Kelawalla	Thora	Paraw	Mora	Thalapath	Brown	White	
Colombo	500.00 - 700.00	1000.00 - 1400.00	1000.00 - 2000.00	1600.00 - 2800.00	2700.00 - 4000.00	1500.00 - 2200.00	1600.00 - 2200.00	2500.00 - 3200.00	36.00 - 40.00	35.00 - 38.00	
Gampaha	650.00 - 700.00	1200.00 - 1200.00	-	2000.00 - 2100.00	-	1950.00 - 2000.00	-	2700.00 - 2800.00	41.00 - 42.00	36.00 - 38.00	
Kurunegala	560.00 - 620.00	1000.00 - 1100.00	-	1900.00 - 2000.00	-	1800.00 - 1900.00	-	2600.00 - 2700.00	38.00 - 40.00	36.00 - 38.00	
Nikaweratiya	700.00 - 850.00	1200.00 - 1350.00	1000.00 - 1100.00	2000.00 - 2300.00	-	1200.00 - 1300.00	-	2600.00 - 2700.00	38.00 - 41.00	37.00 - 40.00	
Dambulla	500.00 - 600.00	1200.00 - 1300.00	1000.00 - 1200.00	2000.00 - 2200.00	2600.00 - 2600.00	1300.00 - 1400.00	1700.00 - 1900.00	2600.00 - 2700.00	44.00 - 45.00	40.00 - 41.00	
Anuradhapura	600.00 - 700.00	1100.00 - 1200.00	1000.00 - 1200.00	2200.00 - 2400.00	-	1400.00 - 1600.00	-	2600.00 - 2800.00	38.00 - 40.00	38.00 - 39.00	
Thambuththegama	-	-	-	-	-	-	-	-	35.00 - 37.00	35.00 - 37.00	
Polonnaruwa	-	1000.00 - 1000.00	1400.00 - 1400.00	2000.00 - 2000.00	2700.00 - 2700.00	1400.00 - 1400.00	2000.00 - 2000.00	2600.00 - 2600.00	39.00 - 39.00	37.00 - 38.00	
Kaluthara	600.00 - 600.00	-	1600.00 - 1800.00	2500.00 - 2600.00	3000.00 - 3000.00	2400.00 - 2400.00	1800.00 - 2000.00	2400.00 - 2600.00	38.00 - 38.00	35.00 - 37.00	
Badulla	-	-	-	-	-	-	-	-	-	-	
Keppetipola	500.00 - 520.00	1150.00 - 1160.00	1000.00 - 1100.00	2200.00 - 2300.00	-	1400.00 - 1500.00	1700.00 - 1800.00	2500.00 - 2550.00	38.00 - 40.00	36.00 - 37.00	
Moneragala	600.00 - 650.00	1100.00 - 1200.00	1000.00 - 1100.00	2200.00 - 2400.00	3000.00 - 3200.00	2200.00 - 2400.00	-	2800.00 - 3000.00	38.00 - 40.00	38.00 - 39.00	
Kegalle	700.00 - 800.00	1300.00 - 1300.00	1200.00 - 1250.00	2400.00 - 2400.00	-	1400.00 - 1400.00	2000.00 - 2000.00	2800.00 - 2800.00	40.00 - 42.00	36.00 - 38.00	
Ampara	400.00 - 500.00	1000.00 - 1200.00	1500.00 - 1600.00	2000.00 - 2200.00	-	1300.00 - 1300.00	-	2200.00 - 2500.00	-	36.00 - 39.00	
Dehiattakandiya	400.00 - 550.00	1000.00 - 1100.00	1500.00 - 1600.00	2000.00 - 2200.00	-	1300.00 - 1300.00	-	2200.00 - 2200.00	35.00 - 40.00	34.00 - 35.00	
Nuwaraeliya	560.00 - 580.00	1180.00 - 1200.00	1200.00 - 1300.00	2300.00 - 2400.00	2700.00 - 2800.00	1500.00 - 1600.00	1700.00 - 1800.00	2500.00 - 2600.00	38.00 - 40.00	36.00 - 38.00	
Kandy	480.00 - 500.00	1150.00 - 1200.00	1200.00 - 1400.00	2000.00 - 2200.00	3000.00 - 3200.00	1500.00 - 1800.00	1600.00 - 1700.00	2500.00 - 2600.00	38.00 - 39.00	36.00 - 38.00	
Puttalam	500.00 - 550.00	900.00 - 1000.00	950.00 - 1000.00	1450.00 - 1600.00	2400.00 - 2600.00	1300.00 - 1500.00	1500.00 - 1700.00	2500.00 - 2600.00	36.00 - 40.00	36.00 - 40.00	
Hambantota	-	-	-	-	-	-	-	-	-	-	
Rathnapura	500.00 - 600.00	900.00 - 1200.00	1200.00 - 1400.00	2000.00 - 2200.00	3200.00 - 3600.00	2000.00 - 2200.00	1600.00 - 1800.00	2200.00 - 2400.00	41.00 - 42.00	37.00 - 39.00	
Matara	550.00 - 600.00	-	1600.00 - 1700.00	2000.00 - 2100.00	-	2000.00 - 2200.00	-	2400.00 - 2700.00	37.00 - 39.00	34.00 - 37.00	
Galle	-	-	-	-	-	-	-	-	-	-	
Tissamaharama	450.00 - 500.00	-	1000.00 - 1100.00	-	-	-	-	-	-	36.00 - 38.00	
Meegoda	560.00 - 680.00	1320.00 - 1320.00	-	2400.00 - 2700.00	-	1400.00 - 1400.00	-	2900.00 - 3300.00	38.00 - 40.00	36.00 - 40.00	
Embilipitiya	600.00 - 700.00	1250.00 - 1300.00	1300.00 - 1400.00	2000.00 - 2200.00	2800.00 - 2850.00	1800.00 - 1850.00	1600.00 - 1700.00	2800.00 - 2850.00	35.00 - 36.00	33.00 - 36.00	
Jaffna	600.00 - 700.00	1250.00 - 1300.00	1200.00 - 1300.00	-	3400.00 - 3500.00	1400.00 - 1600.00	2200.00 - 2400.00	-	37.00 - 37.00	36.00 - 36.00	
Vavuniya	600.00 - 700.00	1200.00 - 1300.00	1200.00 - 1300.00	2400.00 - 2500.00	2800.00 - 2900.00	1600.00 - 1700.00	-	2400.00 - 2500.00	38.00 - 41.00	38.00 - 40.00	
Mannar	500.00 - 550.00	-	1000.00 - 1100.00	-	-	1500.00 - 1600.00	2000.00 - 2300.00	-	37.00 - 38.00	35.00 - 36.00	
Killinochchi	450.00 - 500.00	850.00 - 900.00	1000.00 - 1100.00	-	-	1400.00 - 1500.00	2200.00 - 2400.00	-	37.00 - 38.00	35.00 - 36.00	
Mullaittivu	450.00 - 550.00	950.00 - 1000.00	1250.00 - 1300.00	1900.00 - 2000.00	-	1400.00 - 1500.00	2200.00 - 2300.00	-	38.00 - 40.00	34.00 - 36.00	
Batticaloa	600.00 - 600.00	1000.00 - 1000.00	1600.00 - 1600.00	1800.00 - 1800.00	-	2000.00 - 2000.00	1400.00 - 1400.00	2800.00 - 2800.00	40.00 - 40.00	38.00 - 38.00	
Trincomalee	500.00 - 550.00	1100.00 - 1150.00	1200.00 - 1250.00	2150.00 - 2200.00	2350.00 - 2400.00	1600.00 - 1650.00	1950.00 - 2000.00	-	38.00 - 40.00	36.00 - 37.00	
Veyangoda	450.00 - 500.00	1000.00 - 1000.00	1600.00 - 1600.00	2200.00 - 2350.00	2800.00 - 3000.00	2200.00 - 2400.00	-	2400.00 - 2400.00	36.00 - 38.00	34.00 - 36.00	
Galenbindunuwewa	500.00 - 600.00	-	1900.00 - 2100.00	2500.00 - 2600.00	-	1500.00 - 1600.00	2000.00 - 2200.00	3000.00 - 3000.00	36.00 - 39.00	37.00 - 39.00	
Bandarawela	550.00 - 600.00	-	1400.00 - 1500.00	2200.00 - 2300.00	-	1800.00 - 1850.00	1500.00 - 1600.00	2400.00 - 2500.00	38.00 - 40.00	37.00 - 38.00	
Matale	500.00 - 600.00	1000.00 - 1100.00	900.00 - 1000.00	2400.00 - 2500.00	2800.00 - 3000.00	1500.00 - 1600.00	1700.00 - 1800.00	2500.00 - 2600.00	38.00 - 39.00	36.00 - 37.00	

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

Week 11: 13 - 19 Mar 2026

LOCATIONS	Dried Fish													
	Sprats-Imported		Kattawa		Thora		Mora		Balaya		Anguluwa		Salaya	
Colombo	1100.00	1500.00	2200.00	2800.00	3000.00	3200.00	2600.00	3200.00	1600.00	2400.00	1900.00	2800.00	900.00	1200.00
Gampaha	1350.00	1400.00	2800.00	2900.00	-	-	2300.00	2400.00	-	-	2300.00	2400.00	1300.00	1300.00
Kurunegala	1300.00	1400.00	2600.00	2650.00	-	-	-	-	1500.00	1550.00	2000.00	2200.00	1100.00	1200.00
Nikaweratiya	1200.00	1400.00	2200.00	2400.00	-	-	-	-	1500.00	1800.00	2400.00	2600.00	900.00	1200.00
Dambulla	1300.00	1400.00	2400.00	2600.00	-	-	2800.00	3000.00	1500.00	1600.00	2300.00	2400.00	-	-
Anuradhapura	1120.00	1400.00	2400.00	2600.00	-	-	2800.00	3000.00	1800.00	2000.00	2400.00	2600.00	800.00	1000.00
Thambuththegama	1180.00	1250.00	1850.00	2200.00	-	-	2800.00	3200.00	1550.00	1800.00	1300.00	2200.00	800.00	800.00
Polonnaruwa	1100.00	1300.00	2300.00	2500.00	-	-	-	-	1700.00	1800.00	-	-	-	-
Kaluthara	1400.00	1500.00	2200.00	2600.00	-	-	2800.00	3000.00	1400.00	1700.00	2400.00	2600.00	1000.00	1000.00
Badulla	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Keppetipola	1250.00	1300.00	2400.00	2400.00	3000.00	3200.00	2800.00	3000.00	1600.00	1700.00	1600.00	1700.00	900.00	1000.00
Moneragala	1350.00	1400.00	2400.00	2500.00	-	-	2600.00	3000.00	1800.00	2000.00	2400.00	2600.00	800.00	1000.00
Kegalle	1120.00	1300.00	2600.00	2600.00	3600.00	3600.00	-	-	1750.00	1800.00	-	-	-	-
Ampara	-	-	2500.00	2600.00	-	-	2400.00	2600.00	1800.00	2000.00	1400.00	1400.00	-	-
Dehiattakandiya	1200.00	1400.00	2400.00	2600.00	-	-	-	-	1800.00	2200.00	1400.00	1500.00	-	-
Nuwaraeliya	1300.00	1350.00	2500.00	2600.00	3200.00	3300.00	2900.00	3000.00	1700.00	1800.00	1650.00	1700.00	1000.00	1100.00
Kandy	1300.00	1400.00	2700.00	2800.00	3400.00	3500.00	3000.00	3200.00	2000.00	2100.00	2400.00	2500.00	1000.00	1100.00
Puttalam	1400.00	1600.00	2200.00	2400.00	-	-	-	-	1500.00	1650.00	1000.00	1250.00	750.00	800.00
Hambantota	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Rathnapura	1280.00	1400.00	2200.00	2400.00	-	-	2800.00	3100.00	1900.00	2100.00	2500.00	2600.00	760.00	800.00
Matara	1350.00	1400.00	2200.00	2400.00	3200.00	3250.00	2800.00	3000.00	1600.00	2000.00	2200.00	2250.00	-	-
Galle	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Tissamaharama	1300.00	1400.00	-	-	-	-	2500.00	2600.00	1750.00	1800.00	2400.00	2500.00	-	-
Meegoda	1200.00	1280.00	2200.00	2800.00	-	-	3000.00	3000.00	1700.00	1800.00	2200.00	2600.00	800.00	1000.00
Embilipitiya	1200.00	1400.00	2600.00	2800.00	-	-	2800.00	3000.00	2000.00	2200.00	2600.00	2800.00	1050.00	1200.00
Jaffna	1300.00	1400.00	2000.00	2200.00	-	-	2300.00	2400.00	1400.00	1400.00	1000.00	1200.00	800.00	1200.00
Vavuniya	-	-	2200.00	2300.00	-	-	2400.00	2500.00	1400.00	1500.00	1200.00	1300.00	800.00	900.00
Mannar	-	-	2500.00	2800.00	-	-	2800.00	3000.00	1800.00	2000.00	1950.00	1950.00	-	-
Killinochchi	1300.00	1400.00	2500.00	2600.00	-	-	2400.00	2500.00	1300.00	1400.00	1000.00	1100.00	950.00	1000.00
Mullaittivu	1550.00	1650.00	2400.00	2500.00	-	-	2400.00	2500.00	1400.00	1450.00	-	-	800.00	900.00
Batticaloa	1200.00	1250.00	2300.00	2300.00	-	-	-	-	2000.00	2000.00	-	-	-	-
Trincomalee	1250.00	1300.00	2300.00	2350.00	-	-	-	-	1350.00	1400.00	1250.00	1300.00	700.00	750.00
Veyangoda	1200.00	1400.00	2200.00	2400.00	-	-	2700.00	2800.00	1800.00	2000.00	2200.00	2300.00	1200.00	1300.00
Galenbindunuwewa	1400.00	1600.00	2700.00	2850.00	3400.00	3500.00	3000.00	3200.00	2000.00	2200.00	2600.00	2800.00	950.00	1100.00
Bandarawela	1200.00	1400.00	2300.00	2500.00	-	-	2800.00	3000.00	2000.00	2200.00	2200.00	2400.00	1000.00	1100.00
Matale	1300.00	1500.00	2600.00	2800.00	-	-	2800.00	3000.00	1800.00	1900.00	2400.00	2600.00	880.00	900.00

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

Week 11: 13 - 19 Mar 2026

LOCATIONS	Meat		Meat (Chicken)		Meat					
	Beef		Broiler	Curry	Mutton	Pork				
Colombo	2900.00	- 3000.00	1380.00	- 1540.00	1250.00	- 1350.00	4000.00	- 4400.00	2700.00	- 2700.00
Gampaha	-		1350.00	- 1380.00	-		-		-	
Kurunegala	-		1360.00	- 1400.00	-		-		-	
Nikaweratiya	2500.00	- 2700.00	1350.00	- 1480.00	-		-		-	
Dambulla	-		1380.00	- 1400.00	1400.00	- 1450.00	-		2700.00	- 2700.00
Anuradhapura	2600.00	- 2600.00	1300.00	- 1350.00	-		-		2600.00	- 2700.00
Thambuththegama	-		1100.00	- 1200.00	-		-		2400.00	- 2600.00
Polonnaruwa	2500.00	- 2500.00	1460.00	- 1480.00	1500.00	- 1550.00	4000.00	- 4000.00	3100.00	- 3100.00
Kaluthara	2800.00	- 2800.00	1400.00	- 1450.00	1300.00	- 1400.00	-		2600.00	- 2700.00
Badulla	-		-		-		-		-	
Keppetipola	2400.00	- 2400.00	1400.00	- 1450.00	1450.00	- 1500.00	3200.00	- 3200.00	-	
Moneragala	2600.00	- 2600.00	1390.00	- 1480.00	-		-		3000.00	- 3200.00
Kegalle	2600.00	- 2600.00	1250.00	- 1250.00	-		3600.00	- 3600.00	2600.00	- 2600.00
Ampara	2400.00	- 2500.00	1350.00	- 1500.00	-		-		2900.00	- 3800.00
Dehiattakandiya	-		1350.00	- 1400.00	-		-		2550.00	- 2700.00
Nuwaraeliya	2300.00	- 2400.00	1400.00	- 1450.00	1450.00	- 1500.00	3800.00	- 3900.00	2800.00	- 2900.00
Kandy	2500.00	- 2600.00	1250.00	- 1270.00	1300.00	- 1320.00	3600.00	- 3700.00	2800.00	- 2900.00
Puttalam	2500.00	- 2500.00	1400.00	- 1450.00	1600.00	- 1700.00	4500.00	- 4500.00	-	
Hambantota	-		-		-		-		-	
Rathnapura	2700.00	- 2700.00	1380.00	- 1500.00	1360.00	- 1400.00	3900.00	- 3900.00	2700.00	- 2700.00
Matara	-		1350.00	- 1400.00	-		-		-	
Galle	-		-		-		-		-	
Tissamaharama	-		1400.00	- 1500.00	-		-		-	
Meegoda	-		1380.00	- 1450.00	1380.00	- 1400.00	-		3000.00	- 3000.00
Embilipitiya	2450.00	- 2500.00	1180.00	- 1250.00	1200.00	- 1220.00	3850.00	- 3900.00	2600.00	- 2800.00
Jaffna	2300.00	- 2400.00	1300.00	- 1400.00	1500.00	- 1700.00	3600.00	- 3700.00	-	
Vavuniya	2200.00	- 2300.00	1400.00	- 1450.00	1500.00	- 1650.00	3100.00	- 3200.00	-	
Mannar	2200.00	- 2300.00	1400.00	- 1450.00	1600.00	- 1600.00	-		-	
Killinochchi	2450.00	- 2500.00	1450.00	- 1500.00	1650.00	- 1700.00	3900.00	- 4000.00	-	
Mullaittivu	2300.00	- 2300.00	1450.00	- 1500.00	1600.00	- 1650.00	-		-	
Batticaloa	2200.00	- 2200.00	1450.00	- 1450.00	1500.00	- 1600.00	4000.00	- 4000.00	-	
Trincomalee	2400.00	- 2500.00	1350.00	- 1400.00	1650.00	- 1700.00	3700.00	- 3800.00	-	
Veyangoda	2800.00	- 2800.00	1380.00	- 1400.00	-		-		2500.00	- 2600.00
Galenbindunuwewa	2500.00	- 2500.00	1290.00	- 1400.00	1400.00	- 1400.00	3600.00	- 3600.00	-	
Bandarawela	2500.00	- 2500.00	1350.00	- 1400.00	-		3700.00	- 3900.00	-	
Matale	2500.00	- 2600.00	1400.00	- 1450.00	-		3500.00	- 3600.00	2600.00	- 2700.00

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

Week 11: 13 - 19 Mar 2026

COMMODITY	Range	Average Price			Change Compared to		COMMODITY	Range	Average Price			Change Compared to	
		This Week	Last Week	Last Year	Last Week (%)	Last Year (%)			This Week	Last Week	Last Year	Last Week (%)	Last Year (%)
Rice							Coconut						
Local							Large	155.00 - 165.00	160.00	160.00	178.33	0.00	-10.28
Samba 1	240.00 - 250.00	242.22	241.88	242.00	0.14	0.09	Small	135.00 - 145.00	140.00	140.00	158.33	0.00	-11.58
Samba 2	235.00 - 238.00	236.50	236.50	235.60	0.00	0.38							
Keeri Samba	320.00 - 340.00	330.00	320.00	270.83	3.13	21.85	Fruits (Rs/fruit)						
Nadu 1	200.00 - 210.00	203.33	202.78	226.86	0.27	-10.37	Plantain						
Nadu 2	190.00 - 198.00	194.50	193.00	220.80	0.78	-11.91	Ambul (Rs/kg)	100.00 - 150.00	125.00	117.27	99.00	6.59	26.26
Raw (Red)	190.00 - 200.00	195.00	192.78	218.00	1.15	-10.55	Kolikuttu (Rs/kg)	260.00 - 320.00	287.27	275.00	253.64	4.46	13.26
Raw (White)	190.00 - 200.00	194.44	193.00	221.60	0.75	-12.25	Seeni (Rs/kg)	100.00 - 140.00	122.00	119.09	120.00	2.44	1.67
Imported							Anamalu	33.00 - 43.00	37.50	36.91	28.27	1.60	32.64
Samba	-	-	-	229.71	-	-	Ambun	48.00 - 60.00	54.80	52.55	41.36	4.29	32.48
Nadu	-	-	-	-	-	-	Papaw(Rs/kg)	220.00 - 300.00	262.73	299.00	202.73	-12.13	29.60
Raw (Red)	-	-	-	-	-	-	Passion Fruit	60.00 - 75.00	67.22	68.89	63.00	-2.42	6.70
Raw (White)	-	-	-	-	-	-	Pineapple Large	380.00 - 450.00	421.25	431.25	480.00	-2.32	-12.24
Dried Chillies							Pineapple Medium	290.00 - 360.00	325.00	335.00	364.29	-2.99	-10.78
Imported	850.00 - 900.00	876.25	876.00	621.67	0.03	40.95	Pineapple Small	230.00 - 290.00	262.50	266.25	285.71	-1.41	-8.12
Onion							Mango						
Sinnan	140.00 - 180.00	154.00	-	175.00	-	-12.00	Betti	-	-	-	-	-	-
Vedalan	-	-	-	272.50	-	-	Karthakolomban	235.00 - 300.00	274.17	302.50	171.67	-9.37	59.71
Imported	190.00 - 220.00	202.86	208.00	285.00	-2.47	-28.82	Vilad	100.00 - 140.00	115.00	133.33	87.14	-13.75	31.97
Big Onion							Kohu	-	-	-	-	-	-
Imported	110.00 - 145.00	128.33	142.00	98.75	-9.62	29.96	Other						
Local	-	-	-	-	-	-	Wood Apple	64.00 - 80.00	75.25	76.20	103.89	-1.25	-27.57
Potato							Orange	25.00 - 35.00	30.80	31.40	44.44	-1.91	-30.70
Welimada	250.00 - 280.00	263.33	264.00	270.00	-0.25	-2.47	Avocado	200.00 - 300.00	242.22	268.64	202.22	-9.83	19.78
N'Eliya	300.00 - 320.00	313.00	324.00	288.33	-3.40	8.55	Slime Apple	40.00 - 60.00	50.00	47.50	28.33	5.26	76.47
Imported	150.00 - 200.00	167.22	193.00	163.33	-13.36	2.38	Grapes (Imp., Rs/kg)	1800.00 - 1900.00	1850.00	1928.57	1716.67	-4.07	7.77
Pulses							King Coconut	160.00 - 200.00	180.00	165.56	188.89	8.72	-4.71
Green Gram	750.00 - 800.00	770.00	732.00	650.00	5.19	18.46	Sea Fish						
Cowpea (White)	700.00 - 750.00	725.00	737.50	638.33	-1.69	13.58	Salaya	250.00 - 400.00	314.29	350.00	378.33	-10.20	-16.93
Cowpea (Red)	680.00 - 750.00	716.00	692.50	486.67	3.39	47.12	Hurulla	700.00 - 900.00	833.33	816.67	856.67	2.04	-2.72
Red Dhal	260.00 - 280.00	273.89	257.14	261.00	6.51	4.94	Balaya	700.00 - 900.00	800.00	733.33	900.00	9.09	-11.11
Vegetable							Kelawalla	900.00 - 1200.00	1016.67	1100.00	1209.17	-7.58	-15.92
Beans (Butter)	-	-	-	-	-	-	Thora	1200.00 - 1700.00	1466.67	2266.67	1883.33	-35.29	-22.12
Beans(Green)	200.00 - 300.00	261.82	345.00	471.00	-24.11	-44.41	Paraw	1000.00 - 1200.00	1100.00	1000.00	1252.50	10.00	-12.18
Carrot	240.00 - 300.00	269.00	286.00	615.00	-5.94	-56.26	Mora	1300.00 - 1400.00	1350.00	1314.29	-	2.72	
Leeks	160.00 - 200.00	180.00	184.55	166.00	-2.46	8.43	Shrimps	1600.00 - 2000.00	1792.86	1937.50	2120.83	-7.47	-15.46
Beetroot	40.00 - 100.00	63.85	88.33	133.33	-27.72	-52.12	Thalapath	1400.00 - 2200.00	1842.86	1914.29	1662.50	-3.73	10.85
Knolkhol	100.00 - 130.00	118.00	142.50	178.00	-17.19	-33.71	Eggs						
Raddish	50.00 - 100.00	73.33	62.50	103.00	17.33	-28.80	Brown	34.00 - 39.00	37.00	35.33	32.06	4.72	15.40
Cabbage	80.00 - 130.00	108.46	155.38	276.00	-30.20	-60.70	White	33.00 - 37.00	35.20	33.50	29.25	5.07	20.34
Tomato	70.00 - 100.00	89.00	85.83	252.00	3.69	-64.68	Dried Fish						
Ladies Fingers	60.00 - 100.00	80.00	98.00	238.00	-18.37	-66.39	Sprats	1200.00 - 1600.00	1295.00	1278.57	799.17	1.28	62.04
Brinjal	250.00 - 300.00	276.00	224.00	176.00	23.21	56.82	Sprats (Imported)	900.00 - 1050.00	1002.73	1033.33	631.67	-2.96	58.74
Capsicum	200.00 - 300.00	250.00	230.00	565.00	8.70	-55.75	Kattawa	1700.00 - 1850.00	1793.75	1714.29	-	4.64	
Pumpkin	120.00 - 150.00	135.45	125.00	117.00	8.36	15.77	Kattawa (Imported)	1800.00 - 2000.00	1855.56	1812.50	1626.67	2.38	14.07
Cucumber	40.00 - 100.00	63.64	71.00	144.00	-10.37	-55.81	Thora	-	-	2700.00	-	-	
Bitter Gourd	160.00 - 250.00	205.00	262.73	365.00	-21.97	-43.84	Thora (Imported)	2700.00 - 2800.00	2762.50	2787.50	-	-0.90	
Snake Gourd	100.00 - 150.00	119.09	133.64	274.00	-10.88	-56.54	Mora	1300.00 - 2800.00	1950.00	2537.50	1795.83	-23.15	8.58
Drumstick	-	-	-	-	-	-	Mora (Imported)	2600.00 - 2650.00	2625.00	2442.86	-	7.46	
Luffa	80.00 - 120.00	98.00	155.00	365.00	-36.77	-73.15	Balaya	1200.00 - 1450.00	1300.00	1327.78	845.83	-2.09	53.69
Long Beans	60.00 - 100.00	74.17	118.33	278.00	-37.32	-73.32	Balaya (Imported)	-	-	-	-	-	
Ash Plantain	120.00 - 150.00	130.00	150.91	131.00	-13.86	-0.76	Anguluwa	1750.00 - 2000.00	1843.75	1883.33	-	-2.10	
Green Chillies	300.00 - 350.00	327.00	248.00	800.00	31.85	-59.13	Anguluwa (Imported)	1700.00 - 1900.00	1811.11	1850.00	1494.17	-2.10	21.21
Lime	50.00 - 100.00	75.00	64.17	144.00	16.88	-47.92	Maduwa	1500.00 - 1700.00	1631.25	1521.43	1255.00	7.22	29.98
Root Crops							Maduwa (Imported)	-	-	1175.00	-	-	
Sweet Potato	100.00 - 150.00	128.18	142.22	156.00	-9.87	-17.83	Koduwa	-	-	-	-	-	
Manioc	60.00 - 150.00	113.33	78.89	100.00	43.66	13.33	Koduwa (Imported)	-	-	-	-	-	
Leafy Vegetable							Salaya	650.00 - 850.00	753.00	816.67	731.67	-7.80	2.92
Mukunuwenna	30.00 - 40.00	35.00	42.50	32.78	-17.65	6.78	Salaya (Imported)	-	-	-	-	-	
Kankun	30.00 - 40.00	35.00	42.50	32.78	-17.65	6.78							
Gotukola (Rs/kg)	200.00 - 250.00	225.00	284.44	311.11	-20.90	-27.68							

This Week: Week 11: 13 - 19 Mar 2026
 Last Week: Week 10: 06 - 12 Mar 2026

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

Week 11: 13 - 19 Mar 2026

COMMODITY	Range	Average Price			Change Compared to		COMMODITY	Range	Average Price			Change Compared to	
		This Week	Last Week	Last Year	Last Week (%)	Last Year (%)			This Week	Last Week	Last Year	Last Week (%)	Last Year (%)
<u>Rice</u>													
Local													
Samba 1	255.00 - 280.00	264.77	263.00	250.17	1.77	5.84	Coconut	170.00 - 190.00	180.59	185.28	208.25	-4.69	-13.28
Samba 2	-	-	-	-	-	-	Large	140.00 - 170.00	154.44	159.17	183.10	-4.72	-15.65
Keeri Samba	350.00 - 390.00	366.76	364.69	283.59	2.08	29.33	Small	-	-	-	-	-	-
Nadu 1	225.00 - 240.00	229.55	229.25	242.93	0.30	-5.51	<u>Fruits (Rs/fruit)</u>						
Nadu 2	-	-	-	-	-	-	Plantain						
Raw (Red)	200.00 - 220.00	214.55	214.50	253.10	0.05	-15.23	Ambul (Rs/kg)	160.00 - 240.00	215.22	205.83	174.50	9.38	23.33
Raw (White)	210.00 - 230.00	219.09	218.50	242.61	0.59	-9.69	Kolikuttu (Rs/kg)	320.00 - 430.00	376.36	346.52	325.71	29.84	15.55
Imported													
Samba	280.00 - 340.00	303.53	286.07	244.00	17.46	24.40	Seeni (Rs/kg)	150.00 - 250.00	203.04	195.00	201.00	8.04	1.02
Nadu	-	-	-	-	-	-	Anamalu	40.00 - 70.00	47.75	47.05	43.67	0.70	9.35
Raw (Red)	-	-	-	-	-	-	Ambun	60.00 - 90.00	69.50	66.36	60.00	3.14	15.83
Raw (White)	-	-	-	-	-	-	Papaw(Rs/kg)	350.00 - 450.00	396.67	407.08	330.95	-10.42	19.86
<u>Dried Chillies</u>													
Imported	900.00 - 1200.00	1073.91	1071.05	892.42	2.86	20.34	Passion Fruit	100.00 - 140.00	118.57	125.29	90.00	-6.72	31.75
<u>Onion</u>													
Sinnan	-	-	-	-	-	-	Pineapple Large	400.00 - 650.00	535.00	581.67	597.00	-46.67	-10.39
Vedalan	-	-	-	-	-	-	Pineapple Medium	310.00 - 500.00	416.50	449.58	456.47	-33.08	-8.76
Imported	300.00 - 400.00	360.00	362.27	438.48	-2.27	-17.90	Pineapple Small	250.00 - 400.00	331.50	355.00	362.67	-23.50	-8.59
<u>Big Onion</u>													
Imported	160.00 - 220.00	193.85	194.78	170.33	-0.94	13.81	Mango						
Local													
<u>Potato</u>													
Welimada	350.00 - 380.00	363.57	363.33	-	0.24	-	Betti	-	-	-	-	-	-
N'Eliya	380.00 - 460.00	408.33	409.47	425.38	-1.14	-4.01	Karthakolomban	270.00 - 500.00	388.33	-	246.80	-	57.35
Imported	180.00 - 240.00	218.33	226.09	216.51	-7.75	0.84	Vilad	120.00 - 200.00	151.67	-	136.00	-	11.52
<u>Pulses</u>													
Green Gram	800.00 - 1000.00	902.27	898.42	760.28	3.85	18.68	Kohu	-	-	-	-	-	-
Cowpea (White)	900.00 - 1200.00	1009.52	1025.26	797.78	-15.74	26.54	<u>Other</u>						
Cowpea (Red)	800.00 - 1200.00	1004.09	979.00	788.08	25.09	27.41	Wood Apple	80.00 - 160.00	122.27	123.64	181.76	-1.36	-32.73
Red Dhal	280.00 - 320.00	301.36	300.00	299.25	1.36	0.71	Orange	50.00 - 100.00	70.00	71.30	97.14	-1.30	-27.94
<u>Vegetable</u>													
Beans (Butter)	-	-	-	-	-	-	Avocado	230.00 - 430.00	313.64	333.33	266.43	-19.70	17.72
Beans(Green)	300.00 - 480.00	380.83	474.07	649.68	-93.24	-41.38	Slime Apple	60.00 - 160.00	103.89	88.00	69.00	15.89	50.56
Carrot	300.00 - 400.00	379.13	406.67	728.28	-27.54	-47.94	Grapes (Imp., Rs/kg)	2000.00 - 3000.00	2452.94	2531.58	2127.78	-78.64	15.28
Leeks	220.00 - 400.00	338.00	348.33	314.19	-10.33	7.58	King Coconut	200.00 - 230.00	215.00	210.95	250.56	4.05	-14.19
Beetroot	180.00 - 360.00	263.48	272.80	302.26	-9.32	-12.83	<u>Sea Fish</u>						
Knolkhol	200.00 - 400.00	300.43	305.00	371.20	-4.57	-19.06	Salaya	500.00 - 700.00	568.67	572.50	556.67	-3.83	2.16
Raddish	100.00 - 320.00	230.00	214.40	240.00	15.60	-4.17	Hurulla	1000.00 - 1400.00	1185.71	1174.55	961.11	11.17	23.37
Cabbage	160.00 - 400.00	296.40	302.31	402.41	-5.91	-26.34	Balaya	1000.00 - 2000.00	1400.00	1127.78	943.75	272.22	48.34
Tomato	150.00 - 240.00	211.74	227.50	387.10	-15.76	-45.30	Kelawalla	1600.00 - 2800.00	2210.71	2326.67	1836.67	-115.95	20.37
Ladies Fingers	160.00 - 320.00	246.67	280.00	360.00	-33.33	-31.48	Thora	2700.00 - 4000.00	3309.09	3510.00	2700.00	-200.91	22.56
Brinjal	320.00 - 400.00	372.27	351.67	304.19	20.61	22.38	Paraw	1500.00 - 2200.00	1923.08	1906.25	1826.19	16.83	5.31
Capsicum	300.00 - 700.00	470.00	448.00	749.68	22.00	-37.31	Mora	1600.00 - 2200.00	1925.00	1895.00	-	30.00	
Pumpkin	160.00 - 320.00	238.46	235.38	235.36	3.08	1.32	Shrimps	2600.00 - 3200.00	2842.86	2857.14	2313.89	-14.29	22.86
Cucumber	100.00 - 240.00	191.67	206.09	264.00	-14.42	-27.40	Thalalpath	2500.00 - 3200.00	2853.85	2897.14	2471.43	-43.30	15.47
Bitter Gourd	250.00 - 600.00	422.00	459.05	516.13	-37.05	-18.24	<u>Eggs</u>						
Snake Gourd	200.00 - 400.00	309.57	312.17	405.00	-2.61	-23.56	Brown	36.00 - 40.00	38.00	36.80	33.22	1.20	14.38
Drumstick	-	-	-	-	-	-	White	35.00 - 38.00	36.33	35.36	31.79	0.98	14.29
Luffa	180.00 - 400.00	309.05	317.39	514.23	-8.34	-39.90	<u>Dried Fish</u>						
Long Beans	150.00 - 400.00	290.45	299.05	449.31	-8.59	-35.36	Sprats	1600.00 - 2600.00	2135.00	2053.85	1528.57	81.15	39.67
Ash Plantain	180.00 - 360.00	277.27	311.67	265.71	-34.39	4.35	Sprats (Imported)	1100.00 - 1500.00	1294.44	1305.88	1073.68	-11.44	20.56
Green Chillies	400.00 - 800.00	646.80	535.00	1215.38	111.80	-46.78	Kattawa	2200.00 - 2800.00	2561.11	2514.29	2314.29	46.83	10.67
Lime	200.00 - 450.00	301.60	298.46	359.29	3.14	-16.06	Thora	3000.00 - 3200.00	3200.00	3260.00	-	-60.00	
<u>Root Crops</u>													
Sweet Potato	200.00 - 340.00	283.91	285.45	272.90	-1.54	4.03	Mora	2600.00 - 3200.00	2971.43	2977.78	2478.57	-6.35	19.88
Manioc	160.00 - 240.00	208.00	206.09	208.71	1.91	-0.34	Balaya	1600.00 - 2400.00	2066.67	2092.31	1694.44	-25.64	21.97
<u>Leafy Vegetable(Rs/bundle)</u>													
Mukunuwenna	50.00 - 100.00	78.33	82.78	72.11	-4.44	8.64	Anguluwa	1900.00 - 2800.00	2395.00	2408.33	2270.00	-13.33	5.51
Kankun	50.00 - 100.00	78.33	85.56	72.11	-7.22	8.64	Maduwa	2200.00 - 2200.00	2200.00	-	1440.00	-	52.78
Gotukola	90.00 - 320.00	207.78	279.38	291.11	-71.60	-28.63	Koduwa	-	-	-	-	-	-
							Salaya	900.00 - 1200.00	1057.14	1061.54	1185.00	-4.40	-10.79
							<u>Meat</u>						
							Beef (without Bones)	2900.00 - 3000.00	2966.67	2980.00	2687.50	-13.33	10.39
							Chicken (Broiler)	1380.00 - 1540.00	1437.78	1394.44	1236.43	43.33	16.28
							Chicken (Curry)	1250.00 - 1350.00	1300.00	1312.50	1223.08	-12.50	6.29
							Mutton	4000.00 - 4400.00	4242.86	4200.00	3645.45	42.86	16.39
							Pork	2700.00 - 2700.00	2700.00	2800.00	1485.71	-100.00	81.73

This Week: Week 11: 13 - 19 Mar 2026
 Last Week: Week 10: 06 - 12 Mar 2026

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

Week 11: 13 - 19 Mar 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	67.00 - 90.00	78.20
A'pura	130.00 - 135.00	132.00	Dambulla	145.00 - 167.50	159.00	Hambantota	-	
P'naruwa	120.00 - 125.00	123.00	Welimada	140.00 - 165.00	155.00	Embilipitiya	130.00 - 140.00	135.00
Kalawewa	130.00 - 135.00	132.40	Badulla	-		Matara	-	
Kurunegala	114.00 - 135.00	124.00	Carrot			A'pura	60.00 - 80.00	68.00
Dehiattakandiya	112.00 - 135.00	126.40	N'Eliya	255.00 - 265.00	259.00	Luffa		
Nikaweratiya	110.00 - 135.00	124.60	Welimada	170.00 - 200.00	185.00	Dambulla	72.00 - 86.00	77.60
Ampara	130.00 - 140.00	135.75	Hanguranketha	150.00 - 180.00	165.00	Hambantota	-	
Long Grain (White)			Leeks			Embilipitiya	150.00 - 170.00	160.00
A'pura	110.00 - 112.00	110.80	N'Eliya	150.00 - 165.00	156.00	Matara	-	
P'naruwa	98.00 - 100.00	99.20	Welimada	140.00 - 155.00	146.00	A'pura	70.00 - 90.00	78.00
Kalawewa	108.00 - 112.00	110.40	Beetroot			Green Chillies		
Kurunegala	100.00 - 115.00	107.00	N'Eliya	60.00 - 70.00	66.00	Dambulla	320.00 - 360.00	344.00
Dehiattakandiya	100.00 - 117.00	109.40	Dambulla	-		Hambantota	-	
Embilipitiya	-		Kurunegala	-		Embilipitiya	370.00 - 380.00	375.00
Nikaweratiya	105.00 - 115.00	109.80	Welimada	70.00 - 90.00	79.00	Puttalam	285.00 - 285.00	285.00
Hambantota	-		Hanguranketha	-		A'pura	320.00 - 360.00	336.00
Ampara	108.00 - 120.00	111.83	Knol Khol			Pumpkin		
Long Grain (Red)			N'Eliya	80.00 - 85.00	83.00	Dambulla	86.00 - 100.00	93.20
Matara	105.00 - 110.00	107.50	Welimada	70.00 - 90.00	81.00	Hambantota	-	
Hambantota	-		Hanguranketha	-		Embilipitiya	100.00 - 120.00	107.50
Embilipitiya	104.00 - 106.00	105.00	Raddish			Matara	60.00 - 75.00	68.33
Keeri Samba			N'Eliya	18.00 - 20.00	18.80	A'pura	80.00 - 90.00	84.00
A'pura	160.00 - 165.00	162.00	Welimada	20.00 - 25.00	22.60	Moneragala	70.00 - 80.00	74.00
P'naruwa	158.00 - 161.00	159.80	Hambantota	-		Cucumber		
Kalawewa	158.00 - 165.00	161.00	Hanguranketha	30.00 - 40.00	35.00	A'pura	35.00 - 50.00	41.00
Kurunegala	140.00 - 160.00	150.43	Cabbage			Dambulla	35.00 - 43.00	39.60
Dehiattakandiya	152.00 - 185.00	171.40	N'Eliya	85.00 - 100.00	93.00	Hambantota	-	
Red Onion			Welimada	65.00 - 85.00	74.00	Matara	40.00 - 50.00	43.75
Puttalam	171.00 - 190.00	175.75	Badulla	-		Long Beans		
Jaffna	-		Hanguranketha	50.00 - 80.00	65.00	Dambulla	67.00 - 90.00	78.20
Big Onion			Tomato			Hambantota	-	
Dambulla	-		Welimada	40.00 - 60.00	49.00	Embilipitiya	80.00 - 100.00	90.00
Kalawewa	-		Hambantota	-		Matara	80.00 - 90.00	85.00
A'pura	-		Dambulla	55.00 - 67.00	61.60	A'pura	60.00 - 80.00	68.00
Potato			Hanguranketha	80.00 - 100.00	90.00	Ash Plantain		
N'Eliya	245.00 - 255.00	249.00	Vegetable (Low Country)			Hambantota	-	
Badulla	-		Ladies Fingers			Embilipitiya	110.00 - 130.00	120.00
Welimada	210.00 - 230.00	221.00	A'pura	60.00 - 80.00	68.00	Matara	-	
Pulses			Dambulla	76.00 - 90.00	84.00	Lime		
Green Gram			Hambantota	-		Hambantota	-	
Hambantota	-		Embilipitiya	70.00 - 80.00	76.25	Embilipitiya	50.00 - 60.00	56.00
Moneragala	600.00 - 650.00	620.00	Matara	90.00 - 120.00	105.00	Moneragala	50.00 - 60.00	54.00
Embilipitiya	590.00 - 600.00	595.00	Brinjal			Fruits (Rs/kg)		
Nikaweratiya	450.00 - 480.00	465.00	A'pura	180.00 - 200.00	188.00	Banana		
A'pura	600.00 - 650.00	620.00	Dambulla	190.00 - 230.00	212.00	Ambul		
Cowpea			Hambantota	-		Moneragala	50.00 - 60.00	54.00
Hambantota	-		Embilipitiya	180.00 - 200.00	190.00	Embilipitiya	40.00 - 60.00	52.00
Nikaweratiya	480.00 - 540.00	510.00	Matara	200.00 - 230.00	220.00	Hambantota	-	
Moneragala	450.00 - 500.00	470.00	Welimada	240.00 - 265.00	254.00	Kolikuttu		
Embilipitiya	640.00 - 650.00	645.00	Capsicum			Moneragala	200.00 - 220.00	208.00
Maize			Badulla	-		Embilipitiya	150.00 - 180.00	166.00
A'pura	140.00 - 142.00	140.80	Welimada	200.00 - 250.00	217.50	Hambantota	-	
Kalawewa	138.00 - 140.00	139.50	Bitter Gourd			Papaw		
Gingelly			A'pura	150.00 - 170.00	158.00	Moneragala	120.00 - 130.00	124.00
A'pura	-		Dambulla	145.00 - 162.50	156.00	Embilipitiya	240.00 - 250.00	246.25
Kalawewa	-		Hambantota	-		Hambantota	-	
Black Gram			Embilipitiya	280.00 - 300.00	292.50	Pineapple		
A'pura	-		Matara	200.00 - 240.00	222.50	Divulapitiya	-	
Kalawewa	-							

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

Week 11: 13 - 19 Mar 2026

27

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<u>Rice</u>									
Local									
Samba 1	255.00 - 260.00	270.00 - 270.00	260.00 - 270.00	260.00 - 270.00	260.00 - 280.00	260.00 - 260.00	260.00 - 270.00	260.00 - 270.00	260.00 - 280.00
Samba 2	-	-	-	-	-	-	-	-	-
Keeri Samba	350.00 - 360.00	-	360.00 - 370.00	370.00 - 385.00	370.00 - 390.00	-	350.00 - 360.00	360.00 - 360.00	360.00 - 370.00
Nadu 1	225.00 - 230.00	225.00 - 225.00	225.00 - 230.00	225.00 - 230.00	225.00 - 230.00	240.00 - 240.00	230.00 - 240.00	225.00 - 230.00	230.00 - 240.00
Nadu 2	-	-	-	-	-	-	-	-	-
Raw (Red)	220.00 - 220.00	220.00 - 220.00	210.00 - 220.00	200.00 - 220.00	200.00 - 220.00	220.00 - 220.00	210.00 - 220.00	200.00 - 210.00	210.00 - 220.00
Raw (White)	220.00 - 230.00	220.00 - 220.00	210.00 - 220.00	210.00 - 220.00	210.00 - 220.00	230.00 - 230.00	210.00 - 220.00	210.00 - 210.00	210.00 - 220.00
Imported									
Samba	280.00 - 300.00	320.00 - 320.00	300.00 - 320.00	280.00 - 300.00	280.00 - 300.00	300.00 - 300.00	340.00 - 340.00	300.00 - 300.00	320.00 - 340.00
Nadu	-	-	-	-	-	-	-	-	-
Raw (Red)	-	-	-	-	-	-	-	-	-
Raw (White)	-	-	-	-	-	-	-	-	-
<u>Dried Chillies</u>									
Imported	900.00 - 1000.00	1200.00 - 1200.00	1000.00 - 1200.00	1000.00 - 1200.00	1100.00 - 1200.00	1200.00 - 1200.00	1000.00 - 1200.00	900.00 - 1000.00	1100.00 - 1200.00
<u>Red Onion</u>									
Sinnan	-	-	-	-	-	-	-	-	-
Vedalan	-	-	-	-	-	-	-	-	-
Imported	300.00 - 340.00	360.00 - 400.00	320.00 - 380.00	340.00 - 400.00	360.00 - 400.00	320.00 - 360.00	360.00 - 400.00	360.00 - 400.00	400.00 - 400.00
<u>Big Onion</u>									
Imported	180.00 - 200.00	180.00 - 200.00	180.00 - 200.00	200.00 - 220.00	200.00 - 220.00	200.00 - 220.00	160.00 - 200.00	160.00 - 200.00	180.00 - 200.00
Local	-	-	-	-	-	-	-	-	-
<u>Potato</u>									
Welimada	350.00 - 360.00	-	360.00 - 360.00	380.00 - 380.00	-	-	360.00 - 380.00	360.00 - 380.00	360.00 - 380.00
N'Eliya	380.00 - 400.00	380.00 - 400.00	380.00 - 400.00	440.00 - 460.00	400.00 - 440.00	400.00 - 400.00	400.00 - 420.00	400.00 - 440.00	420.00 - 460.00
Imported	200.00 - 220.00	220.00 - 240.00	220.00 - 240.00	180.00 - 200.00	220.00 - 240.00	200.00 - 240.00	200.00 - 220.00	220.00 - 240.00	220.00 - 240.00
<u>Pulses</u>									
Green Gram	800.00 - 850.00	800.00 - 800.00	880.00 - 1000.00	950.00 - 1000.00	880.00 - 900.00	960.00 - 960.00	880.00 - 900.00	860.00 - 880.00	900.00 - 1000.00
Cowpea (White)	900.00 - 950.00	1100.00 - 1100.00	900.00 - 1000.00	1200.00 - 1200.00	1100.00 - 1200.00	1000.00 - 1000.00	900.00 - 1000.00	900.00 - 900.00	1100.00 - 1200.00
Cowpea (Red)	900.00 - 950.00	1200.00 - 1200.00	900.00 - 1000.00	1100.00 - 1200.00	1000.00 - 1100.00	960.00 - 960.00	800.00 - 1000.00	800.00 - 900.00	1000.00 - 1200.00
Red Dhal	280.00 - 290.00	280.00 - 320.00	290.00 - 320.00	280.00 - 320.00	300.00 - 320.00	290.00 - 300.00	280.00 - 280.00	280.00 - 300.00	300.00 - 320.00

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

Week 11: 13 - 19 Mar 2026

28

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<i>Vegetable</i>									
Beans	300.00 - 350.00	360.00 - 480.00	360.00 - 400.00	400.00 - 480.00	320.00 - 360.00	320.00 - 360.00	350.00 - 400.00	400.00 - 480.00	400.00 - 480.00
Carrot	300.00 - 350.00	360.00 - 400.00	360.00 - 400.00	360.00 - 400.00	360.00 - 400.00	400.00 - 400.00	350.00 - 400.00	320.00 - 400.00	400.00 - 400.00
Leeks	220.00 - 280.00	400.00 - 400.00	400.00 - 400.00	320.00 - 400.00	280.00 - 320.00	320.00 - 320.00	260.00 - 330.00	400.00 - 400.00	300.00 - 320.00
Beetroot	180.00 - 200.00	280.00 - 320.00	340.00 - 360.00	320.00 - 360.00	240.00 - 320.00	240.00 - 240.00	200.00 - 200.00	240.00 - 240.00	200.00 - 300.00
Knolkhol	200.00 - 220.00	360.00 - 400.00	320.00 - 360.00	340.00 - 360.00	360.00 - 400.00	400.00 - 400.00	250.00 - 350.00	320.00 - 320.00	200.00 - 240.00
Raddish	100.00 - 160.00	240.00 - 320.00	240.00 - 280.00	320.00 - 320.00	240.00 - 280.00	-	160.00 - 200.00	200.00 - 240.00	200.00 - 200.00
Cabbage	160.00 - 220.00	360.00 - 400.00	280.00 - 320.00	360.00 - 400.00	280.00 - 320.00	240.00 - 260.00	220.00 - 250.00	300.00 - 320.00	300.00 - 320.00
Tomato	150.00 - 180.00	-	240.00 - 240.00	220.00 - 240.00	160.00 - 180.00	200.00 - 240.00	160.00 - 180.00	200.00 - 240.00	200.00 - 240.00
Ladies Fingers	160.00 - 180.00	-	320.00 - 320.00	320.00 - 320.00	240.00 - 280.00	240.00 - 240.00	200.00 - 200.00	240.00 - 240.00	200.00 - 240.00
Brinjal	320.00 - 360.00	400.00 - 400.00	360.00 - 400.00	360.00 - 400.00	360.00 - 400.00	320.00 - 320.00	350.00 - 400.00	400.00 - 400.00	400.00 - 400.00
Capsicum	300.00 - 350.00	520.00 - 600.00	560.00 - 600.00	700.00 - 700.00	400.00 - 420.00	500.00 - 550.00	350.00 - 400.00	400.00 - 480.00	400.00 - 440.00
Pumpkin	160.00 - 180.00	220.00 - 240.00	200.00 - 220.00	320.00 - 320.00	240.00 - 260.00	240.00 - 280.00	160.00 - 200.00	240.00 - 240.00	200.00 - 320.00
Cucumber	100.00 - 120.00	220.00 - 240.00	200.00 - 220.00	220.00 - 240.00	200.00 - 220.00	160.00 - 160.00	160.00 - 200.00	200.00 - 240.00	200.00 - 200.00
Bitter Gourd	250.00 - 350.00	560.00 - 600.00	360.00 - 400.00	560.00 - 600.00	360.00 - 400.00	400.00 - 400.00	350.00 - 400.00	400.00 - 400.00	400.00 - 480.00
Snake Gourd	240.00 - 240.00	400.00 - 400.00	300.00 - 320.00	360.00 - 400.00	280.00 - 320.00	240.00 - 260.00	200.00 - 300.00	320.00 - 400.00	300.00 - 400.00
Drumstick	-	-	-	-	-	-	-	-	-
Luffa	180.00 - 240.00	400.00 - 400.00	280.00 - 320.00	360.00 - 400.00	320.00 - 320.00	-	250.00 - 260.00	320.00 - 400.00	300.00 - 320.00
Long Beans	150.00 - 200.00	400.00 - 400.00	280.00 - 320.00	360.00 - 400.00	280.00 - 320.00	-	220.00 - 240.00	240.00 - 240.00	240.00 - 280.00
Ash Plantain	180.00 - 200.00	340.00 - 360.00	280.00 - 320.00	340.00 - 360.00	300.00 - 320.00	-	200.00 - 220.00	240.00 - 320.00	200.00 - 240.00
Green Chillies	450.00 - 500.00	700.00 - 800.00	680.00 - 700.00	700.00 - 800.00	600.00 - 700.00	600.00 - 600.00	400.00 - 450.00	600.00 - 800.00	800.00 - 800.00
Lime	200.00 - 240.00	400.00 - 450.00	300.00 - 350.00	400.00 - 450.00	200.00 - 240.00	400.00 - 400.00	200.00 - 200.00	200.00 - 240.00	200.00 - 200.00
<i>Root Crops</i>									
Sweet Potato	200.00 - 240.00	320.00 - 340.00	320.00 - 340.00	320.00 - 340.00	280.00 - 320.00	280.00 - 280.00	240.00 - 250.00	300.00 - 340.00	320.00 - 320.00
Manioc	160.00 - 180.00	200.00 - 220.00	220.00 - 240.00	220.00 - 240.00	200.00 - 220.00	180.00 - 180.00	160.00 - 160.00	180.00 - 180.00	200.00 - 200.00
<i>Leafy Vegetable</i>									
Mukunuwenna	50.00 - 60.00	80.00 - 90.00	80.00 - 90.00	80.00 - 90.00	80.00 - 90.00	70.00 - 80.00	60.00 - 70.00	80.00 - 100.00	80.00 - 80.00
Kankun	50.00 - 60.00	80.00 - 90.00	80.00 - 90.00	80.00 - 90.00	80.00 - 90.00	70.00 - 80.00	60.00 - 70.00	80.00 - 100.00	80.00 - 80.00
Gotukola	180.00 - 240.00	240.00 - 320.00	240.00 - 240.00	240.00 - 320.00	240.00 - 320.00	280.00 - 320.00	90.00 - 90.00	90.00 - 100.00	90.00 - 100.00
<i>Coconut</i>									
Large	170.00 - 180.00	180.00 - 190.00	180.00 - 190.00	180.00 - 190.00	180.00 - 190.00	180.00 - 180.00	170.00 - 170.00	180.00 - 180.00	170.00 - 180.00
Small	140.00 - 150.00	160.00 - 170.00	150.00 - 160.00	160.00 - 170.00	160.00 - 170.00	160.00 - 160.00	140.00 - 150.00	140.00 - 150.00	140.00 - 150.00

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

Week 11: 13 - 19 Mar 2026

29

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<i>Plantain</i>									
Ambul (Rs/Kg)	200.00 - 220.00	240.00 - 240.00	240.00 - 240.00	240.00 - 240.00	230.00 - 240.00	240.00 - 240.00	160.00 - 180.00	200.00 - 200.00	160.00 - 220.00
Kolikuttu (Rs/Kg)	320.00 - 350.00	380.00 - 380.00	360.00 - 430.00	350.00 - 380.00	400.00 - 430.00	400.00 - 420.00	350.00 - 350.00	380.00 - 400.00	350.00 - 380.00
Seeni (Rs/Kg)	150.00 - 200.00	240.00 - 250.00	230.00 - 250.00	200.00 - 240.00	200.00 - 220.00	200.00 - 200.00	150.00 - 180.00	200.00 - 200.00	180.00 - 220.00
Anamalu	45.00 - 50.00	70.00 - 70.00	50.00 - 50.00	50.00 - 50.00	50.00 - 50.00	40.00 - 40.00	40.00 - 40.00	40.00 - 40.00	40.00 - 40.00
Ambun	60.00 - 70.00	90.00 - 90.00	70.00 - 80.00	70.00 - 70.00	70.00 - 70.00	60.00 - 60.00	70.00 - 70.00	60.00 - 60.00	60.00 - 60.00
<i>Pineapple</i>									
Large	500.00 - 600.00	520.00 - 520.00	600.00 - 600.00	500.00 - 500.00	400.00 - 550.00	450.00 - 500.00	500.00 - 550.00	550.00 - 650.00	500.00 - 600.00
Medium	400.00 - 450.00	400.00 - 400.00	500.00 - 500.00	380.00 - 380.00	310.00 - 420.00	350.00 - 390.00	380.00 - 420.00	420.00 - 500.00	380.00 - 460.00
Small	300.00 - 360.00	300.00 - 300.00	400.00 - 400.00	300.00 - 300.00	250.00 - 340.00	280.00 - 310.00	300.00 - 340.00	340.00 - 400.00	300.00 - 370.00
<i>Mango</i>									
Betti	-	-	-	-	-	-	-	-	-
Karthakolomban	330.00 - 400.00	-	330.00 - 330.00	500.00 - 500.00	270.00 - 270.00	-	-	-	-
Vilad	170.00 - 180.00	-	-	200.00 - 200.00	120.00 - 120.00	120.00 - 120.00	-	-	-
Kohu	-	-	-	-	-	-	-	-	-
<i>Other Fruits</i>									
Wood Apple	100.00 - 120.00	160.00 - 160.00	140.00 - 160.00	140.00 - 160.00	120.00 - 150.00	120.00 - 120.00	80.00 - 90.00	120.00 - 130.00	100.00 - 140.00
Orange	50.00 - 70.00	80.00 - 80.00	80.00 - 100.00	75.00 - 80.00	70.00 - 75.00	70.00 - 70.00	50.00 - 50.00	80.00 - 80.00	60.00 - 80.00
Avocado	230.00 - 330.00	-	-	430.00 - 430.00	330.00 - 400.00	-	-	300.00 - 330.00	230.00 - 330.00
Slime Apple	80.00 - 90.00	-	120.00 - 160.00	120.00 - 160.00	80.00 - 100.00	70.00 - 70.00	60.00 - 60.00	100.00 - 120.00	100.00 - 120.00
Grapes (Rs/Kg)	2000.00 - 2200.00	2300.00 - 2300.00	2800.00 - 3000.00	2800.00 - 3000.00	2200.00 - 2400.00	2400.00 - 2400.00	2000.00 - 2000.00	2500.00 - 2600.00	2000.00 - 2500.00
Papaw (Rs/Kg)	350.00 - 380.00	420.00 - 420.00	400.00 - 450.00	380.00 - 400.00	380.00 - 400.00	450.00 - 450.00	400.00 - 420.00	380.00 - 400.00	380.00 - 450.00
Passion	100.00 - 100.00	-	130.00 - 130.00	120.00 - 140.00	100.00 - 120.00	-	120.00 - 140.00	100.00 - 120.00	120.00 - 120.00
King Coconut	220.00 - 230.00	200.00 - 220.00	230.00 - 230.00	200.00 - 220.00	200.00 - 220.00	200.00 - 220.00	200.00 - 200.00	220.00 - 220.00	200.00 - 230.00

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

Week 11: 13 - 19 Mar 2026

30

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<i>Sea Fish</i>									
Salaya	500.00 - 550.00	600.00 - 600.00	600.00 - 700.00	700.00 - 700.00	560.00 - 560.00	600.00 - 600.00	550.00 - 600.00	550.00 - 550.00	500.00 - 520.00
Hurulla	1000.00 - 1100.00	1400.00 - 1400.00	1300.00 - 1300.00	1300.00 - 1300.00	1300.00 - 1300.00	1200.00 - 1200.00	1000.00 - 1200.00	1000.00 - 1000.00	1000.00 - 1000.00
Balaya	1000.00 - 1200.00	2000.00 - 2000.00	2000.00 - 2000.00	-	1300.00 - 1300.00	1300.00 - 1400.00	1000.00 - 1000.00	-	1100.00 - 1100.00
Kelawalla	1600.00 - 1700.00	2400.00 - 2400.00	2400.00 - 2400.00	2800.00 - 2800.00	2400.00 - 2400.00	2000.00 - 2400.00	2200.00 - 2400.00	2400.00 - 2400.00	2200.00 - 2200.00
Thora	2700.00 - 2900.00	3800.00 - 3800.00	4000.00 - 4000.00	-	3600.00 - 3600.00	3200.00 - 3200.00	3200.00 - 3200.00	3000.00 - 3000.00	3200.00 - 3200.00
Paraw	1500.00 - 1700.00	1800.00 - 1800.00	2000.00 - 2200.00	2000.00 - 2000.00	2000.00 - 2000.00	2000.00 - 2000.00	2000.00 - 2000.00	2000.00 - 2000.00	2000.00 - 2000.00
Mora	1600.00 - 1700.00	2200.00 - 2200.00	2000.00 - 2000.00	1900.00 - 1900.00	-	2000.00 - 2000.00	2000.00 - 2000.00	-	-
Shrimps Small	2600.00 - 2800.00	3200.00 - 3200.00	3000.00 - 3000.00	3000.00 - 3000.00	3200.00 - 3200.00	-	2800.00 - 2800.00	2800.00 - 2800.00	3000.00 - 3000.00
Talapath	2500.00 - 2700.00	3200.00 - 3200.00	3200.00 - 3200.00	3000.00 - 3000.00	3000.00 - 3000.00	2800.00 - 3000.00	2800.00 - 2800.00	3000.00 - 3000.00	2800.00 - 2800.00
<i>Eggs (Rs/egg)</i>									
Brown	38.00 - 39.00	39.00 - 39.00	39.00 - 40.00	40.00 - 40.00	38.00 - 39.00	37.00 - 38.00	36.00 - 36.00	36.00 - 37.00	36.00 - 36.00
White	36.00 - 37.00	37.00 - 37.00	37.00 - 38.00	38.00 - 38.00	36.00 - 37.00	36.00 - 36.00	35.00 - 35.00	35.00 - 36.00	35.00 - 35.00
<i>Dried Fish</i>									
Sprats	1600.00 - 1800.00	2000.00 - 2400.00	2600.00 - 2600.00	2000.00 - 2500.00	2000.00 - 2400.00	1800.00 - 2000.00	1800.00 - 2000.00	2300.00 - 2400.00	2100.00 - 2400.00
Kattawa	2400.00 - 2400.00	2600.00 - 2800.00	2600.00 - 2600.00	2600.00 - 2800.00	2800.00 - 2800.00	2400.00 - 2400.00	2200.00 - 2600.00	2300.00 - 2300.00	2600.00 - 2800.00
Thora	3200.00 - 3200.00	-	3000.00 - 3000.00	-	-	-	-	-	-
Mora	2600.00 - 2800.00	3000.00 - 3000.00	3000.00 - 3000.00	3200.00 - 3200.00	-	2800.00 - 2800.00	3000.00 - 3000.00	3000.00 - 3000.00	3200.00 - 3200.00
Balaya	1600.00 - 1800.00	2400.00 - 2400.00	2400.00 - 2400.00	2400.00 - 2400.00	2400.00 - 2400.00	2200.00 - 2400.00	-	-	2000.00 - 2200.00
Anguluwa	1900.00 - 2100.00	2800.00 - 2800.00	2800.00 - 2800.00	2800.00 - 2800.00	2400.00 - 2400.00	2400.00 - 2400.00	2400.00 - 2600.00	2600.00 - 2800.00	2400.00 - 2800.00
Salaya	1000.00 - 1200.00	1200.00 - 1200.00	1100.00 - 1200.00	-	900.00 - 1000.00	1000.00 - 1000.00	1000.00 - 1000.00	1200.00 - 1200.00	1100.00 - 1100.00
<i>Meat</i>									
Beef (without Bones)	-	3000.00 - 3000.00	3000.00 - 3000.00	2900.00 - 2900.00	2900.00 - 2900.00	-	3000.00 - 3000.00	3000.00 - 3000.00	-
Chicken (Broiler)	1470.00 - 1470.00	1540.00 - 1540.00	1450.00 - 1450.00	1450.00 - 1450.00	1430.00 - 1430.00	1400.00 - 1400.00	1380.00 - 1380.00	1400.00 - 1400.00	1420.00 - 1420.00
Chicken (Curry)	-	-	-	1350.00 - 1350.00	1250.00 - 1250.00	-	-	-	-
Mutton	-	4300.00 - 4300.00	-	4200.00 - 4200.00	4400.00 - 4400.00	4200.00 - 4200.00	4000.00 - 4000.00	4200.00 - 4200.00	4400.00 - 4400.00
Pork	-	-	-	-	-	-	-	-	2700.00 - 2700.00

Annex 05 : Food Composition of Selected Food Commodities

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

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

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

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

Dried Fish

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

Eggs

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

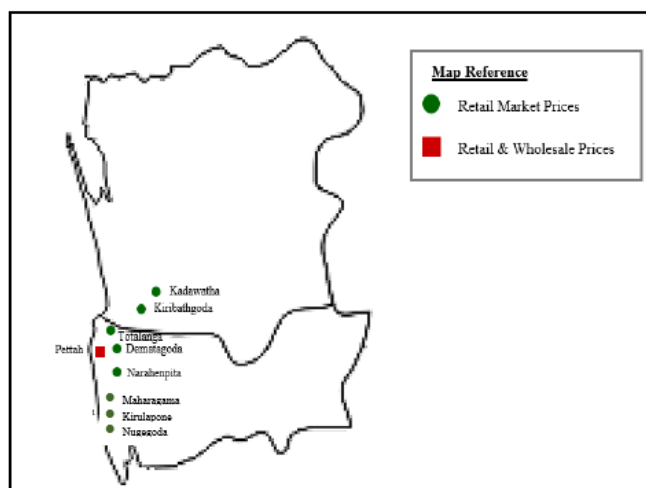
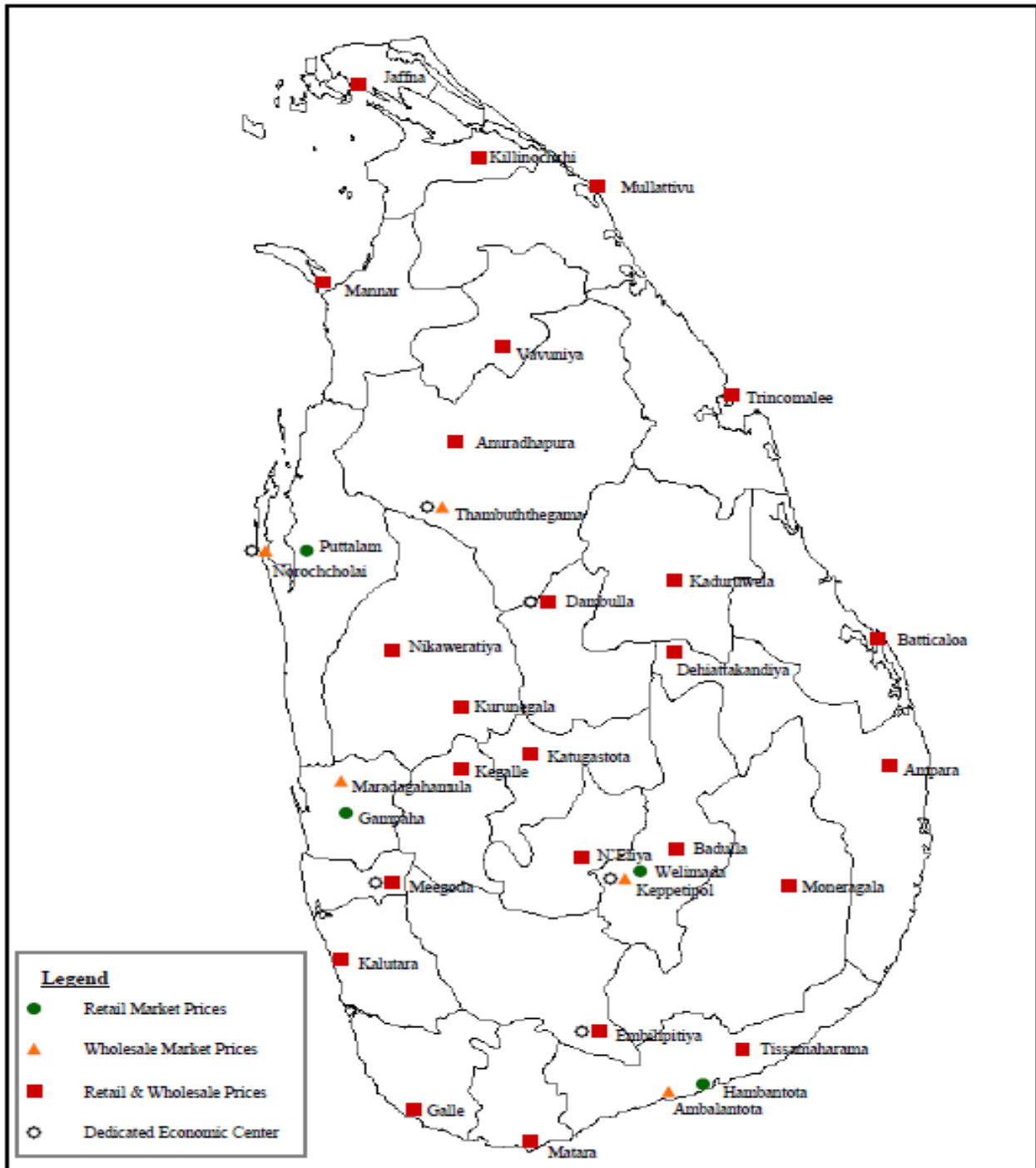
Fruits

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

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

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

Price Collecting Areas





HARTI



Ministry of Agriculture

**Food Systems and Market Research Division & Data Management Division
Hector Kobbekaduwa Agrarian Research and Training Institute**

No. 114, Wijerama Mawatha, Colombo 07.

Phone: 011-2696981 Fax: 011-2682283

E-mail: mfpaharti@yahoo.com

Web: www.harti.gov.lk

www.mobitel.lk

**දෛනික චිළචිචි තොග මිල,
ජංගම දුරකථනයෙන්**

හෙක්ටර් කොච්චිකඩුව ගොවි කරියතු පර්යේෂණ
හා පුහුණුධර්මේ ආයතනය අනුමුතයෙන්

**මොබිටෙල්
ජංගම
මිල දර්ශනය**

ජාතික ජංගම දුරකථන ජාලයෙන්

6666
අමතන්න.

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

විකාශිතයාට රු.2/-
විකාශිතයාට රු.2/-