

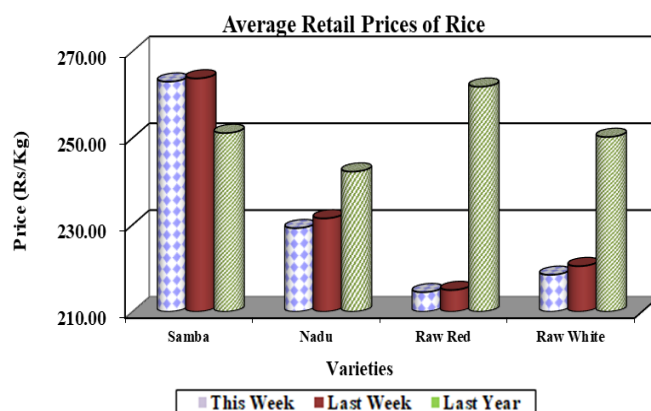
RETAIL MARKET AT A GLANCE

Summary

Rice/ Paddy

Prices of samba, nadu, raw red and raw white have decreased. Prices of keeri samba and imported samba has increased. The highest price increase of Rs.14.00/kg was recorded for imported samba. samba I, keeri samba, raw red and raw white were observed to have average prices of Rs.263.00/kg, Rs.365.00/kg, Rs.215.00/kg and Rs.219.00/kg. The average farmgate prices of major paddy varieties have shifted slightly, by about 1%–10%, across the main producing areas.

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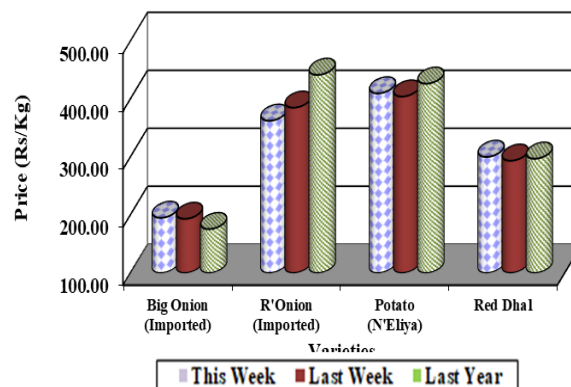


Other Field Crops

Price of imported dried chili has decreased by Rs.31.00/kg, and the average price was Rs.1071.00. The price of imported big onions has increased by Rs.2.00/kg and the average price was Rs.195.00/kg. Price of imported red onion has decreased by Rs.23.00/kg and average price was Rs.362.00/kg. The prices of Welimada, Nuwara-Eliya and imported potatoes have increased. The average prices for Welimada, Nuwara-Eliya, and imported potatoes were Rs.363.00/kg and Rs.409.00/kg and Rs.226.00/kg respectively.

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Average Retail Prices of Other Field Crops

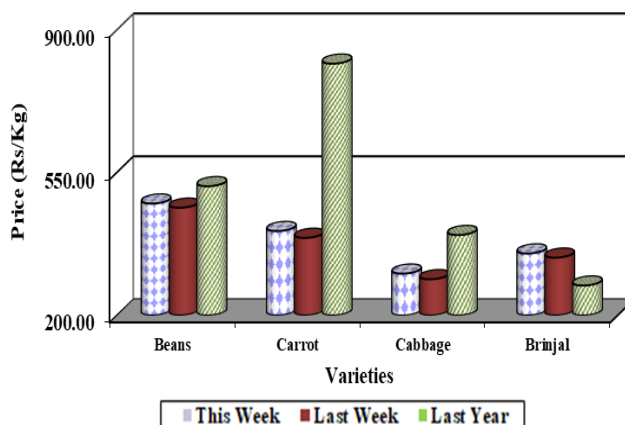


Vegetables

Prices of most of the vegetable varieties have increased. Considering the up-country vegetables, the highest price increase was reported for carrot as Rs.17.00/kg, followed by, knolkhol as Rs.16.00/kg. However, price of tomato and capsicum have decreased by Rs.38.00/kg and Rs.103.00/kg respectively. In low country vegetables, the highest price increase was reported for ladies fingers as Rs.44.00/kg, following long beans as Rs.35.00/kg.

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Average Retail Prices of Vegetables



Rice

Wholesale

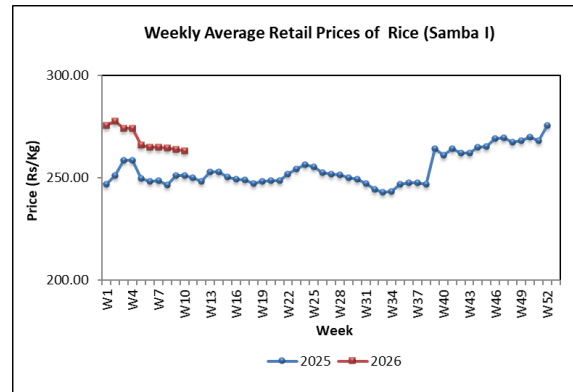
Price of keeri samba and raw white have increased by 3% and price ranged Rs.300.00-340.00/kg and Rs.190.00-200.00/kg. Price of all other local rice varieties have not changed significantly.

Compared to same period of last year, the highest price increase of 20% recorded for keeri samba and the highest price decrease of 13% recorded for raw white.

Retail

Prices of samba, nadu, red and raw white have decreased. The highest price decreased of Rs.2.00/kg was recorded for nadu I. Prices of keeri samba and imported samba has increased. The highest price increased of Rs.14.00/kg was recorded for imported samba due to low supply of stocks at the market.

Compared to the same period of the last year, the highest price increase of 24% was recorded for keeri samba while the highest price decreased of 18% was recorded for raw red.



Paddy

The average farmgate prices of major paddy varieties in some major paddy-producing areas have changed. The price of short grain (samba) paddy ranged Rs.110.00-135.00/kg. Short grain paddy price decrease by Rs.7.00/kg in the Polonnaruwa area and increase by Rs.6.00/kg and Rs.8.00/kg in the Anuradhapura and Kalawewa areas. The price of keeri samba paddy ranged Rs.135.00-179.50/kg and prices increase by Rs. 12.00/kg and Rs. 14.00/kg in the Anuradhapura and Kalawewa areas. The lowest price range of Rs.135.00–150.00/kg for keeri samba paddy was recorded in the Kurunegala area. The price ranged of long grain white paddy as Rs.90.00-120.00/kg. Prices were decrease by Rs. 8.00/kg in Polonnaruwa area. Price of long grain red paddy ranged Rs.98.00-106.00/kg and price increase by Rs. 5.00/kg in the Matara area.

Compared to the same period last year, the average price of short grain paddy decreased marginally, while the average price of keeri samba paddy increased significantly in major producing areas. In contrast, the average prices of long grain white and long grain red paddy have decreased in major producing areas.

Dried Chilies

Wholesale

The price of imported dried chili has decreased by 2% and price ranged Rs.850.00-900.00/kg.

Compared to same period of last year, current wholesale price of imported dried chili has increased by 42%.

Retail

Price of imported dried chili has decreased by Rs.31.00/kg due to high supply of stocks at the market and price ranged Rs.950.00-1300.00/kg. Compared to the same period of the last year, current retail price of imported dried chill has increased by 19%.

Onion

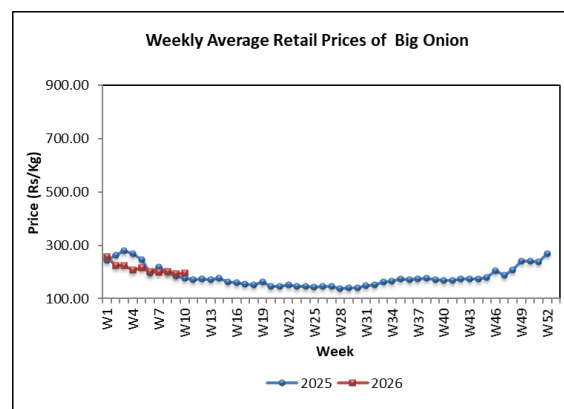
Wholesale

Price of imported red onion has decreased by 3% and price ranged Rs.200.00-220.00/kg. Price of imported big onion has increase by 8% due to unavailability of sufficient stocks and price ranged Rs.135.00-150.00/kg.

Compared to same period of last year, price of imported red onion has decreased by 29% while imported big onion has increased by 34%.

Retail

Price of imported red onion has decreased of Rs.23.00/kg due to high supply of stocks at the market. The price of imported big onions has increased of Rs.2.00/kg.



Compared to the same period of the last year, price increase of 11% was recorded for imported big onion and price decreased of 18% was recorded for imported red onion.

Potato

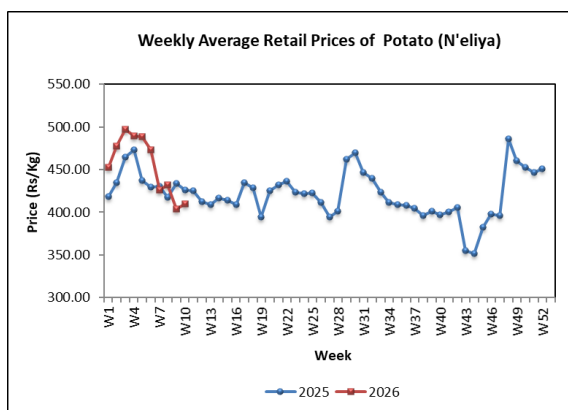
Wholesale

Price of Welimada, Nuwara Eliya and imported potato have increased in the range of 7%-13%. Price ranged Rs.250.00-280.00/kg, Rs.320.00-330.00/kg and Rs.180.00-200.00/kg.

Compared to same period of last year, price of Welimada potato has decreased by 8% while Nuwara Eliya and imported potato have increased by 12%.

Retail

The prices of Welimada, Nuwara-Eliya and imported potatoes have increased. The highest price increase of Rs.28.00/kg was recorded for Welimada potato.



Compared to the same period of the last year, highest price increase of 3% was recorded for imported potatoes while highest price decreased of 4% was recorded for Nuwara -Eliya potato.

Pulses

Wholesale

Price of green gram and red dhal have increased by 6% and 3%. Price ranged Rs.650.00-780.00/kg and Rs.250.00-265.00/kg respectively. Price of white cowpea and red cowpea have decreased by 2% and 7% and price ranged Rs.700.00-800.00/kg Rs.670.00-750.00/kg.

Compared to same period of last year, price increase of 35% was recorded for red cowpea and while price of green gram increase by 10%.

Retail

Prices of all types of pulses varieties expect for red dhal have decreased. The highest price decreased of Rs.50.00/kg was recorded for white cowpea.

Compared to the same period of the last year, price of white cowpea increases by 20%.

Vegetables

Wholesale

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

Among the upcountry vegetable varieties, the highest price increase of 42% reported for cabbage, with decreased supply from Puttalam. Price of carrot has also increased by 32%, due to decrease supply from Nuwara Eliya, while the price of knolkhol has also increased by 26%, due to low supply from Nuwara Eliya and Dambulla. However, the price of tomato has decreased by 14%, with increased supply from Dambulla and Melsiripura.

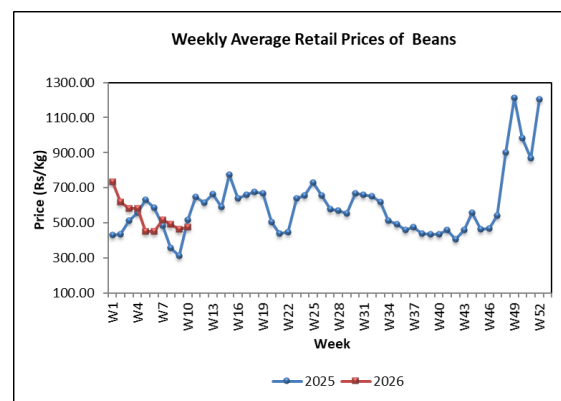
Considering the low-country vegetables, the highest price increase was reported for ladies finger as 36%, due to increased supply from Embilipitiya, Hambanthota and Dambulla, areas. In addition, prices of pumpkin have also increased by 35%, with decreased supply from Embilipitiya, Monaragala, Jaffna and Rajanganaya. While the prices of brinjals have increased by 27%, with decreased supply from Embilipitiya, Balangoda Tissamaharama and Welimada. However, the prices of bitter gourd and Luffa have decreased by 20% and 19% respectively, with increased supply from Balangoda, Kandy and Dambulla, while the prices of capsicum has also decreased by 16%, with increased supply from Puttalam. Due to high supply from producing areas, price of lime has decreased further by 8%

Compared to the same period of last year, the prices of most of the vegetables have decreased, with the highest price decrease of 63% reported for carrot.

Retail

In line with the increased wholesale prices, retail prices of most of the vegetable varieties have increased.

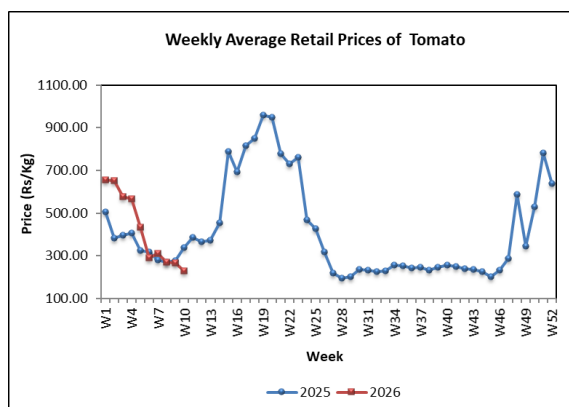
Considering upcountry vegetables, prices of most of the varieties have increased. The highest price increase was reported for carrot as Rs.17.00/kg. The second highest price increase was reported for knolkhol as Rs.16.00/kg. Price of cabbage has increased by Rs.14.00/kg. Further, price of beans has increased by Rs.10.00/kg. However, the price of reddish and beetroot have decreased by Rs.20.00/kg.



Meanwhile, the price of tomato has decreased by Rs.38.00/kg and the price of capsicum has decreased by Rs.103.00/kg.

Regarding low country vegetables, prices of most of the varieties have slightly decreased. The highest price increase was reported for ladies fingers as Rs.44.00/kg. The second highest price increase was reported for long beans as Rs.35.00/kg. Price of brinjal and ash plantain have increased by Rs.10.00/kg and Rs.6.00/kg respectively. Meanwhile, the price of bitter gourd has decreased by Rs.71.00/kg and the price of green chili has decreased by Rs.24.00/kg.

Compared to the same period of last year, the current retail prices of most of the vegetable varieties have decreased and the highest price decrease was reported for green chili as 60%.



Coconut Wholesale

Prices of both large and small coconut have decrease by 3%, with increased supply from producing areas. Price ranges were Rs.150.00-170.00 for a large nut and Rs.130.00-150.00 for a small nut.

Compared to the same period of last year, the current wholesale prices of both large and small nuts have decreased by 18% and 16% respectively.

Retail

Prices of both large and small nuts have decreased by Rs.2.00/nut and Rs.3.00/nut respectively. Prices were ranged Rs.170.00-200.00/nut for a large nut and Rs.140.00-170.00/nut for a small nut.

Compared to the same period of last year, the current retail prices of both large and small nuts have decreased by 15%.

Fruits

Wholesale

Prices of most of the fruit varieties have decreased due to high supply to the market. The highest price decrease of 17% was reported for Passion fruit. Further, prices of Orange (local) and Papaw have decreased by 14% and 13% respectively due to sufficient supply from harvesting areas and low demand of consumers. However, prices of slime apple and wood apple have increased by 23% and 17% respectively due to limited supply.

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

decreased and the highest price decrease of 36% was noted for wood apple.

Retail

Retail prices of most of the fruit varieties have decreased. The highest price decrease was reported for avocado by Rs.103.00/fruit. Prices of papaw and kolikuttu banana have decreased by Rs.34.00/kg and Rs. 25.00/kg respectively. Price of passion fruit and orange (local) have decreased by Rs.11.00/fruit and Rs. 9.00/fruit respectively.

Compared to the same period of last year, prices of most of the fruits have increased and the highest price increase was reported for slime apple as 46%.

Fresh Fish

Wholesale

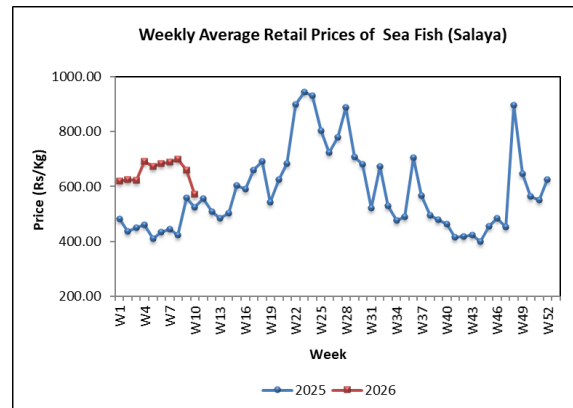
The wholesale prices of fish varieties have decreased by 5% and 25%. The highest price decrease of 25% was reported for prawns. Price ranged Rs.1600.00-2300.00/kg followed by, price decrease of 22% was recorded for salaya. Price ranged Rs.300.00- 400.00/kg.

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

have increased, with the highest price increase recorded for thora.

Retail

Retail prices of all fish species have decreased. The prices decrease were recorded by Rs.17.00-481.00/kg. The maximum price decrease was recorded for balaya at Rs.481.00/kg. While, prices of paraw and thalapath decreased by Rs.219.00/kg and 157.00/kg respectively.



Compared to the same period last year, retail prices of all fish species have increased in the range of 9%-37%. The highest price increase was recorded for thora at 37%.

Dried Fish

Wholesale

Prices of most local and imported dried fish varieties have increased by 1%-14%.

The highest price increase of 14% was reported for imported maduwa and price ranged Rs.1200.00-1800.00/kg. Price of imported sprats increased by 10% and price ranged Rs.900.00- 1150.00/kg. The price of local anguluwa decreased by 6%, and price ranged Rs.1800.00-1950.00/kg.

Compared to the same period last year, prices of most dried fish varieties have increased, with the highest price increase recorded for imported sprats.

Retail

Retail prices of dried fish species other than local sprats, imported sprats and katta have increased. The price increase was recorded in the range of Rs.3.00-178.00/kg. The highest price increase was recorded for balaya. It was Rs.178.00/kg. The second and third price increases were recorded for salaya and Thora, which were Rs.75.00/kg and Rs.57.00/kg respectively. The highest price decrease was recorded for local sprats, which was Rs.191.00/kg.

Compared to the same period last year, prices of all types of dried fish except salaya have increased by 5%-33%. The highest price increase was recorded for local sprats by 33%.

Eggs

Wholesale

During this week, the wholesale price of eggs has decreased. Brown egg price decrease by 0.12%. Price of a brown egg ranged Rs.35.00-36.00, while price of white egg ranged Rs.33.00-34.00.

Compared to the same period last year, egg prices have increased, with brown eggs increasing by 10% and white eggs increasing by 14%.

Retail

There is no significant change in egg prices. The price ranged Rs.36.00-38.00 for red eggs and white eggs as Rs. 34.00-37.00.

Compared to the same period last year, price of red eggs has increased by 11% and price of white eggs has increased by 13% per egg.

Meat

Retail

Retail prices of meat other than mutton have increased. The highest price increase was recorded for pork and it was

Weekly Food Commodities Bulletin

Rs.67.00/kg. Prices have increase for skinless boiler chicken and skinless curry chicken as Rs.28.00/kg and Rs.13.00/kg respectively. The price increase for beef was Rs.23.00/kg. The price decrease for mutton was reported by Rs.67.00/kg.

Compared to the same period last year, price of all meats increased in the range of 10%-102%. The highest price increase was recorded for pork at 102%.

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 10: 06 - 12 Mar 2026

LOCATIONS	Rice Varieties													
	Samba 1		Samba 2		Keeri Samba		Nadu 1		Nadu 2		Raw Red		Raw White	
Colombo	12000	12250	11750	11900	15000	17000	10000	10250	9500	9750	9500	10000	9500	10000
Divulapitiya	14000	14250	11500	12500	15250	17500	11350	11400	9500	10200	8700	9900	9000	10000
Kurunegala	-	-	11900	12000	16500	16500	11350	11400	9500	9800	-	-	9250	9500
Nikaweratiya	13000	13250	11850	12250	17150	17250	11200	11500	9500	10000	-	-	9250	9500
Badulla	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Puttalam	14250	14500	13000	13000	18000	18250	11250	11500	10000	10750	10500	10500	9900	10250
Dambulla	14000	14250	12500	12750	-	-	11250	11300	10000	10250	10000	10250	9750	10000
Anuradhapura	14250	14250	11900	12000	17750	18250	11250	11400	9750	10750	9750	10750	9250	10000
Tambuttegama	14500	14500	11750	11900	-	-	11300	11400	9750	10000	10750	10900	9500	9900
Polonnaruwa	-	-	-	-	-	-	11100	11250	-	-	10800	10900	10800	10900
Kalutara	-	-	-	-	-	-	11250	11350	10500	10500	8250	10250	9000	10400
Ampara	-	-	12000	12000	-	-	11500	11500	10250	11000	7500	8400	9150	10000
Kandy	13000	13250	12000	12250	16500	17000	10500	10750	10000	10250	9500	10000	9500	10000
Moneragala	-	-	11750	12000	18000	18250	11300	11350	10750	10850	8500	9000	9000	9500
Kegalle	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Dehiattakandiya	13750	13750	-	-	17500	17500	11150	11350	10500	10500	10750	10750	9250	10750
Hambantota	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Matara	-	-	-	-	-	-	11250	11400	10400	10750	8400	8800	9300	10000
Galle	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Meegoda	-	-	11900	12000	-	-	10500	10700	9400	9900	8300	8850	9000	9500
Tissamaharama	-	-	-	-	-	-	11400	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	9650	10000
Vavuniya	-	-	11500	11750	-	-	10750	10900	-	-	9500	10000	9500	9900
Mannar	-	-	12250	12400	15500	15750	10500	10750	-	-	9850	9900	9900	10000
Killinochchi	-	-	-	-	-	-	10500	10750	-	-	8750	9000	10000	10250
Mullattivu	-	-	-	-	-	-	10750	11000	-	-	8900	9750	10250	10500
Batticaloa	-	-	11750	12000	15000	16000	-	-	10000	10250	9250	9250	9250	9250
Trincomalee	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Galenbindunuwew	-	-	11950	11950	-	-	11350	11450	10100	10900	10750	10900	10000	10650
Matale	-	-	-	-	-	-	11000	11250	9750	10250	8750	9750	8750	9750

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

Week 10: 06 - 12 Mar 2026

LOCATIONS	Rice Varieties													
	Samba 1		Samba 2		Keeri Samba		Nadu 1		Nadu 2		Raw Red		Raw White	
Colombo	255.00	280.00	-	-	350.00	380.00	220.00	240.00	-	-	200.00	220.00	200.00	230.00
Gampaha	-	-	240.00	240.00	-	-	230.00	230.00	200.00	220.00	210.00	220.00	200.00	220.00
Kurunegala	-	-	238.00	240.00	-	-	230.00	230.00	210.00	220.00	210.00	220.00	215.00	220.00
Nikaweratiya	265.00	270.00	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	260.00	265.00	360.00	370.00	227.00	230.00	210.00	215.00	210.00	215.00	205.00	210.00
Anuradhapura	290.00	290.00	240.00	245.00	365.00	370.00	230.00	230.00	200.00	220.00	200.00	220.00	190.00	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	215.00	170.00	208.00	180.00	220.00
Badulla	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Keppetipola	-	-	245.00	260.00	-	-	225.00	226.00	215.00	216.00	170.00	180.00	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	360.00	225.00	230.00	215.00	222.00	188.00	220.00	180.00	220.00
Dehiattakandiya	280.00	285.00	-	-	360.00	360.00	225.00	230.00	215.00	215.00	220.00	220.00	190.00	220.00
Nuwaraeliya	260.00	265.00	255.00	255.00	370.00	380.00	224.00	226.00	214.00	216.00	178.00	185.00	190.00	200.00
Kandy	270.00	275.00	245.00	250.00	365.00	370.00	228.00	230.00	215.00	220.00	200.00	210.00	200.00	210.00
Puttalam	290.00	300.00	260.00	260.00	370.00	380.00	230.00	230.00	210.00	220.00	220.00	220.00	200.00	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	-	-	240.00	250.00	350.00	360.00	230.00	230.00	215.00	220.00	173.00	190.00	190.00	220.00
Galle	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Tissamaharama	-	-	240.00	240.00	-	-	230.00	230.00	-	-	165.00	170.00	195.00	200.00
Meegoda (DEC)	-	-	240.00	240.00	-	-	225.00	230.00	210.00	220.00	185.00	210.00	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	-	-	210.00	215.00	220.00	222.00
Vavuniya	-	-	240.00	245.00	-	-	225.00	230.00	-	-	210.00	215.00	210.00	214.00
Mannar	-	-	255.00	260.00	345.00	350.00	230.00	235.00	-	-	210.00	215.00	220.00	220.00
Killinochchi	-	-	-	-	-	-	220.00	225.00	-	-	185.00	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	340.00	350.00	230.00	235.00	-	-	205.00	210.00	215.00	220.00
Hanguranketha	-	-	-	-	-	-	-	-	-	-	-	-	-	-
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	350.00	350.00	225.00	230.00	205.00	220.00	220.00	220.00	205.00	215.00
Bandarawela	-	-	-	-	360.00	365.00	230.00	230.00	-	-	185.00	190.00	190.00	200.00
Matale	275.00	280.00	-	-	350.00	360.00	226.00	228.00	208.00	220.00	210.00	215.00	205.00	215.00

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

Week 10: 06 - 12 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	10000 - 11000	-	6750 - 7500	9000 - 10000	12500 - 14000	16000 - 16500	32500 - 39000	35000 - 40000	12500 - 13250
Kurunegala	43500 - 44500	11250 - 12250	-	7500 - 8000	9000 - 10000	-	-	34000 - 35000	37500 - 39000	12400 - 12700
Nikaweratiya	43500 - 45000	11000 - 12000	-	7500 - 8350	9000 - 9400	-	-	33750 - 35000	37000 - 37500	12000 - 12750
Dehiattakandiya	43000 - 48000	12500 - 15000	-	7000 - 9000	9000 - 10500	-	16500 - 19000	32500 - 37500	36000 - 42500	12500 - 13250
Dambulla (DEC)	42500 - 43000	11000 - 11500	-	7500 - 8000	7750 - 8250	12500 - 13000	14500 - 15000	27500 - 30000	30000 - 32500	12250 - 12500
Anuradhapura	44000 - 47500	12000 - 14000	-	7750 - 8250	9000 - 9500	-	-	32500 - 36500	37500 - 44000	12500 - 13000
Thambuththegama	43000 - 44500	11000 - 11500	-	6250 - 7750	8000 - 8500	-	-	30000 - 30000	25000 - 26000	12500 - 12750
Polonnaruwa	45000 - 47500	14000 - 15000	-	8000 - 9000	8500 - 8500	-	17500 - 19000	35000 - 36000	35000 - 36000	12000 - 12500
Kaluthara	45000 - 47500	12000 - 13000	-	7500 - 7750	10000 - 10500	-	-	35000 - 40000	37500 - 40500	12750 - 13250
Puttalam	42500 - 43500	10000 - 12500	-	7000 - 8250	10000 - 10500	-	-	33500 - 35000	39000 - 41000	13000 - 13250
Kandy	45000 - 45500	12000 - 12500	-	6000 - 7500	8000 - 8500	13000 - 14000	15000 - 15500	35000 - 37500	35000 - 37500	12750 - 13000
Matara	46000 - 47500	12000 - 12500	-	7500 - 8000	10250 - 11000	-	-	34000 - 37500	37500 - 40000	12750 - 13250
Hambantota	-	-	-	-	-	-	-	-	-	-
Kegalle	47000 - 48000	13000 - 14000	-	8000 - 8500	9000 - 10000	-	-	37000 - 37500	40000 - 40000	12500 - 13000
Galle	-	-	-	-	-	-	-	-	-	-
Tissamaharama	43750 - 44500	13000 - 13500	-	6750 - 7000	9000 - 9250	14000 - 15500	-	29000 - 30000	-	12000 - 12250
Meegoda (DEC)	43000 - 44000	10500 - 11000	-	7000 - 7250	8000 - 8750	13000 - 13500	15500 - 16000	30000 - 37500	34000 - 39000	12300 - 13000
Jaffna	47000 - 47500	-	-	7250 - 7500	7400 - 7500	-	-	33500 - 34500	-	12800 - 13000
Vavuniya	45000 - 48000	10000 - 10750	-	8000 - 8500	9000 - 9500	-	-	27500 - 30000	-	13000 - 13500
Mannar	40000 - 42500	11750 - 12000	-	7000 - 7000	-	-	-	30000 - 34000	-	12000 - 12450
Killinochchi	45000 - 47500	-	-	8000 - 8500	10000 - 10500	-	-	33000 - 34000	-	12750 - 13000
Mullattivu	46500 - 49000	-	-	8500 - 9500	9500 - 11500	-	-	34000 - 35000	-	12500 - 12750
Batticaloa	42500 - 45000	10500 - 10750	-	7000 - 7500	9000 - 9000	12500 - 13750	15500 - 15500	30000 - 30000	35000 - 35000	12500 - 12500
Trincomalee	-	-	-	-	-	-	-	-	-	-
Galenbindunuwewa	46500 - 52000	14250 - 15250	-	9000 - 10000	9000 - 10500	-	-	31500 - 34250	34000 - 40250	12750 - 13500
Matale	44500 - 45000	13000 - 14000	-	7250 - 7500	-	-	-	28750 - 32500	32500 - 35000	12250 - 12500

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

Week 10: 06 - 12 Mar 2026

LOCATIONS	Dried Chillies	Red Onion		Big Onion	Potato			Pulses		
	Imported	Imported	Local		Imported	Welimada	Nuwara Eliya	Green Gram	Cowpea	Red Dhal
Colombo	950.00 - 1200.00	320.00 - 400.00	-	160.00 - 240.00	200.00 - 260.00	340.00 - 400.00	380.00 - 460.00	700.00 - 1000.00	880.00 - 1200.00	280.00 - 320.00
Gampaha	940.00 - 1190.00	360.00 - 400.00	-	200.00 - 240.00	240.00 - 260.00	-	420.00 - 440.00	700.00 - 1000.00	790.00 - 980.00	280.00 - 300.00
Kurunegala	940.00 - 1000.00	340.00 - 360.00	-	200.00 - 220.00	220.00 - 240.00	-	400.00 - 400.00	750.00 - 850.00	850.00 - 940.00	260.00 - 280.00
Nikaweratiya	920.00 - 950.00	280.00 - 280.00	-	160.00 - 190.00	190.00 - 220.00	-	-	720.00 - 780.00	820.00 - 900.00	255.00 - 270.00
Dambulla	950.00 - 1000.00	360.00 - 400.00	-	180.00 - 200.00	180.00 - 200.00	-	-	750.00 - 800.00	850.00 - 900.00	260.00 - 270.00
Anuradhapura	960.00 - 1000.00	280.00 - 340.00	-	170.00 - 200.00	210.00 - 240.00	360.00 - 400.00	-	700.00 - 800.00	800.00 - 1000.00	260.00 - 280.00
Thambuththegama	1050.00 - 1150.00	320.00 - 380.00	-	165.00 - 200.00	180.00 - 220.00	-	-	750.00 - 820.00	750.00 - 900.00	260.00 - 290.00
Polonnaruwa	950.00 - 1000.00	280.00 - 320.00	-	180.00 - 200.00	180.00 - 200.00	-	380.00 - 400.00	700.00 - 760.00	740.00 - 780.00	260.00 - 300.00
Kaluthara	960.00 - 1000.00	300.00 - 400.00	-	160.00 - 200.00	240.00 - 260.00	320.00 - 350.00	400.00 - 440.00	700.00 - 850.00	780.00 - 860.00	260.00 - 270.00
Badulla	-	-	-	-	-	-	-	-	-	-
Keppetipola	900.00 - 950.00	-	-	170.00 - 190.00	195.00 - 210.00	300.00 - 320.00	-	750.00 - 760.00	870.00 - 880.00	255.00 - 255.00
Moneragala	980.00 - 1000.00	300.00 - 380.00	-	180.00 - 200.00	200.00 - 240.00	360.00 - 400.00	-	760.00 - 800.00	700.00 - 800.00	270.00 - 300.00
Kegalle	950.00 - 1000.00	280.00 - 300.00	-	180.00 - 200.00	200.00 - 220.00	360.00 - 380.00	-	740.00 - 760.00	830.00 - 850.00	270.00 - 300.00
Ampara	960.00 - 990.00	280.00 - 300.00	-	170.00 - 180.00	190.00 - 210.00	300.00 - 360.00	-	780.00 - 820.00	800.00 - 850.00	260.00 - 260.00
Dehiattakandiya	900.00 - 980.00	300.00 - 350.00	-	160.00 - 200.00	195.00 - 220.00	400.00 - 400.00	-	750.00 - 850.00	800.00 - 950.00	270.00 - 280.00
Nuwaraeliya	960.00 - 1000.00	270.00 - 280.00	-	185.00 - 195.00	200.00 - 220.00	-	340.00 - 360.00	780.00 - 800.00	860.00 - 880.00	255.00 - 255.00
Kandy	1000.00 - 1040.00	360.00 - 400.00	-	180.00 - 200.00	240.00 - 260.00	340.00 - 360.00	380.00 - 400.00	760.00 - 900.00	960.00 - 1000.00	280.00 - 300.00
Puttalam	880.00 - 950.00	320.00 - 400.00	-	180.00 - 200.00	220.00 - 240.00	-	-	750.00 - 800.00	880.00 - 950.00	275.00 - 300.00
Rathnapura	1000.00 - 1200.00	280.00 - 320.00	-	200.00 - 220.00	220.00 - 260.00	350.00 - 360.00	-	770.00 - 800.00	760.00 - 850.00	268.00 - 280.00
Hambantota	-	-	-	-	-	-	-	-	-	-
Matara	960.00 - 1000.00	280.00 - 380.00	-	170.00 - 200.00	220.00 - 260.00	320.00 - 340.00	400.00 - 440.00	700.00 - 850.00	800.00 - 850.00	280.00 - 300.00
Galle	-	-	-	-	-	-	-	-	-	-
Tissamaharama	950.00 - 1050.00	300.00 - 330.00	-	170.00 - 180.00	220.00 - 230.00	350.00 - 370.00	-	650.00 - 690.00	-	270.00 - 280.00
Meegoda (DEC)	920.00 - 1000.00	320.00 - 400.00	-	150.00 - 190.00	220.00 - 240.00	360.00 - 360.00	380.00 - 400.00	720.00 - 800.00	900.00 - 1000.00	260.00 - 300.00
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	260.00 - 320.00
Jaffna	980.00 - 1000.00	-	-	170.00 - 180.00	-	-	-	720.00 - 740.00	-	270.00 - 280.00
Vavuniya	1000.00 - 1200.00	280.00 - 300.00	-	180.00 - 240.00	200.00 - 240.00	-	-	680.00 - 750.00	-	270.00 - 280.00
Mannar	900.00 - 1000.00	-	-	180.00 - 200.00	220.00 - 220.00	-	-	700.00 - 750.00	-	250.00 - 260.00
Killinochchi	960.00 - 1000.00	-	-	180.00 - 200.00	220.00 - 240.00	-	-	700.00 - 740.00	-	265.00 - 270.00
Mullaittivu	950.00 - 1000.00	-	-	-	200.00 - 240.00	-	-	680.00 - 720.00	-	255.00 - 260.00
Batticaloa	1000.00 - 1100.00	280.00 - 280.00	-	200.00 - 250.00	200.00 - 220.00	400.00 - 420.00	450.00 - 480.00	680.00 - 700.00	800.00 - 850.00	260.00 - 270.00
Trincomalee	950.00 - 1000.00	320.00 - 350.00	-	190.00 - 200.00	200.00 - 220.00	-	-	700.00 - 740.00	950.00 - 1000.00	265.00 - 270.00
Hanguranketha	-	-	-	-	-	-	-	-	-	-
Veyangoda	920.00 - 1000.00	320.00 - 400.00	-	180.00 - 240.00	200.00 - 240.00	360.00 - 400.00	-	720.00 - 1000.00	800.00 - 1000.00	260.00 - 320.00
Galenbindunuwewa	950.00 - 1060.00	300.00 - 375.00	-	200.00 - 220.00	200.00 - 225.00	-	-	650.00 - 700.00	700.00 - 825.00	265.00 - 280.00
Bandarawela	950.00 - 1050.00	300.00 - 320.00	-	180.00 - 200.00	180.00 - 200.00	300.00 - 320.00	-	750.00 - 850.00	900.00 - 1000.00	270.00 - 280.00
Matale	920.00 - 1000.00	300.00 - 320.00	-	170.00 - 200.00	170.00 - 200.00	-	-	720.00 - 760.00	850.00 - 900.00	250.00 - 260.00

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

Week 10: 06 - 12 Mar 2026

Locations	Butter Beans	Green Beans	Carrot	Leeks	Beetroot	Knolkhol
Colombo	-	300.00 - 400.00	260.00 - 300.00	150.00 - 230.00	50.00 - 130.00	120.00 - 160.00
Meegoda (DEC)	-	310.00 - 360.00	280.00 - 330.00	180.00 - 210.00	100.00 - 120.00	180.00 - 210.00
Dambulla (DEC)	-	280.00 - 350.00	200.00 - 250.00	250.00 - 270.00	70.00 - 100.00	80.00 - 120.00
Keppetipola (DEC)	-	250.00 - 280.00	220.00 - 250.00	150.00 - 170.00	120.00 - 150.00	120.00 - 150.00
Norochchole (DEC)	-	330.00 - 400.00	300.00 - 330.00	260.00 - 300.00	70.00 - 120.00	-
Nuwara Eliya	-	260.00 - 290.00	290.00 - 310.00	170.00 - 190.00	100.00 - 110.00	110.00 - 120.00
Kandy	-	300.00 - 330.00	300.00 - 320.00	200.00 - 220.00	60.00 - 80.00	120.00 - 130.00
Hambantota	-	-	-	-	-	-
Thambuththegama (DEC)	-	300.00 - 350.00	330.00 - 350.00	190.00 - 220.00	70.00 - 100.00	-
Jaffna	-	-	-	-	-	-
Bandarawela	-	250.00 - 280.00	240.00 - 270.00	160.00 - 180.00	120.00 - 150.00	120.00 - 140.00
Veyangoda	-	300.00 - 330.00	280.00 - 330.00	180.00 - 200.00	60.00 - 80.00	160.00 - 200.00

Locations	Raddish	Cabbage	Tomato	Ladies Fingers	Brinjal	Capsicum
Colombo	50.00 - 80.00	130.00 - 180.00	60.00 - 120.00	70.00 - 120.00	200.00 - 250.00	200.00 - 250.00
Meegoda (DEC)	70.00 - 90.00	160.00 - 230.00	110.00 - 140.00	100.00 - 140.00	180.00 - 210.00	240.00 - 260.00
Moneragala	100.00 - 120.00	200.00 - 250.00	120.00 - 140.00	130.00 - 150.00	200.00 - 250.00	350.00 - 400.00
Dambulla (DEC)	35.00 - 50.00	100.00 - 120.00	60.00 - 90.00	80.00 - 120.00	140.00 - 200.00	250.00 - 350.00
Keppetipola (DEC)	30.00 - 35.00	120.00 - 150.00	90.00 - 110.00	90.00 - 100.00	160.00 - 200.00	250.00 - 300.00
Norochchole (DEC)	35.00 - 60.00	150.00 - 160.00	100.00 - 140.00	100.00 - 150.00	150.00 - 200.00	330.00 - 400.00
Nuwara Eliya	40.00 - 60.00	180.00 - 200.00	100.00 - 130.00	90.00 - 110.00	220.00 - 230.00	280.00 - 320.00
Kandy	50.00 - 60.00	130.00 - 150.00	80.00 - 100.00	100.00 - 110.00	200.00 - 230.00	250.00 - 280.00
Hambantota	-	-	-	-	-	-
Thambuththegama (DEC)	70.00 - 90.00	170.00 - 200.00	50.00 - 60.00	50.00 - 60.00	140.00 - 170.00	180.00 - 230.00
Tissamaharama	120.00 - 140.00	200.00 - 230.00	100.00 - 120.00	140.00 - 150.00	240.00 - 250.00	350.00 - 360.00
Jaffna	-	-	-	-	-	-
Bandarawela	40.00 - 50.00	110.00 - 150.00	90.00 - 120.00	100.00 - 120.00	200.00 - 220.00	270.00 - 320.00
Veyangoda	60.00 - 80.00	170.00 - 200.00	100.00 - 140.00	100.00 - 140.00	220.00 - 260.00	250.00 - 300.00

Locations	Pumpkin	Cucumber	Bitter Gourd	Snake Gourd	Drumstick	Luffa
Colombo	120.00 - 130.00	60.00 - 80.00	220.00 - 300.00	120.00 - 150.00	-	130.00 - 180.00
Meegoda (DEC)	130.00 - 140.00	60.00 - 70.00	250.00 - 300.00	130.00 - 150.00	-	150.00 - 200.00
Moneragala	150.00 - 180.00	70.00 - 100.00	300.00 - 350.00	200.00 - 230.00	-	200.00 - 220.00
Dambulla (DEC)	90.00 - 120.00	30.00 - 45.00	280.00 - 300.00	80.00 - 110.00	-	110.00 - 130.00
Keppetipola (DEC)	130.00 - 140.00	65.00 - 70.00	250.00 - 260.00	100.00 - 120.00	-	160.00 - 170.00
Norochchole (DEC)	100.00 - 130.00	50.00 - 60.00	350.00 - 420.00	100.00 - 150.00	-	180.00 - 220.00
Nuwara Eliya	140.00 - 150.00	75.00 - 80.00	280.00 - 300.00	120.00 - 130.00	-	170.00 - 180.00
Kandy	140.00 - 150.00	60.00 - 80.00	230.00 - 250.00	130.00 - 150.00	-	140.00 - 150.00
Hambantota	-	-	-	-	-	-
Thambuththegama (DEC)	100.00 - 120.00	25.00 - 35.00	200.00 - 230.00	60.00 - 80.00	-	90.00 - 130.00
Tissamaharama	140.00 - 150.00	60.00 - 70.00	360.00 - 380.00	180.00 - 200.00	-	200.00 - 230.00
Jaffna	-	-	-	-	-	-
Bandarawela	140.00 - 150.00	70.00 - 80.00	250.00 - 280.00	140.00 - 160.00	-	170.00 - 180.00
Veyangoda	120.00 - 140.00	50.00 - 70.00	250.00 - 300.00	120.00 - 140.00	-	160.00 - 200.00

Table 06 (Contd.)

	Long Beans	Ash Plantain	Green Chillies	Lime	Sweet Potatoe	Manioc
Colombo	80.00 - 150.00	130.00 - 160.00	200.00 - 300.00	50.00 - 80.00	120.00 - 160.00	60.00 - 100.00
Meegoda (DEC)	90.00 - 140.00	150.00 - 170.00	270.00 - 320.00	110.00 - 140.00	110.00 - 130.00	100.00 - 120.00
Moneragala	120.00 - 150.00	100.00 - 120.00	300.00 - 350.00	80.00 - 90.00	200.00 - 220.00	80.00 - 100.00
Dambulla (DEC)	80.00 - 120.00	140.00 - 150.00	250.00 - 300.00	60.00 - 80.00	90.00 - 130.00	90.00 - 110.00
Keppetipola (DEC)	130.00 - 140.00	120.00 - 130.00	250.00 - 300.00	80.00 - 90.00	120.00 - 130.00	100.00 - 110.00
Norochchole (DEC)	100.00 - 130.00	130.00 - 150.00	280.00 - 320.00	100.00 - 120.00	-	110.00 - 130.00
Nuwara Eliya	150.00 - 160.00	130.00 - 140.00	300.00 - 320.00	90.00 - 120.00	170.00 - 180.00	110.00 - 120.00
Kandy	100.00 - 140.00	140.00 - 160.00	250.00 - 280.00	80.00 - 90.00	130.00 - 150.00	100.00 - 110.00
Hambantota	-	-	-	-	-	-
Thambuththegama (DEC)	60.00 - 80.00	80.00 - 100.00	220.00 - 260.00	60.00 - 100.00	120.00 - 130.00	90.00 - 110.00
Tissamaharama	120.00 - 140.00	150.00 - 160.00	380.00 - 400.00	100.00 - 120.00	180.00 - 200.00	160.00 - 180.00
Jaffna	-	-	-	-	-	-
Bandarawela	140.00 - 150.00	150.00 - 160.00	260.00 - 300.00	80.00 - 100.00	160.00 - 170.00	-
Veyangoda	80.00 - 120.00	150.00 - 180.00	280.00 - 330.00	90.00 - 120.00	120.00 - 140.00	100.00 - 120.00

Locations	Leafy Vegetables (Rs/bundle)			Coconut (Rs/nut)	
	Mukunuwenna	Kankun	Gotukola	Large	Small
Colombo	35.00 - 50.00	35.00 - 50.00	260.00 - 300.00	150.00 - 170.00	130.00 - 150.00
Meegoda (DEC)	-	-	-	155.00 - 160.00	130.00 - 135.00
Norochchole (DEC)	40.00 - 40.00	40.00 - 40.00	-	135.00 - 145.00	120.00 - 125.00
Nuwara Eliya	-	-	-	-	-
Dambulla (DEC)	30.00 - 35.00	35.00 - 35.00	125.00 - 150.00	110.00 - 120.00	80.00 - 90.00
Kandy	50.00 - 60.00	50.00 - 60.00	280.00 - 300.00	130.00 - 140.00	90.00 - 100.00
Hambantota	-	-	-	-	-
Thambuththegama (DEC)	-	-	-	100.00 - 110.00	80.00 - 85.00
Tissamaharama	30.00 - 35.00	30.00 - 35.00	-	-	-
Jaffna	-	-	-	-	-
Bandarawela	-	-	-	-	-
Veyangoda	-	-	-	-	-

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

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

Week 10: 06 - 12 Mar 2026

LOCATIONS	Up Country Varieties																
	Butter Beans		Green Beans		Carrot		Leeks		Beetroot		Knol Khol		Raddish		Cabbage		Tomato
Colombo	-	350.00 - 600.00	320.00 - 480.00	260.00 - 400.00	160.00 - 360.00	220.00 - 400.00	100.00 - 280.00	200.00 - 400.00	140.00 - 320.00								
Gampaha	-	400.00 - 480.00	400.00 - 500.00	360.00 - 400.00	200.00 - 240.00	280.00 - 380.00	120.00 - 180.00	280.00 - 360.00	240.00 - 320.00								
Kurunegala	-	400.00 - 460.00	450.00 - 480.00	340.00 - 380.00	200.00 - 250.00	250.00 - 280.00	140.00 - 180.00	280.00 - 320.00	220.00 - 250.00								
Nikaweratiya	-	480.00 - 540.00	400.00 - 520.00	400.00 - 480.00	160.00 - 240.00	240.00 - 320.00	120.00 - 240.00	240.00 - 350.00	200.00 - 320.00								
Dambulla	-	460.00 - 480.00	380.00 - 400.00	380.00 - 400.00	200.00 - 240.00	260.00 - 280.00	160.00 - 180.00	200.00 - 240.00	200.00 - 240.00								
Anuradhapura	-	480.00 - 520.00	400.00 - 480.00	360.00 - 400.00	200.00 - 240.00	240.00 - 300.00	120.00 - 160.00	240.00 - 320.00	200.00 - 240.00								
Thambuththegama	-	500.00 - 580.00	520.00 - 650.00	300.00 - 350.00	150.00 - 200.00	-	150.00 - 200.00	300.00 - 350.00	100.00 - 160.00								
Polonnaruwa	-	480.00 - 560.00	440.00 - 480.00	350.00 - 400.00	200.00 - 250.00	240.00 - 320.00	100.00 - 140.00	240.00 - 320.00	180.00 - 200.00								
Kaluthara	-	400.00 - 440.00	400.00 - 440.00	300.00 - 340.00	200.00 - 200.00	200.00 - 300.00	150.00 - 200.00	200.00 - 360.00	180.00 - 200.00								
Badulla	-	-	-	-	-	-	-	-	-								
Keppetipola	-	300.00 - 350.00	280.00 - 300.00	200.00 - 230.00	180.00 - 220.00	200.00 - 220.00	80.00 - 100.00	200.00 - 230.00	150.00 - 160.00								
Moneragala	-	480.00 - 520.00	360.00 - 400.00	360.00 - 400.00	200.00 - 260.00	200.00 - 260.00	160.00 - 200.00	260.00 - 320.00	160.00 - 200.00								
Kegalle	-	440.00 - 480.00	450.00 - 480.00	450.00 - 480.00	160.00 - 200.00	280.00 - 320.00	240.00 - 280.00	280.00 - 320.00	240.00 - 280.00								
Ampara	-	320.00 - 440.00	380.00 - 400.00	300.00 - 360.00	180.00 - 240.00	240.00 - 260.00	120.00 - 200.00	260.00 - 280.00	200.00 - 220.00								
Dehiattakandiya	-	400.00 - 500.00	400.00 - 400.00	300.00 - 300.00	200.00 - 200.00	200.00 - 300.00	200.00 - 200.00	200.00 - 300.00	150.00 - 200.00								
Nuwaraeliya	-	360.00 - 380.00	380.00 - 400.00	280.00 - 300.00	200.00 - 220.00	220.00 - 230.00	100.00 - 120.00	280.00 - 300.00	240.00 - 260.00								
Kandy	-	400.00 - 450.00	480.00 - 520.00	300.00 - 320.00	160.00 - 200.00	200.00 - 240.00	160.00 - 180.00	240.00 - 260.00	160.00 - 200.00								
Puttalam	-	480.00 - 520.00	400.00 - 520.00	400.00 - 480.00	300.00 - 360.00	300.00 - 350.00	160.00 - 240.00	300.00 - 400.00	280.00 - 320.00								
Hambantota	-	-	-	-	-	-	-	-	-								
Rathnapura	-	400.00 - 450.00	360.00 - 450.00	300.00 - 360.00	220.00 - 280.00	240.00 - 320.00	120.00 - 160.00	240.00 - 280.00	200.00 - 270.00								
Matara	-	400.00 - 420.00	400.00 - 480.00	320.00 - 360.00	150.00 - 200.00	280.00 - 320.00	120.00 - 140.00	240.00 - 340.00	100.00 - 140.00								
Galle	-	-	-	-	-	-	-	-	-								
Tissamaharama	-	400.00 - 420.00	360.00 - 380.00	280.00 - 300.00	180.00 - 200.00	260.00 - 280.00	160.00 - 180.00	260.00 - 280.00	140.00 - 160.00								
Meegoda (DEC)	-	400.00 - 480.00	400.00 - 520.00	360.00 - 400.00	160.00 - 240.00	320.00 - 360.00	160.00 - 240.00	320.00 - 400.00	240.00 - 280.00								
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	350.00 - 400.00	350.00 - 360.00	100.00 - 120.00	-	100.00 - 100.00	180.00 - 200.00	150.00 - 160.00								
Vavuniya	-	350.00 - 400.00	300.00 - 400.00	300.00 - 340.00	150.00 - 180.00	200.00 - 250.00	100.00 - 150.00	200.00 - 240.00	140.00 - 160.00								
Mannar	-	480.00 - 550.00	380.00 - 400.00	400.00 - 400.00	350.00 - 380.00	-	200.00 - 220.00	300.00 - 320.00	240.00 - 250.00								
Killinochchi	-	400.00 - 440.00	480.00 - 520.00	380.00 - 420.00	150.00 - 180.00	-	120.00 - 140.00	230.00 - 250.00	180.00 - 200.00								
Mullaittivu	-	580.00 - 620.00	580.00 - 620.00	400.00 - 440.00	180.00 - 220.00	-	150.00 - 180.00	220.00 - 250.00	160.00 - 200.00								
Batticaloa	-	400.00 - 480.00	400.00 - 450.00	320.00 - 350.00	200.00 - 200.00	200.00 - 220.00	200.00 - 220.00	320.00 - 350.00	150.00 - 150.00								
Trincomalee	-	480.00 - 520.00	500.00 - 540.00	400.00 - 440.00	300.00 - 320.00	280.00 - 300.00	230.00 - 250.00	280.00 - 300.00	240.00 - 260.00								
Hanguranketha	-	-	-	-	-	-	-	-	-								
Veyangoda	-	400.00 - 480.00	400.00 - 440.00	280.00 - 360.00	200.00 - 240.00	280.00 - 320.00	180.00 - 200.00	240.00 - 280.00	240.00 - 280.00								
Galenbindunuwewa	-	460.00 - 520.00	400.00 - 480.00	400.00 - 480.00	200.00 - 250.00	200.00 - 220.00	120.00 - 160.00	180.00 - 250.00	200.00 - 260.00								
Bandarawela	-	400.00 - 420.00	360.00 - 380.00	260.00 - 320.00	260.00 - 320.00	240.00 - 260.00	100.00 - 120.00	200.00 - 240.00	200.00 - 220.00								
Matale	-	480.00 - 640.00	400.00 - 440.00	400.00 - 480.00	240.00 - 300.00	240.00 - 280.00	120.00 - 160.00	200.00 - 240.00	200.00 - 240.00								

Table 07 (Contd.)

LOCATIONS	Low Country Varieties										
	Ladies Fingers	Brinjal	Capsicum	Pumpkin	Cucumber	Bitter Gourd	Snake Gourd	Drumstick	Luffa	Long Beans	
Colombo	180.00 - 320.00	300.00 - 400.00	320.00 - 600.00	160.00 - 280.00	120.00 - 240.00	300.00 - 600.00	200.00 - 400.00	-	240.00 - 400.00	180.00 - 320.00	
Gampaha	180.00 - 280.00	280.00 - 400.00	480.00 - 500.00	200.00 - 250.00	120.00 - 240.00	480.00 - 500.00	320.00 - 400.00	-	280.00 - 320.00	240.00 - 320.00	
Kurunegala	180.00 - 220.00	300.00 - 400.00	460.00 - 500.00	160.00 - 220.00	90.00 - 120.00	500.00 - 560.00	200.00 - 240.00	-	220.00 - 260.00	250.00 - 300.00	
Nikaweratiya	120.00 - 220.00	240.00 - 320.00	400.00 - 550.00	200.00 - 260.00	160.00 - 220.00	400.00 - 520.00	-	-	200.00 - 300.00	160.00 - 240.00	
Dambulla	200.00 - 220.00	240.00 - 280.00	500.00 - 600.00	180.00 - 200.00	100.00 - 120.00	480.00 - 500.00	240.00 - 280.00	-	280.00 - 300.00	240.00 - 280.00	
Anuradhapura	200.00 - 240.00	240.00 - 320.00	480.00 - 520.00	200.00 - 240.00	120.00 - 160.00	400.00 - 480.00	200.00 - 280.00	-	260.00 - 320.00	200.00 - 240.00	
Thambuththegama	100.00 - 150.00	200.00 - 240.00	400.00 - 480.00	180.00 - 240.00	80.00 - 120.00	350.00 - 450.00	120.00 - 180.00	-	200.00 - 250.00	120.00 - 180.00	
Polonnaruwa	200.00 - 280.00	280.00 - 320.00	480.00 - 520.00	180.00 - 200.00	100.00 - 140.00	480.00 - 520.00	200.00 - 240.00	-	240.00 - 320.00	240.00 - 280.00	
Kaluthara	180.00 - 240.00	240.00 - 300.00	400.00 - 500.00	180.00 - 200.00	120.00 - 160.00	480.00 - 600.00	200.00 - 240.00	-	280.00 - 320.00	200.00 - 240.00	
Badulla	-	-	-	-	-	-	-	-	-	-	
Keppetipola	160.00 - 180.00	220.00 - 250.00	350.00 - 400.00	170.00 - 200.00	100.00 - 130.00	340.00 - 350.00	180.00 - 200.00	-	240.00 - 250.00	200.00 - 220.00	
Moneragala	240.00 - 260.00	260.00 - 300.00	480.00 - 520.00	200.00 - 220.00	120.00 - 160.00	400.00 - 460.00	240.00 - 260.00	-	260.00 - 320.00	180.00 - 200.00	
Kegalle	280.00 - 320.00	320.00 - 360.00	440.00 - 480.00	250.00 - 280.00	120.00 - 160.00	350.00 - 380.00	200.00 - 240.00	-	280.00 - 320.00	280.00 - 320.00	
Ampara	280.00 - 300.00	300.00 - 400.00	400.00 - 480.00	180.00 - 200.00	140.00 - 180.00	400.00 - 480.00	240.00 - 320.00	-	320.00 - 360.00	350.00 - 360.00	
Dehiattakandiya	200.00 - 260.00	300.00 - 300.00	400.00 - 480.00	200.00 - 240.00	100.00 - 120.00	300.00 - 400.00	200.00 - 200.00	-	200.00 - 200.00	200.00 - 200.00	
Nuwaraeliya	220.00 - 230.00	300.00 - 320.00	360.00 - 380.00	240.00 - 260.00	160.00 - 180.00	380.00 - 400.00	220.00 - 240.00	-	260.00 - 280.00	250.00 - 260.00	
Kandy	180.00 - 200.00	360.00 - 400.00	480.00 - 520.00	200.00 - 240.00	120.00 - 160.00	320.00 - 360.00	240.00 - 260.00	-	240.00 - 260.00	200.00 - 240.00	
Puttalam	160.00 - 240.00	240.00 - 320.00	400.00 - 500.00	280.00 - 300.00	160.00 - 240.00	500.00 - 550.00	200.00 - 280.00	-	350.00 - 400.00	200.00 - 280.00	
Rathnapura	150.00 - 200.00	300.00 - 360.00	400.00 - 500.00	120.00 - 180.00	100.00 - 150.00	400.00 - 500.00	200.00 - 260.00	-	280.00 - 380.00	200.00 - 280.00	
Hambantota	-	-	-	-	-	-	-	-	-	-	
Matara	200.00 - 240.00	240.00 - 320.00	320.00 - 480.00	140.00 - 200.00	120.00 - 160.00	400.00 - 500.00	240.00 - 320.00	-	260.00 - 320.00	200.00 - 240.00	
Galle	-	-	-	-	-	-	-	-	-	-	
Tissamaharama	180.00 - 200.00	280.00 - 300.00	400.00 - 420.00	180.00 - 200.00	100.00 - 120.00	420.00 - 440.00	240.00 - 260.00	-	260.00 - 280.00	160.00 - 180.00	
Meegoda (DEC)	240.00 - 300.00	320.00 - 400.00	400.00 - 500.00	200.00 - 240.00	160.00 - 200.00	480.00 - 600.00	320.00 - 360.00	-	320.00 - 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	-	280.00 - 320.00	140.00 - 160.00	
Jaffna	250.00 - 260.00	280.00 - 300.00	370.00 - 400.00	100.00 - 120.00	100.00 - 120.00	450.00 - 460.00	190.00 - 220.00	-	-	350.00 - 400.00	
Vavuniya	200.00 - 260.00	150.00 - 250.00	300.00 - 350.00	120.00 - 160.00	80.00 - 120.00	400.00 - 450.00	200.00 - 240.00	-	250.00 - 300.00	200.00 - 250.00	
Mannar	280.00 - 300.00	350.00 - 360.00	600.00 - 650.00	160.00 - 180.00	200.00 - 220.00	450.00 - 550.00	320.00 - 360.00	-	-	400.00 - 400.00	
Killinochchi	240.00 - 260.00	280.00 - 320.00	380.00 - 420.00	140.00 - 160.00	80.00 - 100.00	380.00 - 420.00	180.00 - 220.00	-	-	360.00 - 400.00	
Mullaittivu	280.00 - 320.00	300.00 - 340.00	580.00 - 620.00	150.00 - 180.00	150.00 - 180.00	580.00 - 620.00	240.00 - 260.00	-	-	400.00 - 450.00	
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	-	280.00 - 300.00	400.00 - 400.00	
Trincomalee	360.00 - 400.00	480.00 - 520.00	560.00 - 600.00	180.00 - 200.00	220.00 - 240.00	500.00 - 550.00	260.00 - 300.00	-	-	360.00 - 400.00	
Hanguranketha	-	-	-	-	-	-	-	-	-	-	
Veyangoda	240.00 - 280.00	320.00 - 360.00	400.00 - 440.00	200.00 - 240.00	140.00 - 200.00	400.00 - 440.00	240.00 - 280.00	-	240.00 - 320.00	200.00 - 240.00	
Galenbindunuwewa	180.00 - 250.00	280.00 - 350.00	460.00 - 520.00	160.00 - 220.00	120.00 - 180.00	460.00 - 520.00	180.00 - 250.00	-	240.00 - 320.00	160.00 - 240.00	
Bandarawela	160.00 - 200.00	260.00 - 300.00	480.00 - 580.00	180.00 - 200.00	100.00 - 130.00	380.00 - 400.00	220.00 - 240.00	-	240.00 - 260.00	200.00 - 240.00	
Matale	280.00 - 320.00	240.00 - 320.00	600.00 - 800.00	200.00 - 240.00	120.00 - 160.00	600.00 - 680.00	240.00 - 320.00	-	240.00 - 320.00	240.00 - 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	200.00 - 400.00	360.00 - 600.00	180.00 - 500.00	220.00 - 320.00	150.00 - 240.00	60.00 - 100.00	60.00 - 120.00	180.00 - 320.00	170.00 - 200.00	140.00 - 170.00
Gampaha	280.00 - 300.00	600.00 - 700.00	280.00 - 320.00	260.00 - 280.00	160.00 - 200.00	65.00 - 70.00	65.00 - 70.00	50.00 - 60.00	150.00 - 165.00	120.00 - 140.00
Kurunegala	220.00 - 250.00	450.00 - 550.00	150.00 - 220.00	200.00 - 260.00	160.00 - 180.00	60.00 - 70.00	60.00 - 70.00	50.00 - 60.00	155.00 - 165.00	120.00 - 130.00
Nikaweratiya	200.00 - 280.00	450.00 - 580.00	150.00 - 260.00	160.00 - 240.00	160.00 - 200.00	50.00 - 60.00	50.00 - 60.00	150.00 - 160.00	140.00 - 150.00	100.00 - 130.00
Dambulla	280.00 - 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	50.00 - 80.00	140.00 - 150.00	100.00 - 110.00
Anuradhapura	240.00 - 280.00	400.00 - 600.00	200.00 - 300.00	280.00 - 320.00	200.00 - 240.00	50.00 - 60.00	50.00 - 60.00	50.00 - 60.00	130.00 - 150.00	100.00 - 120.00
Thambuththegama	160.00 - 200.00	380.00 - 440.00	120.00 - 180.00	200.00 - 250.00	160.00 - 220.00	-	-	-	120.00 - 125.00	90.00 - 100.00
Polonnaruwa	250.00 - 280.00	450.00 - 500.00	200.00 - 300.00	200.00 - 280.00	220.00 - 240.00	50.00 - 50.00	50.00 - 50.00	50.00 - 50.00	140.00 - 150.00	80.00 - 120.00
Kaluthara	200.00 - 280.00	400.00 - 600.00	200.00 - 200.00	240.00 - 320.00	150.00 - 200.00	70.00 - 80.00	80.00 - 100.00	100.00 - 100.00	180.00 - 200.00	150.00 - 160.00
Badulla	-	-	-	-	-	-	-	-	-	-
Keppetipola	180.00 - 200.00	400.00 - 450.00	200.00 - 250.00	160.00 - 170.00	130.00 - 150.00	60.00 - 70.00	60.00 - 70.00	80.00 - 100.00	150.00 - 160.00	130.00 - 140.00
Moneragala	160.00 - 200.00	480.00 - 500.00	160.00 - 180.00	260.00 - 280.00	120.00 - 140.00	50.00 - 60.00	50.00 - 60.00	60.00 - 80.00	140.00 - 150.00	100.00 - 120.00
Kegalle	230.00 - 280.00	460.00 - 500.00	350.00 - 400.00	250.00 - 280.00	200.00 - 200.00	90.00 - 90.00	80.00 - 80.00	50.00 - 50.00	200.00 - 210.00	150.00 - 160.00
Ampara	200.00 - 280.00	400.00 - 500.00	150.00 - 300.00	240.00 - 280.00	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	200.00 - 200.00	400.00 - 600.00	200.00 - 200.00	200.00 - 200.00	-	50.00 - 50.00	50.00 - 50.00	50.00 - 50.00	-	110.00 - 130.00
Nuwaraeliya	220.00 - 240.00	440.00 - 460.00	240.00 - 260.00	300.00 - 320.00	230.00 - 240.00	60.00 - 70.00	60.00 - 70.00	70.00 - 80.00	150.00 - 160.00	120.00 - 140.00
Kandy	200.00 - 240.00	400.00 - 500.00	160.00 - 200.00	240.00 - 260.00	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	400.00 - 500.00	150.00 - 200.00	300.00 - 350.00	200.00 - 250.00	50.00 - 60.00	60.00 - 60.00	50.00 - 60.00	150.00 - 160.00	130.00 - 140.00
Rathnapura	200.00 - 250.00	600.00 - 660.00	150.00 - 200.00	200.00 - 250.00	120.00 - 160.00	80.00 - 80.00	80.00 - 80.00	100.00 - 100.00	170.00 - 200.00	130.00 - 160.00
Hambanthota	-	-	-	-	-	-	-	-	-	-
Matara	200.00 - 240.00	400.00 - 600.00	200.00 - 240.00	240.00 - 320.00	120.00 - 160.00	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	440.00 - 460.00	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)	280.00 - 360.00	520.00 - 600.00	200.00 - 300.00	240.00 - 280.00	150.00 - 200.00	80.00 - 100.00	80.00 - 80.00	100.00 - 120.00	170.00 - 180.00	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	170.00 - 200.00	300.00 - 320.00	100.00 - 160.00	240.00 - 260.00	180.00 - 200.00	90.00 - 100.00	50.00 - 50.00	80.00 - 80.00	160.00 - 180.00	80.00 - 100.00
Vavuniya	150.00 - 180.00	300.00 - 400.00	100.00 - 150.00	200.00 - 250.00	150.00 - 170.00	50.00 - 60.00	60.00 - 70.00	70.00 - 80.00	140.00 - 160.00	80.00 - 100.00
Mannar	200.00 - 250.00	400.00 - 450.00	250.00 - 300.00	280.00 - 300.00	180.00 - 200.00	80.00 - 80.00	50.00 - 60.00	80.00 - 90.00	140.00 - 145.00	95.00 - 100.00
Killinochchi	170.00 - 200.00	380.00 - 420.00	140.00 - 160.00	230.00 - 250.00	180.00 - 200.00	60.00 - 70.00	40.00 - 50.00	50.00 - 60.00	150.00 - 160.00	80.00 - 100.00
Mullaittivu	180.00 - 220.00	400.00 - 450.00	140.00 - 160.00	240.00 - 260.00	180.00 - 220.00	80.00 - 90.00	70.00 - 80.00	50.00 - 60.00	135.00 - 145.00	85.00 - 95.00
Batticaloa	230.00 - 240.00	400.00 - 400.00	150.00 - 150.00	250.00 - 250.00	150.00 - 160.00	100.00 - 100.00	100.00 - 100.00	100.00 - 100.00	160.00 - 170.00	-
Trincomalee	220.00 240.00	400.00 450.00	180.00 200.00	240.00 250.00	200.00 220.00	75.00 80.00	70.00 75.00	50.00 55.00	160.00 170.00	100.00 110.00
Hanguranketha	-	-	-	-	-	-	-	-	-	-
Veyangoda	240.00 - 280.00	400.00 - 480.00	180.00 - 240.00	200.00 - 240.00	180.00 - 200.00	65.00 - 70.00	65.00 - 70.00	90.00 - 100.00	160.00 - 180.00	140.00 - 150.00
Galenbindunuwewa	160.00 - 240.00	460.00 - 540.00	230.00 - 260.00	200.00 - 240.00	200.00 - 240.00	50.00 - 60.00	50.00 - 60.00	60.00 - 60.00	120.00 - 130.00	100.00 - 110.00
Bandarawela	220.00 - 240.00	380.00 - 420.00	160.00 - 180.00	200.00 - 220.00	160.00 - 180.00	70.00 - 80.00	70.00 - 80.00	80.00 - 100.00	150.00 - 160.00	100.00 - 130.00
Matale	300.00 - 320.00	560.00 - 600.00	200.00 - 240.00	280.00 - 320.00	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 10: 06 - 12 Mar 2026

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LOCATIONS	Banana					Pineapple			Mango	
	Ambul (Rs/kg)	Kolikuttu (Rs/kg)	Seeni (Rs/kg)	Anamalu	Ambun	Large	Medium	Small	Betti	Karthakolomban
Colombo	150.00 - 250.00	300.00 - 400.00	150.00 - 240.00	40.00 - 60.00	60.00 - 80.00	500.00 - 650.00	400.00 - 500.00	300.00 - 400.00	-	-
Gampaha	170.00 - 200.00	330.00 - 360.00	180.00 - 200.00	-	-	500.00 - 600.00	360.00 - 400.00	-	-	-
Kurunegala	170.00 - 200.00	340.00 - 360.00	180.00 - 220.00	-	80.00 - 80.00	500.00 - 550.00	-	-	-	-
Nikaweratiya	200.00 - 240.00	330.00 - 350.00	180.00 - 230.00	-	70.00 - 85.00	480.00 - 550.00	350.00 - 450.00	-	-	-
Dambulla	160.00 - 180.00	360.00 - 380.00	160.00 - 180.00	-	75.00 - 76.00	650.00 - 700.00	550.00 - 580.00	280.00 - 300.00	100.00 - 130.00	200.00 - 250.00
Anuradhapura	200.00 - 240.00	350.00 - 400.00	180.00 - 220.00	30.00 - 38.00	48.00 - 56.00	750.00 - 850.00	580.00 - 650.00	400.00 - 450.00	-	-
Thambuththegama	150.00 - 200.00	350.00 - 400.00	160.00 - 200.00	-	34.00 - 40.00	500.00 - 600.00	400.00 - 450.00	-	-	-
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	160.00 - 220.00	320.00 - 380.00	170.00 - 200.00	38.00 - 40.00	46.00 - 50.00	580.00 - 620.00	450.00 - 480.00	360.00 - 380.00	-	-
Badulla	-	-	-	-	-	-	-	-	-	-
Keppetipola	160.00 - 170.00	300.00 - 320.00	150.00 - 160.00	42.00 - 43.00	60.00 - 65.00	550.00 - 560.00	400.00 - 450.00	250.00 - 300.00	-	-
Moneragala	120.00 - 140.00	280.00 - 320.00	100.00 - 120.00	23.00 - 25.00	30.00 - 33.00	860.00 - 900.00	720.00 - 750.00	620.00 - 650.00	-	-
Kegalle	180.00 - 200.00	300.00 - 350.00	170.00 - 200.00	40.00 - 50.00	60.00 - 70.00	550.00 - 600.00	400.00 - 450.00	150.00 - 160.00	-	-
Ampara	170.00 - 180.00	300.00 - 300.00	130.00 - 140.00	37.00 - 37.00	50.00 - 50.00	530.00 - 550.00	-	-	-	-
Dehiattakandiya	200.00 - 230.00	380.00 - 380.00	180.00 - 200.00	-	45.00 - 56.00	600.00 - 750.00	480.00 - 550.00	300.00 - 400.00	-	-
Nuwaraeliya	170.00 - 180.00	320.00 - 340.00	160.00 - 170.00	44.00 - 46.00	64.00 - 66.00	580.00 - 600.00	400.00 - 420.00	280.00 - 300.00	-	-
Kandy	200.00 - 220.00	340.00 - 350.00	180.00 - 200.00	33.00 - 35.00	55.00 - 65.00	650.00 - 675.00	400.00 - 450.00	250.00 - 300.00	-	-
Puttalam	120.00 - 160.00	350.00 - 360.00	120.00 - 160.00	24.00 - 28.00	-	520.00 - 550.00	280.00 - 350.00	180.00 - 220.00	-	90.00 - 100.00
Rathnapura	110.00 - 150.00	250.00 - 350.00	100.00 - 130.00	32.00 - 33.00	46.00 - 58.00	560.00 - 670.00	400.00 - 480.00	320.00 - 380.00	-	-
Hambantota	-	-	-	-	-	-	-	-	-	-
Matara	160.00 - 190.00	300.00 - 320.00	130.00 - 150.00	26.00 - 28.00	37.00 - 39.00	650.00 - 700.00	580.00 - 620.00	300.00 - 350.00	-	-
Galle	-	-	-	-	-	-	-	-	-	-
Tissamaharama	160.00 - 180.00	300.00 - 320.00	140.00 - 150.00	-	-	550.00 - 580.00	430.00 - 450.00	340.00 - 360.00	-	-
Meegoda (DEC)	160.00 - 200.00	320.00 - 360.00	160.00 - 200.00	47.00 - 56.00	50.00 - 60.00	650.00 - 680.00	490.00 - 520.00	380.00 - 400.00	-	-
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	-	-	-	-	-	420.00 - 440.00	330.00 - 350.00	240.00 - 260.00	-	-
Vavuniya	150.00 - 170.00	300.00 - 340.00	150.00 - 170.00	42.00 - 45.00	35.00 - 37.00	500.00 - 600.00	400.00 - 450.00	300.00 - 350.00	-	-
Mannar	150.00 - 180.00	350.00 - 350.00	180.00 - 200.00	38.00 - 42.00	40.00 - 43.00	550.00 - 600.00	480.00 - 500.00	380.00 - 400.00	-	-
Killinochchi	140.00 - 160.00	300.00 - 330.00	140.00 - 160.00	34.00 - 36.00	39.00 - 40.00	450.00 - 480.00	350.00 - 380.00	280.00 - 320.00	-	-
Mullaittivu	160.00 - 180.00	340.00 - 380.00	150.00 - 170.00	30.00 - 32.00	32.00 - 37.00	600.00 - 650.00	450.00 - 500.00	350.00 - 400.00	-	120.00 - 140.00
Batticaloa	150.00 - 160.00	350.00 - 350.00	150.00 - 150.00	38.00 - 38.00	36.00 - 36.00	400.00 - 400.00	340.00 - 350.00	250.00 - 300.00	-	-
Trincomalee	180.00 - 200.00	420.00 - 440.00	160.00 - 170.00	-	-	660.00 - 700.00	500.00 - 550.00	400.00 - 420.00	-	-
Veyangoda	160.00 - 180.00	300.00 - 320.00	140.00 - 160.00	33.00 - 36.00	60.00 - 64.00	600.00 - 700.00	490.00 - 550.00	380.00 - 420.00	-	-
Galenbindunuwewa	150.00 - 190.00	380.00 - 420.00	130.00 - 160.00	-	-	560.00 - 620.00	500.00 - 540.00	440.00 - 460.00	-	-
Bandarawela	170.00 - 200.00	300.00 - 330.00	160.00 - 180.00	30.00 - 32.00	46.00 - 50.00	520.00 - 550.00	450.00 - 500.00	340.00 - 400.00	-	-
Matale	200.00 - 240.00	380.00 - 460.00	180.00 - 240.00	35.00 - 40.00	55.00 - 65.00	480.00 - 560.00	360.00 - 440.00	250.00 - 280.00	-	-

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	-	-	350.00 - 500.00	90.00 - 150.00	80.00 - 160.00	40.00 - 100.00	270.00 - 400.00	60.00 - 130.00	2200.00 - 3000.00	180.00 - 250.00
Gampaha	-	-	340.00 - 350.00	-	100.00 - 120.00	100.00 - 120.00	-	92.00 - 100.00	2300.00 - 2300.00	140.00 - 160.00
Kurunegala	-	-	350.00 - 380.00	-	120.00 - 140.00	80.00 - 100.00	-	67.00 - 84.00	2500.00 - 2500.00	160.00 - 170.00
Nikaweratiya	-	-	300.00 - 350.00	40.00 - 60.00	-	100.00 - 130.00	400.00 - 420.00	-	2300.00 - 2500.00	150.00 - 200.00
Dambulla	150.00 - 180.00	60.00 - 80.00	320.00 - 360.00	70.00 - 80.00	70.00 - 80.00	80.00 - 100.00	250.00 - 350.00	80.00 - 100.00	2800.00 - 3000.00	180.00 - 200.00
Anuradhapura	-	-	300.00 - 350.00	-	80.00 - 120.00	100.00 - 120.00	-	70.00 - 100.00	2500.00 - 2600.00	180.00 - 200.00
Thambuththegama	-	-	300.00 - 350.00	85.00 - 90.00	-	-	-	-	-	180.00 - 220.00
Polonnaruwa	-	-	400.00 - 450.00	80.00 - 80.00	80.00 - 100.00	50.00 - 50.00	-	-	2500.00 - 2500.00	180.00 - 200.00
Kaluthara	-	-	360.00 - 450.00	-	84.00 - 100.00	-	-	80.00 - 100.00	2500.00 - 2800.00	170.00 - 200.00
Badulla	-	-	-	-	-	-	-	-	-	-
Keppetipola	-	-	350.00 - 360.00	-	70.00 - 80.00	60.00 - 65.00	-	-	2300.00 - 2500.00	180.00 - 220.00
Moneragala	-	-	280.00 - 350.00	-	80.00 - 100.00	40.00 - 60.00	-	60.00 - 70.00	2500.00 - 2700.00	160.00 - 170.00
Kegalle	-	-	450.00 - 480.00	-	120.00 - 130.00	-	-	62.00 - 70.00	2400.00 - 2500.00	150.00 - 170.00
Ampara	-	-	350.00 - 380.00	60.00 - 65.00	-	-	-	-	2200.00 - 2300.00	170.00 - 180.00
Dehiattakandiya	-	-	300.00 - 400.00	-	40.00 - 60.00	50.00 - 80.00	-	80.00 - 80.00	2800.00 - 2800.00	120.00 - 150.00
Nuwaraeliya	-	-	360.00 - 380.00	90.00 - 100.00	70.00 - 80.00	65.00 - 68.00	-	-	2400.00 - 2500.00	200.00 - 220.00
Kandy	-	-	320.00 - 340.00	100.00 - 120.00	90.00 - 100.00	40.00 - 50.00	250.00 - 300.00	60.00 - 70.00	2400.00 - 2500.00	180.00 - 200.00
Puttalam	-	-	320.00 - 360.00	55.00 - 60.00	-	30.00 - 40.00	-	-	2400.00 - 2600.00	150.00 - 150.00
Hambantota	-	-	-	-	-	-	-	-	-	-
Rathnapura	-	-	300.00 - 360.00	-	80.00 - 120.00	-	-	60.00 - 100.00	2000.00 - 2400.00	120.00 - 150.00
Matara	-	-	300.00 - 320.00	100.00 - 120.00	80.00 - 90.00	80.00 - 120.00	260.00 - 280.00	60.00 - 70.00	2500.00 - 2600.00	150.00 - 180.00
Galle	-	-	-	-	-	-	-	-	-	-
Tissamaharama	-	-	350.00 - 380.00	-	80.00 - 84.00	-	-	76.00 - 80.00	-	150.00 - 160.00
Meegoda (DEC)	-	-	300.00 - 350.00	80.00 - 90.00	90.00 - 90.00	50.00 - 70.00	-	42.00 - 60.00	2200.00 - 2800.00	150.00 - 160.00
Embilipitiya	-	-	280.00 - 330.00	-	120.00 - 140.00	60.00 - 90.00	-	-	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	-	-	300.00 - 340.00	-	50.00 - 60.00	-	-	-	2300.00 - 2400.00	240.00 - 260.00
Mannar	-	-	280.00 - 300.00	70.00 - 80.00	68.00 - 70.00	35.00 - 45.00	280.00 - 330.00	-	2500.00 - 2600.00	160.00 - 180.00
Killinochchi	-	-	280.00 - 320.00	-	60.00 - 70.00	30.00 - 40.00	-	-	2800.00 - 2900.00	180.00 - 220.00
Mullaittivu	-	-	300.00 - 340.00	50.00 - 55.00	50.00 - 55.00	-	-	-	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	-	-	300.00 - 350.00	55.00 - 60.00	90.00 - 100.00	-	-	-	2400.00 - 2500.00	200.00 - 220.00
Veyangoda	-	-	320.00 - 340.00	92.00 - 100.00	50.00 - 60.00	55.00 - 60.00	-	35.00 - 40.00	2300.00 - 2400.00	120.00 - 150.00
Galenbindunuwewa	-	-	280.00 - 320.00	-	-	-	-	-	2450.00 - 2600.00	170.00 - 200.00
Bandarawela	60.00 - 60.00	-	350.00 - 380.00	110.00 - 130.00	60.00 - 80.00	40.00 - 50.00	-	60.00 - 70.00	2600.00 - 2800.00	160.00 - 180.00
Matale	-	-	400.00 - 460.00	-	80.00 - 100.00	90.00 - 100.00	-	50.00 - 60.00	2500.00 - 2600.00	150.00 - 160.00

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

Week 10: 06 - 12 Mar 2026

Locations	Sea Fish					
	Salaya	Hurulla	Balaya	Kelawalla	Thora	Paraw
Colombo	300.00 – 400.00	700.00 – 1000.00	600.00 – 900.00	1000.00 – 1300.00	2200.00 – 2400.00	900.00 – 1200.00
Kandy	450.00 – 500.00	1000.00 – 1050.00	850.00 – 1000.00	1300.00 – 1500.00	2600.00 – 2800.00	1100.00 – 1300.00
Kaluthara	400.00 – 400.00	850.00 – 900.00	900.00 – 950.00	1200.00 – 1400.00	-	1300.00 – 1400.00
Puttalam	350.00 – 450.00	950.00 – 1000.00	800.00 – 900.00	1200.00 – 1350.00	2200.00 – 2400.00	800.00 – 1250.00
Matara	380.00 – 420.00	900.00 – 980.00	950.00 – 1000.00	1300.00 – 1400.00	-	-
Hambantota	-	-	-	-	-	-
Galle	-	-	-	-	-	-
Batticaloa	250.00 – 250.00	-	800.00 – 900.00	1000.00 – 1000.00	-	1000.00 – 1000.00
Trincomalee	-	-	-	-	-	-
Mannar	450.00 – 500.00	-	950.00 – 1000.00	-	-	1200.00 – 1250.00

Locations	Sea Fish				Eggs	
	Mora	Shrimps	Thalapath	Teppeli	Brown	White
Colombo	1200.00 – 1400.00	1600.00 – 2300.00	1600.00 – 2200.00	-	35.00 – 36.00	33.00 – 34.00
Kandy	1400.00 – 1500.00	2000.00 – 2300.00	2300.00 – 2400.00	-	33.00 – 34.00	32.00 – 33.00
Kaluthara	1000.00 – 1200.00	-	1700.00 – 1800.00	-	-	-
Puttalam	1250.00 – 1400.00	1450.00 – 1600.00	1900.00 – 2200.00	-	36.00 – 36.00	34.00 – 35.00
Matara	1000.00 – 1100.00	-	1900.00 – 2000.00	-	35.00 – 36.00	33.00 – 34.00
Hambantota	-	-	-	-	-	-
Galle	-	-	-	-	-	-
Batticaloa	-	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	-	-	36.00 – 37.00	33.00 – 34.00

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

Week 10: 06 - 12 Mar 2026

Locations	Local Dried Fish					
	Sprats	Kattawa	Thora	Mora	Balaya	Anguluwa
Colombo	55000 – 72500	80000 – 90000	120000 – 155000	115000 – 135000	60000 – 70000	90000 – 97500
Kandy	72500 – 75000	107500 – 110000	-	130000 – 132500	75000 – 80000	-
Batticaloa	50000 – 50000	90000 – 90000	-	-	75000 – 75000	-
Trincomalee	-	-	-	-	-	-
Mannar	-	90500 – 110000	-	120000 – 122500	72500 – 75000	77500 – 80000

Locations	Local Dried Fish			Imported Dried Fish		
	Maduwa	Koduwa	Salaya	Sprats	Kattawa	Thora
Colombo	60000 – 90000	-	35000 – 45000	45000 – 57500	85000 – 95000	135000 – 142500
Kandy	-	-	45000 – 47500	57500 – 60000	90000 – 92500	-
Batticaloa	-	-	-	40000 – 40000	-	-
Trincomalee	-	-	-	-	-	-
Mannar	80000 – 82500	-	-	62000 – 65250	-	-

Locations	Imported Dried Fish					
	Mora	Balaya	Anguluwa	Maduwa	Koduwa	Salaya
Colombo	115000 – 130000	-	90000 – 95000	55000 – 62500	-	-
Kandy	-	-	-	-	-	-
Batticaloa	-	-	-	-	-	-
Trincomalee	-	-	-	-	-	-
Mannar	-	-	-	-	-	-

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

Week 10: 06 - 12 Mar 2026

LOCATIONS	Sea Fish									Eggs									
	Salaya		Hurulla		Balaya		Kelawalla		Thora		Paraw		Mora		Thalapath		Brown		White
Colombo	500.00 - 700.00	900.00 - 1600.00	800.00 - 1600.00	1600.00 - 2800.00	3000.00 - 4400.00	1500.00 - 2600.00	1600.00 - 2000.00	2500.00 - 3200.00	36.00 - 38.00	34.00 - 37.00									
Gampaha	540.00 - 600.00	-	-	2000.00 - 2000.00	-	2000.00 - 2000.00	-	2700.00 - 2700.00	38.00 - 40.00	33.00 - 36.00									
Kurunegala	580.00 - 600.00	-	-	2000.00 - 2100.00	-	1800.00 - 1900.00	-	2600.00 - 2700.00	36.00 - 38.00	35.00 - 37.00									
Nikaweratiya	700.00 - 850.00	1200.00 - 1350.00	900.00 - 1050.00	2000.00 - 2400.00	-	1200.00 - 1300.00	-	2600.00 - 2700.00	34.00 - 37.00	34.00 - 37.00									
Dambulla	650.00 - 700.00	1200.00 - 1300.00	1000.00 - 1100.00	2200.00 - 2300.00	2800.00 - 2800.00	1800.00 - 2000.00	2000.00 - 2200.00	2600.00 - 2800.00	37.00 - 38.00	35.00 - 36.00									
Anuradhapura	600.00 - 700.00	1200.00 - 1300.00	1000.00 - 1200.00	2000.00 - 2200.00	-	1400.00 - 1600.00	-	2600.00 - 2800.00	35.00 - 36.00	34.00 - 35.00									
Thambuththegama	-	-	-	-	-	-	-	-	34.00 - 37.00	34.00 - 36.00									
Polonnaruwa	600.00 - 600.00	1200.00 - 1200.00	1500.00 - 1500.00	2000.00 - 2000.00	2700.00 - 2700.00	2000.00 - 2000.00	1600.00 - 1600.00	2600.00 - 2600.00	36.00 - 36.00	35.00 - 35.00									
Kaluthara	600.00 - 600.00	1000.00 - 1200.00	1500.00 - 1800.00	2400.00 - 2600.00	3000.00 - 3000.00	2300.00 - 2400.00	1800.00 - 2000.00	2400.00 - 2800.00	-	35.00 - 37.00									
Badulla	-	-	-	-	-	-	-	-	-	-									
Keppetipola	660.00 - 660.00	1100.00 - 1200.00	1100.00 - 1200.00	2300.00 - 2300.00	-	1400.00 - 1500.00	1600.00 - 1700.00	2500.00 - 2600.00	38.00 - 39.00	36.00 - 37.00									
Moneragala	600.00 - 650.00	1200.00 - 1300.00	1100.00 - 1200.00	2200.00 - 2400.00	3000.00 - 3200.00	-	-	3000.00 - 3200.00	37.00 - 38.00	34.00 - 35.00									
Kegalle	800.00 - 900.00	1300.00 - 1350.00	1200.00 - 1250.00	2400.00 - 2400.00	-	1150.00 - 1200.00	1800.00 - 1800.00	2800.00 - 2800.00	38.00 - 38.00	36.00 - 36.00									
Ampara	600.00 - 600.00	1200.00 - 1300.00	1600.00 - 1800.00	2400.00 - 2600.00	-	1400.00 - 1600.00	-	2600.00 - 2800.00	-	34.00 - 36.00									
Dehiattakandiya	500.00 - 600.00	1000.00 - 1100.00	-	2400.00 - 2400.00	2600.00 - 2600.00	-	1700.00 - 2000.00	2400.00 - 2400.00	35.00 - 35.00	34.00 - 34.00									
Nuwaraeliya	650.00 - 660.00	-	1400.00 - 1500.00	2000.00 - 2200.00	-	1600.00 - 1700.00	1700.00 - 1800.00	2400.00 - 2500.00	38.00 - 39.00	37.00 - 38.00									
Kandy	600.00 - 640.00	1150.00 - 1200.00	1200.00 - 1400.00	2000.00 - 2100.00	3300.00 - 3400.00	1700.00 - 1800.00	1700.00 - 1800.00	2600.00 - 2700.00	36.00 - 37.00	34.00 - 35.00									
Puttalam	500.00 - 600.00	1000.00 - 1100.00	1000.00 - 1200.00	1600.00 - 1800.00	2600.00 - 3000.00	1500.00 - 1800.00	1700.00 - 2000.00	2400.00 - 2450.00	36.00 - 37.00	35.00 - 37.00									
Hambantota	-	-	-	-	-	-	-	-	-	-									
Rathnapura	500.00 - 600.00	1200.00 - 1400.00	1200.00 - 1400.00	2000.00 - 2200.00	3300.00 - 3600.00	2300.00 - 2400.00	1600.00 - 1800.00	2400.00 - 2600.00	36.00 - 37.00	34.00 - 35.00									
Matara	550.00 - 600.00	1100.00 - 1200.00	1550.00 - 1700.00	2000.00 - 2200.00	-	-	1600.00 - 1800.00	2500.00 - 2700.00	37.00 - 38.00	34.00 - 36.00									
Galle	-	-	-	-	-	-	-	-	-	-									
Tissamaharama	600.00 - 600.00	-	950.00 - 1000.00	-	-	-	-	2400.00 - 2500.00	-	34.00 - 35.00									
Meegoda	600.00 - 700.00	1100.00 - 1200.00	900.00 - 900.00	2600.00 - 2800.00	-	1300.00 - 1300.00	-	3100.00 - 3200.00	36.00 - 37.00	33.00 - 36.00									
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 - 2500.00	-	35.00 - 35.00	33.00 - 33.00									
Vavuniya	600.00 - 750.00	1000.00 - 1200.00	1200.00 - 1300.00	2400.00 - 2500.00	3000.00 - 3200.00	1600.00 - 1700.00	2400.00 - 2500.00	2400.00 - 2500.00	37.00 - 39.00	35.00 - 37.00									
Mannar	550.00 - 600.00	-	1150.00 - 1200.00	-	-	1850.00 - 1950.00	-	-	38.00 - 39.00	36.00 - 37.00									
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	500.00 - 600.00	900.00 - 1000.00	1250.00 - 1300.00	1900.00 - 2000.00	-	1650.00 - 1750.00	2200.00 - 2300.00	-	37.00 - 40.00	34.00 - 36.00									
Batticaloa	600.00 - 600.00	-	1600.00 - 1600.00	2000.00 - 2200.00	-	2000.00 - 2000.00	1400.00 - 1400.00	-	40.00 - 40.00	38.00 - 38.00									
Trincomalee	500.00 - 550.00	1100.00 - 1150.00	1200.00 - 1250.00	2200.00 - 2250.00	-	1650.00 - 1700.00	2000.00 - 2100.00	-	38.00 - 40.00	35.00 - 36.00									
Veyangoda	550.00 - 600.00	1000.00 - 1000.00	1600.00 - 1600.00	2000.00 - 2300.00	2800.00 - 2800.00	2200.00 - 2400.00	1600.00 - 1600.00	2400.00 - 2500.00	35.00 - 38.00	32.00 - 36.00									
Galenbindunuwewa	600.00 - 700.00	1400.00 - 1500.00	1100.00 - 1300.00	2150.00 - 2700.00	-	1500.00 - 1700.00	2000.00 - 2200.00	2900.00 - 3000.00	35.00 - 38.00	35.00 - 38.00									
Bandarawela	400.00 - 450.00	-	1600.00 - 1700.00	2200.00 - 2250.00	-	1800.00 - 1900.00	1600.00 - 1650.00	2600.00 - 2700.00	38.00 - 40.00	36.00 - 37.00									
Matale	700.00 - 800.00	1300.00 - 1400.00	1100.00 - 1200.00	2500.00 - 2600.00	2800.00 - 3000.00	1700.00 - 1800.00	1700.00 - 1800.00	2700.00 - 2800.00	38.00 - 39.00	36.00 - 37.00									

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

Week 10: 06 - 12 Mar 2026

LOCATIONS	Dried Fish													
	Sprats-Imported		Kattawa		Thora		Mora		Balaya		Anguluwa		Salaya	
Colombo	1200.00	1400.00	2300.00	2800.00	3000.00	3400.00	2600.00	3200.00	1800.00	2400.00	2000.00	2800.00	1000.00	1200.00
Gampaha	1300.00	1400.00	3000.00	3000.00	-	-	-	-	-	-	2300.00	2400.00	-	-
Kurunegala	1250.00	1400.00	-	-	-	-	2800.00	2900.00	-	-	2000.00	2200.00	-	-
Nikaweratiya	1200.00	1400.00	2200.00	2400.00	-	-	-	-	1500.00	1800.00	2400.00	2600.00	900.00	1200.00
Dambulla	1100.00	1200.00	2300.00	2400.00	-	-	2800.00	2900.00	1500.00	1600.00	2200.00	2300.00	-	-
Anuradhapura	1120.00	1400.00	2400.00	2600.00	-	-	2800.00	3000.00	1800.00	2000.00	2200.00	2600.00	800.00	1000.00
Thambuththegama	1200.00	1350.00	2200.00	2400.00	-	-	3000.00	3200.00	1400.00	1800.00	1650.00	2200.00	950.00	1000.00
Polonnaruwa	1100.00	1300.00	2200.00	2200.00	-	-	-	-	1400.00	1600.00	-	-	-	-
Kaluthara	1200.00	1400.00	2200.00	2600.00	-	-	2800.00	3000.00	1400.00	1800.00	2360.00	2500.00	1000.00	1000.00
Badulla	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Keppetipola	1200.00	1300.00	2400.00	2400.00	3200.00	3300.00	2800.00	3000.00	1600.00	1700.00	1600.00	1700.00	1200.00	1250.00
Moneragala	1350.00	1400.00	2400.00	2600.00	-	-	2600.00	3000.00	1800.00	2000.00	2400.00	2500.00	800.00	1000.00
Kegalle	1120.00	1200.00	2600.00	2600.00	3600.00	3600.00	-	-	1750.00	1800.00	-	-	-	-
Ampara	-	-	2400.00	2600.00	-	-	2600.00	2600.00	1800.00	2000.00	1300.00	1400.00	-	-
Dehiattakandiya	1200.00	1400.00	2200.00	2200.00	-	-	2400.00	2800.00	1600.00	2000.00	1600.00	1800.00	-	-
Nuwaraeliya	1250.00	1300.00	2500.00	2600.00	3400.00	3450.00	2850.00	2900.00	1650.00	1750.00	1650.00	1700.00	1250.00	1300.00
Kandy	1200.00	1400.00	2700.00	2800.00	3400.00	3500.00	3000.00	3100.00	2000.00	2100.00	2400.00	2500.00	1100.00	1200.00
Puttalam	1350.00	1450.00	1800.00	2000.00	3000.00	3200.00	3000.00	3200.00	1600.00	1700.00	1350.00	1500.00	750.00	800.00
Hambantota	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Rathnapura	1060.00	1140.00	2200.00	2400.00	-	-	2800.00	3100.00	1920.00	2320.00	2400.00	2520.00	800.00	960.00
Matara	1300.00	1400.00	2200.00	2400.00	3200.00	3250.00	2800.00	3000.00	1600.00	2000.00	2200.00	2250.00	-	-
Galle	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Tissamaharama	1200.00	1400.00	-	-	-	-	2500.00	2600.00	1750.00	1800.00	2400.00	2500.00	-	-
Meegoda	1120.00	1400.00	2000.00	2200.00	-	-	2800.00	3000.00	1700.00	2000.00	2200.00	2400.00	1000.00	1200.00
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	-	-	2100.00	2200.00	-	-	-	-	1400.00	1500.00	1100.00	1200.00	-	-
Mannar	-	-	2800.00	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	1450.00	1550.00	2400.00	2500.00	-	-	2400.00	2500.00	1400.00	1500.00	900.00	1000.00	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	2200.00	1120.00	1200.00
Galenbindunuwewa	1200.00	1600.00	2700.00	2850.00	3400.00	3500.00	2900.00	3200.00	1900.00	2100.00	2700.00	2900.00	900.00	1100.00
Bandarawela	1200.00	1300.00	2000.00	2200.00	-	-	2800.00	3000.00	1800.00	1900.00	2000.00	2200.00	1000.00	1100.00
Matale	1200.00	1300.00	2600.00	2800.00	-	-	2800.00	3000.00	1500.00	1600.00	1800.00	2000.00	800.00	900.00

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

Week 10: 06 - 12 Mar 2026

LOCATIONS	Meat		Meat (Chicken)		Meat					
	Beef		Broiler	Curry	Mutton	Pork				
Colombo	2900.00	- 3000.00	1340.00	- 1450.00	1250.00	- 1350.00	3800.00	- 4400.00	2700.00	- 2900.00
Gampaha		-	1300.00	- 1350.00	1400.00	- 1400.00		-	2600.00	- 2600.00
Kurunegala	2600.00	- 2600.00	1320.00	- 1380.00	1350.00	- 1350.00		-	2500.00	- 2500.00
Nikaweratiya	2500.00	- 2700.00	1280.00	- 1380.00		-		-		-
Dambulla		-	1350.00	- 1380.00	1350.00	- 1400.00		-	2600.00	- 2700.00
Anuradhapura	2500.00	- 2600.00	1250.00	- 1350.00	1400.00	- 1450.00		-	2600.00	- 2700.00
Thambuththegama		-	1080.00	- 1250.00		-		-	2400.00	- 2600.00
Polonnaruwa	2500.00	- 2500.00	1400.00	- 1450.00	1500.00	- 1550.00	4000.00	- 4000.00	3100.00	- 3100.00
Kaluthara	2800.00	- 3000.00	1350.00	- 1400.00	1300.00	- 1400.00		-	2600.00	- 2700.00
Badulla		-		-		-		-		-
Keppetipola	2400.00	- 2400.00	1280.00	- 1300.00	1350.00	- 1400.00	3200.00	- 3200.00		-
Moneragala	2600.00	- 2600.00	1320.00	- 1450.00	1550.00	- 1600.00		-	3000.00	- 3200.00
Kegalle	2600.00	- 2600.00	1250.00	- 1260.00	1150.00	- 1150.00	3600.00	- 3600.00	2600.00	- 2600.00
Ampara	2400.00	- 2500.00	1300.00	- 1400.00		-		-	2800.00	- 2900.00
Dehiattakandiya		-	1350.00	- 1400.00		-		-	2550.00	- 2700.00
Nuwaraeliya	2300.00	- 2400.00	1350.00	- 1380.00	1450.00	- 1460.00	3800.00	- 3900.00	2800.00	- 2900.00
Kandy	2500.00	- 2600.00	1230.00	- 1250.00	1280.00	- 1300.00	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	1300.00	- 1400.00	3900.00	- 3900.00	2700.00	- 2700.00
Matara		-	1350.00	- 1450.00		-		-		-
Galle		-		-		-		-		-
Tissamaharama		-	1300.00	- 1400.00		-		-		-
Meegoda		-	1380.00	- 1400.00	1400.00	- 1400.00		-	2900.00	- 3000.00
Embilipitiya	2450.00	- 2500.00	1180.00	- 1250.00	1150.00	- 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	- 2400.00	1400.00	- 1500.00	1500.00	- 1600.00	3100.00	- 3200.00		-
Mannar	2200.00	- 2200.00	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	2200.00	- 2200.00	1450.00	- 1450.00	1600.00	- 1650.00		-		-
Batticaloa	2200.00	- 2200.00	1450.00	- 1450.00	1600.00	- 1600.00	3900.00	- 4000.00		-
Trincomalee	2300.00	- 2400.00	1350.00	- 1400.00	1600.00	- 1650.00	3400.00	- 3500.00		-
Veyangoda	2700.00	- 2700.00	1280.00	- 1350.00		-		-	2500.00	- 2600.00
Galenbindunuwewa	2600.00	- 2600.00	1270.00	- 1300.00	1400.00	- 1400.00	3600.00	- 3600.00		-
Bandarawela	2400.00	- 2500.00	1300.00	- 1350.00		-	3700.00	- 3800.00		-
Matale	2500.00	- 2600.00	1300.00	- 1350.00		-	3500.00	- 3600.00	2600.00	- 2700.00

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

Week 10: 06 - 12 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	150.00 - 170.00	160.00	165.00	194.44	-3.03	-17.71
Samba 1	240.00 - 245.00	241.88	241.50	237.86	0.16	1.69	Small	130.00 - 150.00	140.00	145.00	167.50	-3.45	-16.42
Samba 2	235.00 - 238.00	236.50	236.50	231.50	0.00	2.16							
Keeri Samba	300.00 - 340.00	320.00	310.00	267.50	3.23	19.63	Fruits (Rs/fruit)						
Nadu 1	200.00 - 205.00	202.78	202.50	226.67	0.14	-10.54	Plantain						
Nadu 2	190.00 - 195.00	193.00	192.50	221.00	0.26	-12.67	Ambul (Rs/kg)	100.00 - 140.00	117.27	121.67	95.00	-3.61	23.44
Raw (Red)	190.00 - 200.00	192.78	190.56	217.17	1.17	-11.23	Kolikuttu (Rs/kg)	250.00 - 300.00	275.00	294.17	203.00	-6.52	35.47
Raw (White)	190.00 - 200.00	193.00	186.67	222.50	3.39	-13.26	Seeni (Rs/kg)	100.00 - 150.00	119.09	123.33	114.00	-3.44	4.47
Imported							Anamalu	33.00 - 43.00	36.91	37.50	27.70	-1.58	33.25
Samba	-	-	-	226.67	-	-	Ambun	48.00 - 56.00	52.55	52.83	39.70	-0.54	32.36
Nadu	-	-	-	-	-	-	Papaw(Rs/kg)	250.00 - 360.00	299.00	344.55	301.25	-13.22	-0.75
Raw (Red)	-	-	-	-	-	-	Passion Fruit	50.00 - 80.00	68.89	82.78	87.78	-16.78	-21.52
Raw (White)	-	-	-	-	-	-	Pineapple Large	400.00 - 450.00	431.25	412.50	466.67	4.55	-7.59
Dried Chillies							Pineapple Medium	320.00 - 350.00	335.00	317.50	346.67	5.51	-3.37
Imported	850.00 - 900.00	876.00	890.00	618.33	-1.57	41.67	Pineapple Small	250.00 - 280.00	266.25	255.00	276.67	4.41	-3.77
Onion							Mango						
Sinnan	-	-	165.00	176.67	-	-	Betti	-	-	-	-	-	-
Vedalan	-	-	-	285.00	-	-	Karthakolomban	270.00 - 335.00	302.50	335.00	213.13	-9.70	41.94
Imported	200.00 - 220.00	208.00	213.75	294.29	-2.69	-29.32	Vilad	120.00 - 160.00	133.33	-	97.67	-	36.52
Big Onion							Kohu	-	-	-	-	-	-
Imported	135.00 - 150.00	142.00	131.50	105.63	7.98	34.44	Other						
Local	-	-	-	-	-	-	Wood Apple	66.00 - 90.00	76.20	65.00	118.75	17.23	-35.83
Potato							Orange	25.00 - 42.00	31.40	36.56	41.88	-14.10	-25.01
Welimada	250.00 - 280.00	264.00	247.50	285.83	6.67	-7.64	Avocado	200.00 - 335.00	268.64	291.25	191.88	-7.76	40.01
N'Eliya	320.00 - 330.00	324.00	290.00	290.00	11.72	11.72	Slime Apple	40.00 - 60.00	47.50	38.75	17.75	22.58	167.61
Imported	180.00 - 200.00	193.00	171.11	172.56	12.79	11.85	Grapes (Imp., Rs/kg)	1500.00 - 2250.00	1928.57	1920.00	1783.33	0.45	8.14
Pulses							King Coconut	150.00 - 200.00	165.56	174.29	196.25	-5.01	-15.64
Green Gram	650.00 - 780.00	732.00	690.00	665.00	6.09	10.08	Sea Fish						
Cowpea (White)	700.00 - 800.00	737.50	750.00	675.00	-1.67	9.26	Salaya	300.00 - 400.00	350.00	450.00	372.50	-22.22	-6.04
Cowpea (Red)	670.00 - 750.00	692.50	750.00	511.67	-7.67	35.34	Hurulla	700.00 - 1000.00	816.67	866.67	740.00	-5.77	10.36
Red Dhal	250.00 - 265.00	257.14	249.44	259.67	3.09	-0.97	Balaya	600.00 - 900.00	733.33	791.67	798.33	-7.37	-8.14
Vegetable							Kelawalla	1000.00 - 1300.00	1100.00	1000.00	1090.00	10.00	0.92
Beans (Butter)	-	-	-	-	-	-	Thora	2200.00 - 2400.00	2266.67	2257.14	1708.33	0.42	32.68
Beans(Green)	300.00 - 400.00	345.00	300.00	375.00	15.00	-8.00	Paraw	900.00 - 1200.00	1000.00	1071.43	1069.17	-6.67	-6.47
Carrot	260.00 - 300.00	286.00	216.00	763.00	32.41	-62.52	Mora	1200.00 - 1400.00	1314.29	1257.14	-	4.55	
Leeks	150.00 - 230.00	184.55	182.00	188.00	1.40	-1.84	Shrimps	1600.00 - 2300.00	1937.50	2583.33	1776.67	-25.00	9.05
Beetroot	50.00 - 130.00	88.33	94.17	100.77	-6.19	-12.34	Thalapath	1600.00 - 2200.00	1914.29	2185.71	1625.00	-12.42	17.80
Knolkhol	120.00 - 160.00	142.50	113.00	170.91	26.11	-16.62	Eggs						
Raddish	50.00 - 80.00	62.50	57.00	107.00	9.65	-41.59	Brown	35.00 - 36.00	35.33	35.38	32.25	-0.12	9.56
Cabbage	130.00 - 180.00	155.38	109.17	258.00	42.34	-39.77	White	33.00 - 34.00	33.50	33.50	29.50	0.00	13.56
Tomato	60.00 - 120.00	85.83	100.00	177.00	-14.17	-51.51	Dried Fish						
Ladies Fingers	70.00 - 120.00	98.00	72.00	221.00	36.11	-55.66	Sprats	1100.00 - 1450.00	1278.57	1333.33	841.67	-4.11	51.91
Brinjal	200.00 - 250.00	224.00	176.36	136.00	27.01	64.71	Sprats (Imported)	900.00 - 1150.00	1033.33	940.91	616.67	9.82	67.57
Capsicum	200.00 - 250.00	230.00	275.00	510.00	-16.36	-54.90	Kattawa	1600.00 - 1800.00	1714.29	1735.71	-	-1.23	
Pumpkin	120.00 - 130.00	125.00	92.73	119.00	34.80	5.04	Kattawa (Imported)	1700.00 - 1900.00	1812.50	1775.00	1619.17	2.11	11.94
Cucumber	60.00 - 80.00	71.00	59.09	154.00	20.15	-53.90	Thora	2400.00 - 3100.00	2700.00	2814.29	-	-4.06	
Bitter Gourd	220.00 - 300.00	262.73	330.00	353.00	-20.39	-25.57	Thora (Imported)	2700.00 - 2850.00	2787.50	2785.71	-	0.06	
Snake Gourd	120.00 - 150.00	133.64	141.00	215.00	-5.22	-37.84	Mora	2300.00 - 2700.00	2537.50	2507.14	1795.83	1.21	41.30
Drumstick	-	-	-	-	-	-	Mora (Imported)	2300.00 - 2600.00	2442.86	2364.29	-	3.32	
Luffa	130.00 - 180.00	155.00	192.00	326.00	-19.27	-52.45	Balaya	1200.00 - 1400.00	1327.78	1335.71	827.50	-0.59	60.46
Long Beans	80.00 - 150.00	118.33	97.00	268.00	21.99	-55.85	Balaya (Imported)	-	-	-	-	-	
Ash Plantain	130.00 - 160.00	150.91	149.00	132.00	1.28	14.33	Anguluwa	1800.00 - 1950.00	1883.33	2021.43	-	-6.83	
Green Chillies	200.00 - 300.00	248.00	250.00	620.00	-0.80	-60.00	Anguluwa (Imported)	1800.00 - 1900.00	1850.00	1800.00	1468.33	2.78	25.99
Lime	50.00 - 80.00	64.17	70.00	144.00	-8.33	-55.44	Maduwa	1200.00 - 1800.00	1521.43	1492.86	1263.33	1.91	20.43
Root Crops							Maduwa (Imported)	1100.00 - 1250.00	1175.00	1028.57	-	14.24	
Sweet Potato	120.00 - 160.00	142.22	148.89	143.00	-4.48	-0.54	Koduwa	-	-	-	-	-	
Manioc	60.00 - 100.00	78.89	76.36	100.00	3.31	-21.11	Koduwa (Imported)	-	-	-	-	-	
Leafy Vegetable							Salaya	700.00 - 900.00	816.67	742.86	670.00	9.94	21.89
Mukunuwenna	35.00 - 50.00	42.50	42.50	42.50	0.00	0.00	Salaya (Imported)	-	-	-	-	-	
Kankun	35.00 - 50.00	42.50	42.50	42.50	0.00	0.00							
Gotukola (Rs/kg)	260.00 - 300.00	284.44	230.00	310.00	23.67	-8.24							

This Week: Week 10: 06 - 12 Mar 2026
 Last Week: Week 09: 27 Feb - 05 Mar 2026

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

Week 10: 06 - 12 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	170.00 · 200.00	185.28	187.22	217.17	-1.94	-14.69
Samba 1	255.00 · 280.00	263.00	263.75	251.17	-0.75	4.71	Small	140.00 · 170.00	159.17	161.94	187.11	-2.78	-14.93
Samba 2	-	-	-	-	-	-							
Keeri Samba	350.00 · 380.00	364.69	356.67	293.55	8.02	24.23							
Nadu 1	220.00 · 240.00	229.25	231.50	242.27	-2.25	-5.38	Fruits (Rs/fruit)						
Nadu 2	-	-	-	-	-	-	Plantain						
Raw (Red)	200.00 · 220.00	214.50	215.00	261.82	-0.50	-18.07	Ambul (Rs/kg)	150.00 · 250.00	205.83	214.23	162.80	-8.40	26.43
Raw (White)	200.00 · 230.00	218.50	220.50	250.26	-2.00	-12.69	Kolikuttu (Rs/kg)	300.00 · 400.00	346.52	371.30	291.30	-24.78	18.96
Imported							Seeni (Rs/kg)	150.00 · 240.00	195.00	198.21	182.92	-3.21	6.61
Samba	280.00 · 300.00	286.07	272.50	240.19	13.57	19.10	Anamalu	40.00 · 60.00	47.05	48.25	42.43	-1.20	10.87
Nadu	-	-	-	-	-	-	Ambun	60.00 · 80.00	66.36	69.40	56.57	-3.04	17.32
Raw (Red)	-	-	-	-	-	-	Papaw(Rs/kg)	350.00 · 500.00	407.08	440.83	371.36	-33.75	9.62
Raw (White)	-	-	-	-	-	-	Passion Fruit	90.00 · 150.00	125.29	136.79	120.63	-11.49	3.87
Dried Chillies							Pineapple Large	500.00 · 650.00	581.67	511.25	595.63	70.42	-2.34
Imported	950.00 · 1200.00	1071.05	1102.50	900.00	-31.45	19.01	Pineapple Medium	400.00 · 500.00	449.58	428.24	454.35	21.35	-1.05
Onion							Pineapple Small	300.00 · 400.00	355.00	336.67	360.00	18.33	-1.39
Sinnan	-	-	-	-	-	-	Mango						
Vedalan	-	-	-	-	-	-	Betti	-	-	-	-	-	-
Imported	320.00 · 400.00	362.27	384.78	441.43	-22.51	-17.93	Karthakolomban	-	-	400.00	314.00	-	-
Big Onion							Vilad	-	-	-	183.33	-	-
Imported	160.00 · 240.00	194.78	193.04	175.48	1.74	11.00	Kohu	-	-	-	-	-	-
Local	-	-	-	-	-	-	Other						
Potato							Wood Apple	80.00 · 160.00	123.64	106.50	193.94	17.14	-36.25
Welimada	340.00 · 400.00	363.33	335.00	-	28.33	-	Orange	40.00 · 100.00	71.30	80.00	94.45	-8.70	-24.51
N'Eliya	380.00 · 460.00	409.47	404.00	426.19	5.47	-3.92	Avocado	270.00 · 400.00	333.33	436.36	296.21	-103.03	12.53
Imported	200.00 · 260.00	226.09	201.82	219.51	24.27	3.00	Slime Apple	60.00 · 130.00	88.00	87.00	60.30	1.00	45.94
Pulses							Grapes (Imp., Rs/kg)	2200.00 · 3000.00	2531.58	2506.25	2152.94	25.33	17.59
Green Gram	700.00 · 1000.00	898.42	912.63	786.07	-14.21	14.29	King Coconut	180.00 · 250.00	210.95	211.50	263.00	-0.55	-19.79
Cowpea (White)	880.00 · 1200.00	1025.26	1075.00	851.74	-49.74	20.37	Sea Fish						
Cowpea (Red)	880.00 · 1100.00	979.00	1004.21	827.20	-25.21	18.35	Salaya	500.00 · 700.00	572.50	659.33	525.24	-86.83	9.00
Red Dhal	280.00 · 320.00	300.00	293.33	296.84	6.67	1.06	Hurulla	900.00 · 1600.00	1174.55	1307.50	1031.43	-132.95	13.88
Vegetable							Balaya	800.00 · 1600.00	1127.78	1608.33	872.22	-480.56	29.30
Beans (Butter)	-	-	-	-	-	-	Kelawalla	1600.00 · 2800.00	2326.67	2378.57	1748.95	-51.90	33.03
Beans(Green)	350.00 · 600.00	474.07	463.81	516.56	10.26	-8.23	Thora	3000.00 · 4400.00	3510.00	3690.91	2557.14	-180.91	37.26
Carrot	320.00 · 480.00	406.67	390.00	816.92	16.67	-50.22	Paraw	1500.00 · 2600.00	1906.25	2125.00	1676.32	-218.75	13.72
Leeks	260.00 · 400.00	348.33	341.00	334.19	7.33	4.23	Mora	1600.00 · 2000.00	1895.00	2009.09	-	-114.09	
Beetroot	160.00 · 360.00	272.80	292.38	265.00	-19.58	2.94	Shrimps	2600.00 · 3200.00	2857.14	2875.00	2141.18	-17.86	33.44
Knolkhol	220.00 · 400.00	305.00	289.55	344.67	15.45	-11.51	Thalalpath	2500.00 · 3200.00	2897.14	3053.85	2364.29	-156.70	22.54
Raddish	100.00 · 280.00	214.40	234.50	243.33	-20.10	-11.89	Eggs						
Cabbage	200.00 · 400.00	302.31	288.57	396.90	13.74	-23.83	Brown	36.00 · 38.00	36.80	37.20	33.16	-0.40	10.98
Tomato	140.00 · 320.00	227.50	265.50	336.67	-38.00	-32.43	White	34.00 · 37.00	35.36	35.53	31.42	-0.18	12.53
Ladies Fingers	180.00 · 320.00	280.00	236.32	326.88	43.68	-14.34	Dried Fish						
Brijjal	300.00 · 400.00	351.67	341.50	273.13	10.17	28.76	Sprats	1600.00 · 2400.00	2053.85	2244.44	1550.00	-190.60	32.51
Capsicum	320.00 · 600.00	448.00	550.56	736.77	-102.56	-39.19	Sprats (Imported)	1200.00 · 1400.00	1305.88	1347.06	1075.00	-41.18	21.48
Pumpkin	160.00 · 280.00	235.38	234.76	244.69	0.62	-3.80	Kattawa	2300.00 · 2800.00	2514.29	2538.46	2320.00	-24.18	8.37
Cucumber	120.00 · 240.00	206.09	206.00	267.42	0.09	-22.93	Thora	3000.00 · 3400.00	3400.00	3342.86	-	57.14	
Bitter Gourd	300.00 · 600.00	459.05	530.48	504.33	-71.43	-8.98	Mora	2600.00 · 3200.00	2977.78	2975.00	2487.50	2.78	19.71
Snake Gourd	200.00 · 400.00	312.17	312.50	338.33	-0.33	-7.73	Balaya	1800.00 · 2400.00	2092.31	1914.29	1630.00	178.02	28.36
Drumstick	-	-	-	-	-	-	Anguluwa	2000.00 · 2800.00	2408.33	2381.82	2287.50	26.52	5.28
Luffa	240.00 · 400.00	317.39	320.53	443.75	-3.14	-28.48	Maduwa	-	-	-	1400.00	-	-
Long Beans	180.00 · 320.00	299.05	263.64	444.58	35.41	-32.74	Koduwa	-	-	-	-	-	-
Ash Plantain	200.00 · 400.00	311.67	305.50	277.74	6.17	12.21	Salaya	1000.00 · 1200.00	1061.54	986.67	1189.47	74.87	-10.76
Green Chillies	360.00 · 600.00	535.00	559.00	1351.79	-24.00	-60.42	Meat						
Lime	180.00 · 500.00	298.46	309.52	314.84	-11.06	-5.20	Beef (without Bones)	2900.00 · 3000.00	2980.00	2957.14	2690.00	22.86	10.78
Root Crops							Chicken (Broiler)	1340.00 · 1450.00	1394.44	1366.00	1223.57	28.44	13.97
Sweet Potato	220.00 · 320.00	285.45	306.00	265.86	-20.55	7.37	Chicken (Curry)	1250.00 · 1350.00	1312.50	1300.00	1190.00	12.50	10.29
Manioc	150.00 · 240.00	206.09	213.33	204.19	-7.25	0.93	Mutton	3800.00 · 4400.00	4200.00	4266.67	3636.36	-66.67	15.50
Leafy Vegetable(Rs/bundle)							Pork	2700.00 · 2900.00	2800.00	2733.33	1387.50	66.67	101.80
Mukunuwenna	60.00 · 100.00	82.78	81.39	73.68	1.39	12.34							
Kankun	60.00 · 120.00	85.56	83.61	73.68	1.94	16.11							
Gotukola	180.00 · 320.00	279.38	276.11	285.88	3.26	-2.28							

This Week: Week 10: 06 - 12 Mar 2026
 Last Week: Week 09: 27 Feb - 05 Mar 2026

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

Week 10: 06 - 12 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	76.00 - 95.00	85.80
A'pura	126.00 - 131.00	128.00	Dambulla	260.00 - 300.00	286.00	Hambantota	-	
P'naruwa	110.00 - 120.00	117.40	Welimada	235.00 - 265.00	250.00	Embilipitiya	130.00 - 140.00	135.00
Kalawewa	127.00 - 132.00	129.40	Badulla	-		Matara	-	
Kurunegala	112.00 - 133.00	122.67	Carrot			A'pura	60.00 - 80.00	68.00
Dehiattakandiya	112.00 - 135.00	125.90	N'Eliya	250.00 - 260.00	256.00	Luffa		
Nikaweratiya	110.00 - 135.00	124.60	Welimada	200.00 - 230.00	217.00	Dambulla	95.00 - 120.00	107.00
Ampara	130.00 - 135.00	133.33	Hanguranketha	-		Hambantota	-	
Long Grain (White)			Leeks			Embilipitiya	150.00 - 170.00	160.00
A'pura	107.00 - 112.00	109.00	N'Eliya	135.00 - 145.00	141.00	Matara	-	
P'naruwa	95.00 - 100.00	98.40	Welimada	130.00 - 155.00	142.00	A'pura	100.00 - 120.00	108.00
Kalawewa	107.00 - 112.00	109.40	Beetroot			Green Chillies		
Kurunegala	90.00 - 110.00	100.00	N'Eliya	60.00 - 70.00	66.00	Dambulla	200.00 - 260.00	230.00
Dehiattakandiya	100.00 - 117.00	109.80	Dambulla	-		Hambantota	-	
Embilipitiya	-		Kurunegala	-		Embilipitiya	370.00 - 380.00	375.00
Nikaweratiya	85.00 - 112.00	100.40	Welimada	100.00 - 135.00	116.00	Puttalam	237.00 - 237.00	237.00
Hambantota	-		Hanguranketha	-		A'pura	240.00 - 280.00	256.00
Ampara	106.00 - 120.00	111.20	Knol Khol			Pumpkin		
Long Grain (Red)			N'Eliya	75.00 - 85.00	79.00	Dambulla	76.00 - 95.00	85.80
Matara	98.00 - 100.00	99.50	Welimada	100.00 - 130.00	118.00	Hambantota	-	
Hambantota	-		Hanguranketha	-		Embilipitiya	100.00 - 120.00	107.50
Embilipitiya	104.00 - 106.00	105.00	Raddish			Matara	50.00 - 60.00	56.67
Keeri Samba			N'Eliya	18.00 - 24.00	20.00	A'pura	80.00 - 90.00	84.00
A'pura	150.00 - 160.00	154.00	Welimada	20.00 - 28.00	23.60	Moneragala	80.00 - 90.00	84.00
P'naruwa	156.00 - 158.00	157.20	Hambantota	-		Cucumber		
Kalawewa	152.00 - 160.00	157.00	Hanguranketha	-		A'pura	30.00 - 40.00	34.00
Kurunegala	135.00 - 150.00	142.80	Cabbage			Dambulla	28.00 - 40.00	36.20
Dehiattakandiya	152.00 - 179.50	168.10	N'Eliya	145.00 - 150.00	148.00	Hambantota	-	
Red Onion			Welimada	100.00 - 130.00	114.00	Matara	35.00 - 45.00	39.50
Puttalam	171.00 - 190.00	185.25	Badulla	-		Long Beans		
Jaffna	-		Hanguranketha	-		Dambulla	76.00 - 100.00	87.80
Big Onion			Tomato			Hambantota	-	
Dambulla	-		Welimada	75.00 - 90.00	82.00	Embilipitiya	80.00 - 100.00	90.00
Kalawewa	-		Hambantota	-		Matara	90.00 - 100.00	96.25
A'pura	-		Dambulla	57.00 - 76.00	66.80	A'pura	60.00 - 80.00	68.00
Potato			Hanguranketha	-		Ash Plantain		
N'Eliya	250.00 - 260.00	256.00	Vegetable (Low Country)			Hambantota	-	
Badulla	-		Ladies Fingers			Embilipitiya	110.00 - 130.00	120.00
Welimada	200.00 - 230.00	217.00	A'pura	60.00 - 80.00	68.00	Matara	100.00 - 110.00	106.67
Pulses			Dambulla	76.00 - 95.00	86.80	Lime		
Green Gram			Hambantota	-		Hambantota	-	
Hambantota	-		Embilipitiya	70.00 - 80.00	76.25	Embilipitiya	50.00 - 60.00	56.00
Moneragala	540.00 - 580.00	556.00	Matara	85.00 - 95.00	90.00	Moneragala	50.00 - 60.00	54.00
Embilipitiya	590.00 - 600.00	595.00	Brinjal			Fruits (Rs/kg)		
Nikaweratiya	430.00 - 450.00	438.75	A'pura	140.00 - 160.00	148.00	Banana		
A'pura	540.00 - 560.00	548.00	Dambulla	120.00 - 145.00	131.00	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	110.00 - 130.00	120.00	Hambantota	-	
Moneragala	450.00 - 500.00	470.00	Welimada	150.00 - 185.00	170.00	Kolikuttu		
Embilipitiya	640.00 - 650.00	645.00	Capsicum			Moneragala	180.00 - 200.00	188.00
Maize			Badulla	-		Embilipitiya	150.00 - 180.00	166.00
A'pura	135.00 - 140.00	137.00	Welimada	180.00 - 220.00	205.00	Hambantota	-	
Kalawewa	135.00 - 137.00	135.67	Bitter Gourd			Papaw		
Gingelly			A'pura	240.00 - 260.00	248.00	Moneragala	150.00 - 160.00	154.00
A'pura	-		Dambulla	200.00 - 240.00	224.00	Embilipitiya	240.00 - 250.00	246.25
Kalawewa	-		Hambantota	-		Hambantota	-	
Black Gram			Embilipitiya	280.00 - 300.00	292.50	Pineapple		
A'pura	-		Matara	250.00 - 290.00	270.00	Divulapitiya	-	
Kalawewa	-							

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

Week 10: 06 - 12 Mar 2026

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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 - 280.00	260.00 - 270.00	260.00 - 260.00	255.00 - 260.00	260.00 - 260.00	260.00 - 270.00
Samba 2	-	-	-	-	-	-	-	-	-
Keeri Samba	350.00 - 360.00	370.00 - 370.00	360.00 - 370.00	360.00 - 380.00	370.00 - 380.00	-	350.00 - 350.00	360.00 - 360.00	360.00 - 370.00
Nadu 1	230.00 - 230.00	230.00 - 230.00	225.00 - 230.00	220.00 - 230.00	225.00 - 230.00	240.00 - 240.00	225.00 - 230.00	225.00 - 230.00	230.00 - 240.00
Nadu 2	-	-	-	-	-	-	-	-	-
Raw (Red)	210.00 - 220.00	210.00 - 210.00	200.00 - 220.00	200.00 - 220.00	210.00 - 220.00	220.00 - 220.00	210.00 - 220.00	220.00 - 220.00	220.00 - 220.00
Raw (White)	220.00 - 220.00	210.00 - 210.00	200.00 - 220.00	200.00 - 220.00	220.00 - 230.00	230.00 - 230.00	210.00 - 225.00	220.00 - 230.00	220.00 - 230.00
Imported									
Samba	280.00 - 280.00	300.00 - 300.00	280.00 - 300.00	280.00 - 300.00	280.00 - 290.00	-	-	280.00 - 280.00	280.00 - 285.00
Nadu	-	-	-	-	-	-	-	-	-
Raw (Red)	-	-	-	-	-	-	-	-	-
Raw (White)	-	-	-	-	-	-	-	-	-
<u>Dried Chillies</u>									
Imported	950.00 - 1000.00	1200.00 - 1200.00	950.00 - 1000.00	1000.00 - 1200.00	1200.00 - 1200.00	1200.00 - 1200.00	1000.00 - 1200.00	950.00 - 1000.00	1000.00 - 1200.00
<u>Red Onion</u>									
Sinnan	-	-	-	-	-	-	-	-	-
Vedalan	-	-	-	-	-	-	-	-	-
Imported	320.00 - 360.00	380.00 - 400.00	320.00 - 400.00	320.00 - 400.00	360.00 - 400.00	350.00 - 360.00	320.00 - 360.00	320.00 - 400.00	380.00 - 400.00
<u>Big Onion</u>									
Imported	180.00 - 200.00	200.00 - 220.00	180.00 - 220.00	220.00 - 240.00	180.00 - 200.00	180.00 - 200.00	160.00 - 180.00	160.00 - 200.00	180.00 - 200.00
Local	-	-	-	-	-	-	-	-	-
<u>Potato</u>									
Welimada	340.00 - 350.00	-	340.00 - 360.00	380.00 - 400.00	340.00 - 360.00	-	-	-	-
N'Eliya	380.00 - 400.00	460.00 - 460.00	380.00 - 400.00	450.00 - 460.00	400.00 - 450.00	400.00 - 400.00	380.00 - 400.00	380.00 - 400.00	380.00 - 400.00
Imported	200.00 - 220.00	240.00 - 260.00	220.00 - 240.00	200.00 - 240.00	240.00 - 260.00	220.00 - 240.00	220.00 - 220.00	200.00 - 220.00	220.00 - 240.00
<u>Pulses</u>									
Green Gram	700.00 - 800.00	900.00 - 900.00	850.00 - 900.00	950.00 - 1000.00	900.00 - 1000.00	760.00 - 760.00	850.00 - 900.00	900.00 - 950.00	1000.00 - 1000.00
Cowpea (White)	880.00 - 950.00	1100.00 - 1100.00	900.00 - 1000.00	1000.00 - 1200.00	1000.00 - 1200.00	900.00 - 900.00	1000.00 - 1000.00	1000.00 - 1100.00	1100.00 - 1200.00
Cowpea (Red)	880.00 - 900.00	1000.00 - 1000.00	900.00 - 1000.00	1000.00 - 1100.00	1000.00 - 1100.00	900.00 - 900.00	900.00 - 950.00	1000.00 - 1000.00	1000.00 - 1100.00
Red Dhal	280.00 - 300.00	280.00 - 280.00	300.00 - 320.00	300.00 - 320.00	290.00 - 320.00	280.00 - 280.00	280.00 - 280.00	290.00 - 300.00	300.00 - 320.00

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

Week 10: 06 - 12 Mar 2026

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CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<i>Vegetable</i>									
Beans	350.00 - 380.00	560.00 - 600.00	560.00 - 560.00	480.00 - 600.00	450.00 - 480.00	360.00 - 400.00	400.00 - 450.00	480.00 - 480.00	450.00 - 480.00
Carrot	320.00 - 350.00	480.00 - 480.00	480.00 - 480.00	480.00 - 480.00	360.00 - 400.00	320.00 - 340.00	350.00 - 400.00	360.00 - 480.00	400.00 - 450.00
Leeks	260.00 - 280.00	400.00 - 400.00	400.00 - 400.00	400.00 - 400.00	320.00 - 360.00	320.00 - 320.00	300.00 - 320.00	320.00 - 400.00	360.00 - 400.00
Beetroot	160.00 - 180.00	360.00 - 360.00	320.00 - 320.00	300.00 - 300.00	280.00 - 320.00	240.00 - 260.00	160.00 - 200.00	320.00 - 360.00	350.00 - 360.00
Knolkhol	220.00 - 240.00	400.00 - 400.00	360.00 - 400.00	400.00 - 400.00	360.00 - 400.00	-	220.00 - 300.00	240.00 - 260.00	250.00 - 260.00
Raddish	100.00 - 120.00	240.00 - 280.00	240.00 - 240.00	240.00 - 240.00	240.00 - 280.00	100.00 - 120.00	140.00 - 160.00	240.00 - 280.00	240.00 - 260.00
Cabbage	200.00 - 240.00	320.00 - 400.00	300.00 - 400.00	320.00 - 400.00	260.00 - 280.00	240.00 - 260.00	220.00 - 280.00	320.00 - 320.00	300.00 - 320.00
Tomato	160.00 - 180.00	320.00 - 320.00	280.00 - 320.00	240.00 - 240.00	200.00 - 240.00	240.00 - 240.00	140.00 - 160.00	200.00 - 280.00	280.00 - 300.00
Ladies Fingers	260.00 - 280.00	320.00 - 320.00	320.00 - 320.00	320.00 - 320.00	240.00 - 260.00	240.00 - 240.00	180.00 - 220.00	320.00 - 320.00	320.00 - 320.00
Brinjal	320.00 - 360.00	400.00 - 400.00	400.00 - 400.00	400.00 - 400.00	360.00 - 400.00	320.00 - 320.00	300.00 - 360.00	320.00 - 320.00	300.00 - 320.00
Capsicum	320.00 - 360.00	600.00 - 600.00	480.00 - 560.00	480.00 - 600.00	400.00 - 450.00	550.00 - 600.00	340.00 - 400.00	400.00 - 480.00	420.00 - 480.00
Pumpkin	180.00 - 240.00	240.00 - 240.00	240.00 - 280.00	240.00 - 280.00	240.00 - 260.00	240.00 - 240.00	160.00 - 180.00	180.00 - 240.00	240.00 - 260.00
Cucumber	120.00 - 140.00	240.00 - 240.00	200.00 - 240.00	240.00 - 240.00	160.00 - 180.00	160.00 - 160.00	140.00 - 160.00	220.00 - 240.00	220.00 - 240.00
Bitter Gourd	300.00 - 350.00	560.00 - 600.00	600.00 - 600.00	480.00 - 600.00	400.00 - 420.00	-	400.00 - 460.00	450.00 - 480.00	420.00 - 450.00
Snake Gourd	220.00 - 240.00	380.00 - 400.00	400.00 - 400.00	320.00 - 400.00	320.00 - 360.00	240.00 - 260.00	200.00 - 240.00	320.00 - 400.00	320.00 - 360.00
Drumstick	-	-	-	-	-	-	-	-	-
Luffa	240.00 - 260.00	360.00 - 400.00	360.00 - 400.00	400.00 - 400.00	320.00 - 360.00	240.00 - 240.00	250.00 - 260.00	320.00 - 400.00	400.00 - 400.00
Long Beans	280.00 - 320.00	320.00 - 320.00	320.00 - 320.00	320.00 - 320.00	320.00 - 320.00	-	180.00 - 200.00	320.00 - 320.00	320.00 - 320.00
Ash Plantain	240.00 - 260.00	400.00 - 400.00	280.00 - 320.00	400.00 - 400.00	280.00 - 280.00	240.00 - 240.00	200.00 - 240.00	320.00 - 320.00	320.00 - 320.00
Green Chillies	400.00 - 450.00	600.00 - 600.00	600.00 - 600.00	600.00 - 600.00	600.00 - 600.00	600.00 - 600.00	360.00 - 400.00	600.00 - 600.00	560.00 - 600.00
Lime	180.00 - 200.00	400.00 - 400.00	400.00 - 500.00	400.00 - 400.00	240.00 - 260.00	400.00 - 400.00	180.00 - 200.00	400.00 - 500.00	500.00 - 500.00
<i>Root Crops</i>									
Sweet Potato	240.00 - 280.00	260.00 - 320.00	320.00 - 320.00	320.00 - 320.00	260.00 - 280.00	320.00 - 320.00	220.00 - 240.00	320.00 - 320.00	320.00 - 320.00
Manioc	180.00 - 240.00	220.00 - 240.00	220.00 - 240.00	240.00 - 240.00	200.00 - 240.00	200.00 - 220.00	150.00 - 160.00	180.00 - 200.00	200.00 - 200.00
<i>Leafy Vegetable</i>									
Mukunuwenna	60.00 - 70.00	100.00 - 100.00	80.00 - 80.00	100.00 - 100.00	80.00 - 80.00	80.00 - 90.00	60.00 - 70.00	80.00 - 90.00	80.00 - 90.00
Kankun	60.00 - 70.00	100.00 - 100.00	80.00 - 80.00	120.00 - 120.00	80.00 - 80.00	80.00 - 90.00	60.00 - 70.00	80.00 - 90.00	90.00 - 90.00
Gotukola	180.00 - 240.00	300.00 - 320.00	280.00 - 300.00	-	280.00 - 320.00	320.00 - 320.00	240.00 - 260.00	280.00 - 290.00	260.00 - 280.00
<i>Coconut</i>									
Large	170.00 - 180.00	180.00 - 190.00	180.00 - 190.00	190.00 - 200.00	200.00 - 200.00	180.00 - 190.00	185.00 - 190.00	180.00 - 190.00	180.00 - 190.00
Small	150.00 - 160.00	140.00 - 160.00	160.00 - 170.00	150.00 - 160.00	140.00 - 150.00	160.00 - 170.00	165.00 - 170.00	160.00 - 170.00	160.00 - 170.00

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

Week 10: 06 - 12 Mar 2026

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CROP	PELIYAGODA		MAHARAGAMA		KIRULAPONE		NUGEGODA		NARAHENPITA		DEMATAGODA		THOTALANGA		KADAWATHA		KIRIBATHGODA	
<i>Plantain</i>																		
Ambul (Rs/Kg)	150.00	200.00	200.00	220.00	230.00	250.00	240.00	240.00	200.00	250.00	150.00	240.00	150.00	200.00	200.00	220.00	200.00	220.00
Kolikuttu (Rs/Kg)	300.00	350.00	380.00	380.00	400.00	400.00	380.00	380.00	300.00	400.00	350.00	400.00	300.00	350.00	300.00	320.00	300.00	320.00
Seeni (Rs/Kg)	160.00	200.00	220.00	240.00	230.00	240.00	240.00	240.00	200.00	220.00	150.00	200.00	150.00	200.00	180.00	200.00	180.00	220.00
Anamalu	40.00	50.00	50.00	50.00	50.00	50.00	50.00	50.00	50.00	60.00	45.00	50.00	40.00	40.00	40.00	50.00	40.00	50.00
Ambun	60.00	70.00	70.00	70.00	70.00	75.00	70.00	70.00	70.00	80.00	60.00	70.00	60.00	60.00	60.00	65.00	60.00	60.00
<i>Pineapple</i>																		
Large	580.00	620.00	580.00	600.00	600.00	600.00	600.00	650.00	560.00	600.00	580.00	650.00	500.00	550.00	550.00	600.00	500.00	600.00
Medium	450.00	480.00	450.00	460.00	460.00	460.00	460.00	500.00	430.00	460.00	450.00	500.00	400.00	450.00	400.00	480.00	400.00	480.00
Small	360.00	380.00	360.00	370.00	350.00	350.00	370.00	400.00	340.00	370.00	360.00	400.00	300.00	380.00	300.00	350.00	300.00	350.00
<i>Mango</i>																		
Betti	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Karthakolomban	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Vilad	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Kohu	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
<i>Other Fruits</i>																		
Wood Apple	110.00	120.00	120.00	140.00	140.00	140.00	140.00	160.00	120.00	150.00	100.00	120.00	80.00	80.00	100.00	120.00	100.00	160.00
Orange	40.00	40.00	80.00	80.00	100.00	100.00	70.00	80.00	70.00	75.00	80.00	100.00	40.00	40.00	60.00	80.00	70.00	80.00
Avocado	330.00	400.00	-	-	-	-	-	-	330.00	400.00	270.00	270.00	270.00	300.00	270.00	270.00	330.00	400.00
Slime Apple	60.00	70.00	110.00	120.00	130.00	130.00	100.00	120.00	90.00	100.00	60.00	80.00	70.00	80.00	60.00	60.00	80.00	100.00
Grapes (Rs/Kg)	2200.00	2400.00	2300.00	2400.00	2800.00	3000.00	2500.00	3000.00	2400.00	2600.00	2500.00	2500.00	2200.00	2200.00	2300.00	2600.00	2200.00	2500.00
Papaw (Rs/Kg)	400.00	450.00	440.00	450.00	450.00	500.00	400.00	450.00	350.00	450.00	400.00	450.00	350.00	400.00	350.00	400.00	350.00	400.00
Passion	100.00	110.00	150.00	150.00	120.00	150.00	120.00	150.00	120.00	120.00	120.00	120.00	90.00	100.00	-	-	130.00	150.00
King Coconut	180.00	200.00	220.00	220.00	220.00	220.00	220.00	250.00	200.00	220.00	250.00	250.00	180.00	200.00	220.00	250.00	180.00	220.00

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

Week 10: 06 - 12 Mar 2026

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CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<i>Sea Fish</i>									
Salaya	500.00 - 550.00	650.00 - 650.00	600.00 - 600.00	700.00 - 700.00	600.00 - 600.00	600.00 - 640.00	500.00 - 600.00	500.00 - 520.00	500.00 - 550.00
Hurulla	900.00 - 1000.00	1600.00 - 1600.00	-	-	1300.00 - 1300.00	1200.00 - 1300.00	1000.00 - 1100.00	1200.00 - 1320.00	-
Balaya	800.00 - 900.00	-	-	-	1000.00 - 1000.00	800.00 - 800.00	1400.00 - 1400.00	1600.00 - 1600.00	1400.00 - 1400.00
Kelawalla	1600.00 - 1700.00	2400.00 - 2400.00	2600.00 - 2800.00	2800.00 - 2800.00	2000.00 - 2000.00	2200.00 - 2400.00	2400.00 - 2400.00	2000.00 - 2400.00	2400.00 - 2400.00
Thora	3000.00 - 3200.00	-	4000.00 - 4400.00	3200.00 - 3200.00	4200.00 - 4200.00	3600.00 - 3600.00	3200.00 - 3200.00	-	-
Paraw	1500.00 - 1700.00	1800.00 - 2000.00	2000.00 - 2000.00	2600.00 - 2600.00	2200.00 - 2200.00	2000.00 - 2200.00	1600.00 - 1700.00	1800.00 - 2000.00	1800.00 - 1800.00
Mora	1600.00 - 1700.00	2000.00 - 2000.00	2000.00 - 2000.00	-	-	2000.00 - 2000.00	2000.00 - 2000.00	2000.00 - 2000.00	2000.00 - 2000.00
Shrimps Small	2600.00 - 2800.00	-	3000.00 - 3200.00	2800.00 - 2800.00	3200.00 - 3200.00	-	2800.00 - 2900.00	2800.00 - 3000.00	2800.00 - 2800.00
Talapath	2500.00 - 2700.00	2800.00 - 2800.00	3200.00 - 3200.00	3000.00 - 3000.00	2960.00 - 2960.00	2600.00 - 3000.00	3000.00 - 3000.00	3000.00 - 3000.00	3000.00 - 3000.00
<i>Eggs (Rs/egg)</i>									
Brown	36.00 - 36.00	36.00 - 37.00	38.00 - 38.00	38.00 - 38.00	36.00 - 36.00	36.00 - 36.00	37.00 - 37.00	37.00 - 37.00	37.00 - 37.00
White	34.00 - 35.00	36.00 - 36.00	36.00 - 36.00	36.00 - 37.00	35.00 - 35.00	34.00 - 35.00	35.00 - 36.00	35.00 - 36.00	35.00 - 35.00
<i>Dried Fish</i>									
Sprats	1600.00 - 1800.00	2000.00 - 2000.00	1800.00 - 2300.00	2000.00 - 2000.00	2200.00 - 2400.00	2000.00 - 2200.00	2000.00 - 2000.00	2400.00 - 2400.00	2000.00 - 2000.00
Kattawa	2300.00 - 2400.00	2500.00 - 2500.00	2500.00 - 2600.00	2400.00 - 2400.00	2800.00 - 2800.00	2400.00 - 2400.00	2400.00 - 2400.00	2300.00 - 2300.00	2400.00 - 2400.00
Thora	-	-	3000.00 - 3000.00	-	3300.00 - 3400.00	3200.00 - 3400.00	-	-	-
Mora	2600.00 - 2800.00	-	3000.00 - 3000.00	-	-	2800.00 - 2800.00	3000.00 - 3000.00	3000.00 - 3000.00	3200.00 - 3200.00
Balaya	1800.00 - 1800.00	2400.00 - 2400.00	2400.00 - 2400.00	2200.00 - 2200.00	-	2200.00 - 2200.00	2000.00 - 2000.00	1800.00 - 1800.00	2200.00 - 2200.00
Anguluwa	2000.00 - 2400.00	2400.00 - 2400.00	2200.00 - 2400.00	2800.00 - 2800.00	2400.00 - 2400.00	2400.00 - 2400.00	2400.00 - 2400.00	2400.00 - 2400.00	2500.00 - 2600.00
Salaya	1000.00 - 1200.00	1000.00 - 1000.00	1000.00 - 1100.00	1000.00 - 1000.00	1000.00 - 1100.00	1100.00 - 1200.00	-	1100.00 - 1100.00	1000.00 - 1000.00
<i>Meat</i>									
Beef (without Bones)	-	-	3000.00 - 3000.00	3000.00 - 3000.00	2900.00 - 2900.00	-	3000.00 - 3000.00	3000.00 - 3000.00	-
Chicken (Broiler)	1400.00 - 1400.00	1420.00 - 1420.00	1420.00 - 1420.00	1420.00 - 1420.00	1450.00 - 1450.00	1350.00 - 1350.00	1350.00 - 1350.00	1400.00 - 1400.00	1340.00 - 1340.00
Chicken (Curry)	-	1350.00 - 1350.00	-	1350.00 - 1350.00	1250.00 - 1250.00	-	-	-	1300.00 - 1300.00
Mutton	-	4300.00 - 4300.00	-	4200.00 - 4200.00	3800.00 - 3800.00	-	4300.00 - 4300.00	4200.00 - 4200.00	4400.00 - 4400.00
Pork	-	2900.00 - 2900.00	-	-	-	-	-	-	2700.00 - 2700.00

Annex 05 : Food Composition of Selected Food Commodities

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

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

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

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

Dried Fish

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

Eggs

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

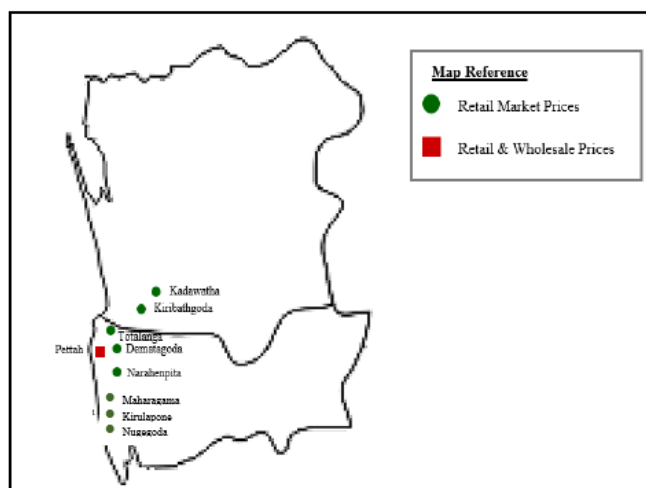
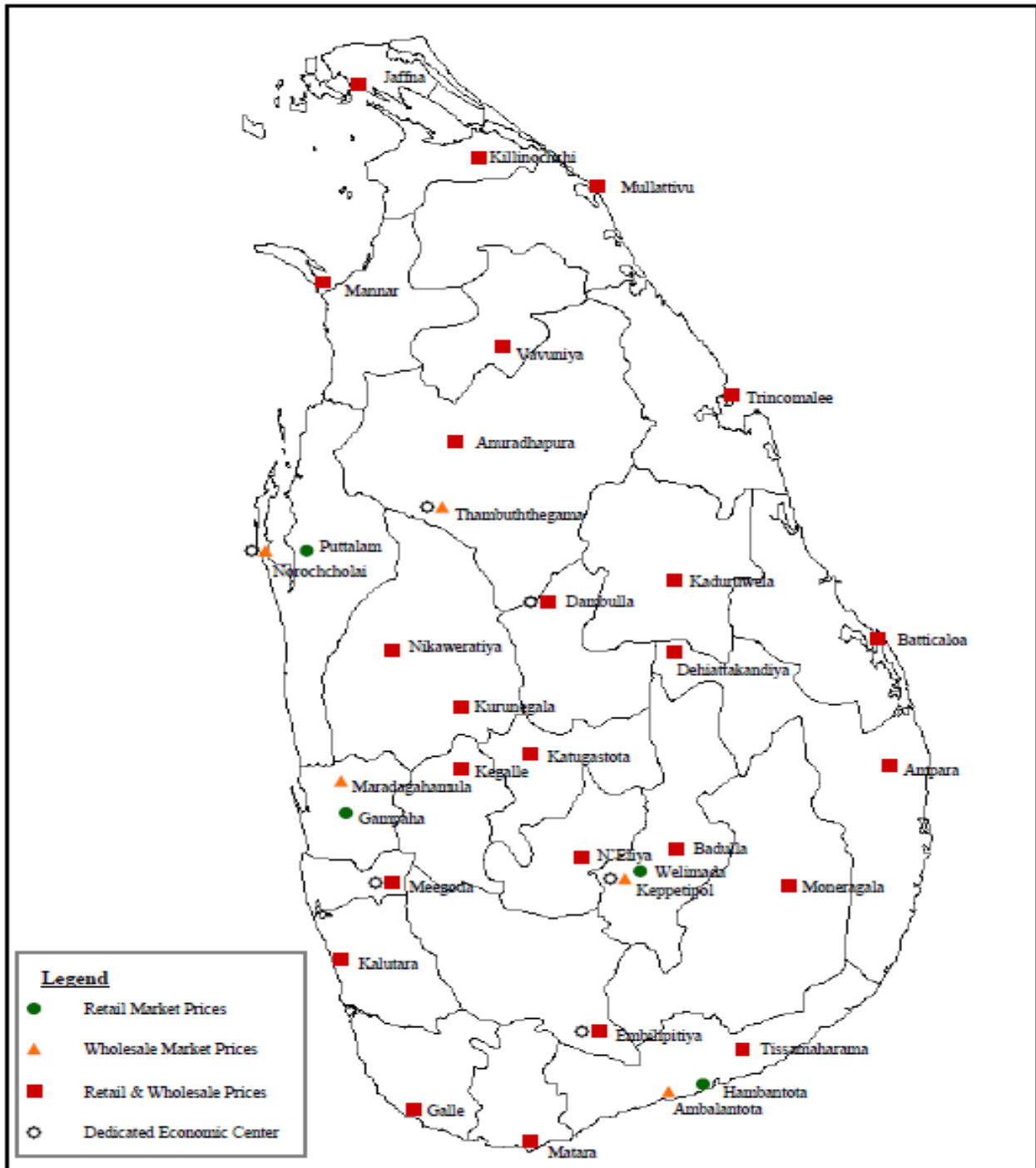
Fruits

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

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

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

Price Collecting Areas





HARTI



Ministry of Agriculture

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**දෛනික චිළචිචි තොග මිල,
ජංගම දුරකථනයෙන්**

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