

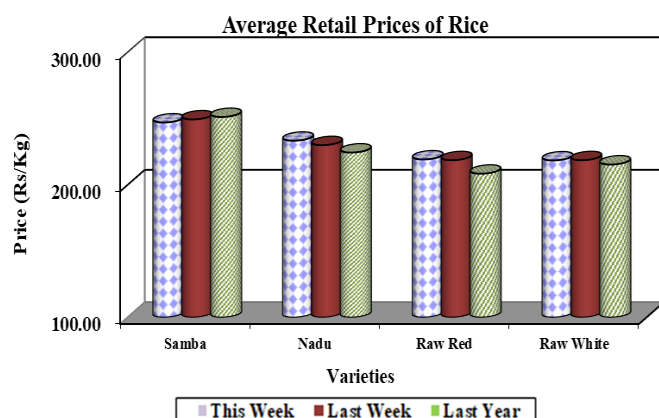
RETAIL MARKET AT A GLANCE

Summary

Rice/Paddy

Retail prices of *keeri* samba and *samba* grade I have decreased while the price of *nadu* grade I has increased. However, the prices of raw red and raw white have not changed significantly. Prices ranged between Rs.260.00-320.00/kg for *keeri* samba, Rs.240.00-260.00/kg for *samba* grade I, Rs.230.00-240.00/kg for *nadu* grade I and Rs.210.00-220.00/kg for raw red and raw white rice in Colombo and suburb markets. The average farm gate prices of most of the major paddy varieties have decreased due to supply of newly harvested paddy stocks.

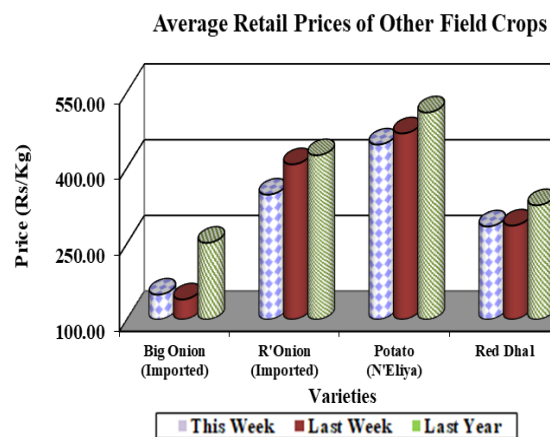
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Other Field Crops

Prices of local and imported red onion have decreased while the price of imported big onion has increased. Prices ranged between Rs.280.00-480.00/kg for red onion and Rs.120.00-160.00/kg for big onion in Colombo and suburb markets. Prices of local and imported potatoes have decreased. Further, the prices of white cowpea and red cowpea ranged between Rs.900.00-1,200.00/kg and the price of green gram ranged between Rs.800.00-1,000.00/kg.

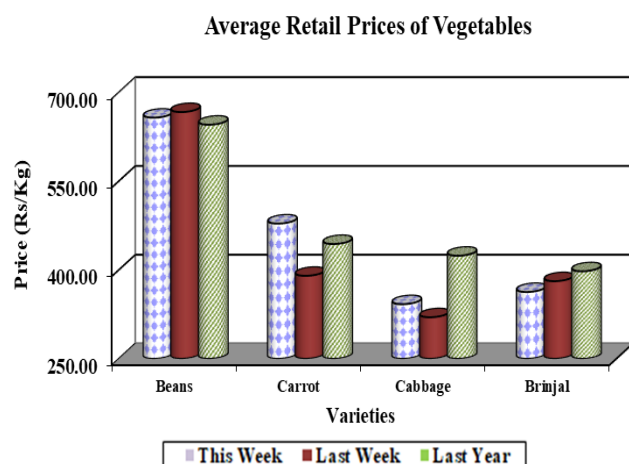
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Vegetables

Prices of most of the vegetables have decreased further due to increased supply. Considering up-country varieties, the highest price decrease was reported for radish at Rs.16.00/kg, followed by beans at Rs.9.00/kg. However, the price of carrot has increased by Rs.88.00/kg. Considering low-country varieties, the highest price decrease was reported for long beans at Rs.56.00/kg, followed by capsicum as Rs.55.00/kg.

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Rice

Wholesale

Price of keeri samba has decreased by 2% and the price ranged Rs.255.00-300.00/kg. Price of all the other local rice varieties have not changed significantly and the average prices of raw red and raw white were Rs.195.00/kg and Rs.194.00/kg.

Imported raw white was also available at the market and price ranged Rs.205.00-210.00/kg.

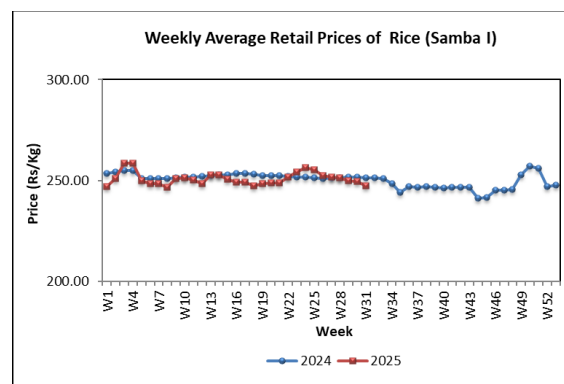
Compared to same period of last year, the current wholesale prices of all the local rice varieties have decreased in the range of 1%-5%.

Retail

The retail prices of samba, keeri samba and raw white have decreased while the retail prices of nadu, raw red, imported samba and imported raw white have increased. The highest price decrease of Rs.2.50/kg was recorded for local keeri samba, followed by samba (Rs.2.00/kg). The retail price of imported samba has increased of Rs.25.00/kg due to low supply of stocks at the market and the price ranged Rs.250.00-320.00/kg.

Compared to the same period of the last year, the highest price increase of 5% was

recorded for local raw red and highest price decrease of 19% was recorded for local keeri samba.



Paddy

In several major paddy-producing areas, only minimal fluctuations in average farmgate prices were observed across the major paddy varieties. Accordingly, the price of short grain paddy ranged between Rs.105.00–130.00/kg. Likewise, keeri samba paddy has ranged between Rs.115.00-140.00/kg. Furthermore, the price of long grain white paddy has varied at Rs.95.00-120.00/kg. The average farmgate price of long grain red paddy has decreased slightly with prices varying in the range of Rs.100.00-112.00/kg in the major producing areas.

Compared to the same period of last year, the prices of short grain and keeri samba paddy in major producing areas have increased by 7-13% and 16-17% respectively.

Dried Chilies

Wholesale

The price of imported dried chilies has increased by 2% and the price ranged Rs.550.00-600.00/kg,

Compared to same period of last year, the current wholesale price of imported dried chilies has decreased by 24%.

Retail

The retail price of imported dried chilies has increased by Rs.36.00/kg and price ranged Rs.650.00-1000.00/kg.

Compared to the same period of the last year, the current retail price of imported dried chilies has increased by 17%.

Onion

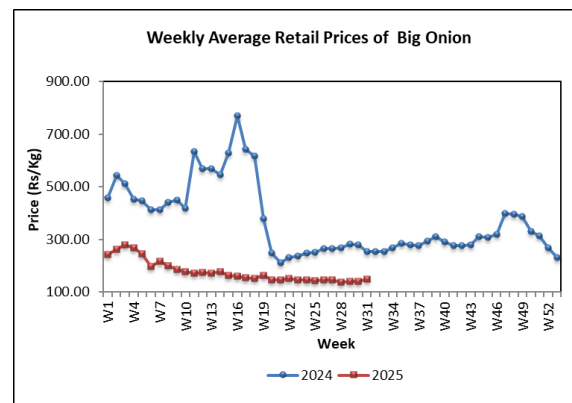
Wholesale

Price of vedalan red onion and imported red onion have decreased by 8% and 13% due to availability of sufficient stocks and the price ranged Rs.200.00-280.00/kg, and Rs.180.00-250.00/kg. Imported big onion has increased by 27% due to unavailability of sufficient stocks and the price ranged Rs.80.00-120.00/kg. Price ranged Rs.80.00-85.00/kg for varieties of Pakistan and Rs.105.00-120.00/kg for Indian varieties.

Compared to same period of last year, the current wholesale prices of all the onion varieties have decreased in the range of 13-39% respectively.

Retail

The retail price of vedalan has decreased by Rs.144.00/kg due to high supply of stocks to the market. The retail price of imported red onion has decreased by Rs.60.00/kg. The retail price of imported big onions has increased by Rs.9.00/kg.



Compared to the same period of the last year, the current retail prices of all types of onions have decreased and a highest price decrease of 41% was recorded for imported big onions.

Potato

Wholesale

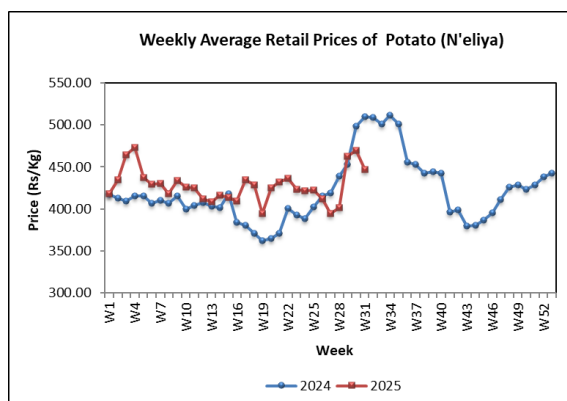
The Price of Nuwara Eliya potato has decreased by 14% due to availability of sufficient stocks and the price ranged

Rs.290.00-320.00/kg. Price of imported potato has not changed significantly and the price ranged Rs.140.00-220.00/kg. Price ranged Rs.140.00-160.00/kg for varieties from Pakistan and Rs.200.00-220.00/kg for Indian varieties.

Compared to same period of last year, the current wholesale price of Nuwara Eliya and imported potato have decreased by 26% and 15% respectively.

Retail

The retail price of Nuwara Eliya potato has decreased by Rs.22.00/kg and the price ranged Rs.440.00-520.00/kg. There was no significant change in the retail price of imported potatoes.



Compared to the same period of the last year, the current retail prices of Nuwara Eliya and imported potato have decreased by 12% and 20% respectively.

Pulses

Wholesale

Price of green gram, white cowpea and red cowpea have increased in the range of 4%-6% due to unavailability of sufficient stocks and the price ranged Rs.670.00-850.00/kg for green gram, Rs.950.00-1000.00/kg for both white cowpea and red cowpea. Price of red dhal has not increased significantly and the price ranged Rs.240.00-245.00/kg.

Compared to same period of last year, the current wholesale price of green gram and red dhal have decreased by 6% and 12% while the prices of white cowpea and red cowpea have increased by 21% and 34% respectively.

Retail

The retail prices of green gram, white cowpea and red cowpea have increased by Rs.14.00/kg, Rs.21.00/kg and Rs.50.00/kg. The retail price of red dhal has decreased by Rs.2.00/kg.

Compared to the same period of the last year the highest price increase of 9% was recorded for red cowpea and highest price decreased 26% was recorded for green gram.

Vegetable

Wholesale

Prices of most the up country and low country vegetables have decreased with increased supply from major producing areas.

Considering, the up-country vegetables, the highest price decrease was reported for raddish (14%), with increased supply from Hanguranketha, and Puttalam. Further, the prices of leeks (11%), have also decreased, with increased supply from Hanguranketha and Nuwara Eliya areas. In addition, the prices of beans, beetroot and tomato have decreased in the range of 8%-9%. However, the prices of carrot (10%), knolkhol (27%) and cabbage (16%), have increased due to decreased supply from Nuwara Eliya.

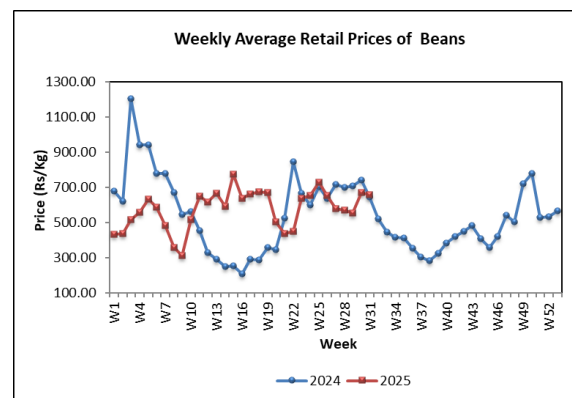
Considering the low-country vegetables, the prices of most of the vegetables, experienced price decrease with high supplies from Jaffna, Puttalam, Embilipitiya, Balangoda, Hambanthota and Dambulla areas. Particularly, the highest price decrease was reported for drumstick as 30%, with increased supply from Jaffna, Mannar, Puttalam and Hambanthota. Further, with high supply from Ragala, Wellawaya and Puttalam. The price of capsicum has also decreased by 20%. The prices of pumpkin and long

beans have also decreased in the range of 16%-27%. In addition, the price of green chilies has also decreased by 31%, with increased supply from Jaffna, Nochchiyagama and Puttalam areas. Due to end of peak season from Kandy and Anuradhapura, the prices of ladies fingers, snake gourd and luffa have increased by 32%, 21% and 24% respectively.

Compared to the same period of last year, the prices of most of the vegetables have decreased with the highest price decrease of 73% reported for ash plantain.

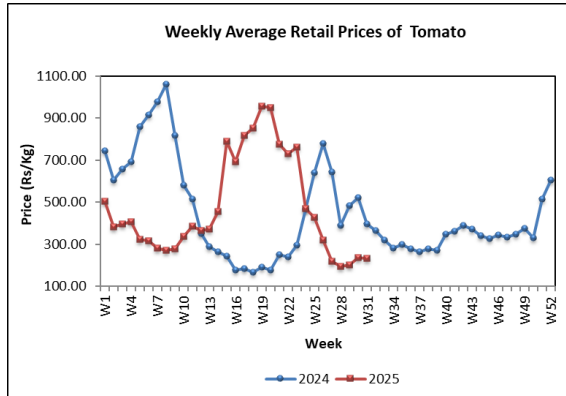
Retail

The retail prices of most vegetables have decreased, along with the wholesale prices. Considering the up-country vegetables, the highest price decrease was reported for radish as Rs.16.00/kg, followed by beetroot (Rs.6.00/kg). However, the price of carrot has increased by Rs.88.00/kg.



Considering the low-country vegetable varieties, the highest price increase was

reported for snake gourd at Rs.51.00/kg, followed by Rs.26.00/kg for luffa. However, the price of green chilies has decreased by Rs.34.00/kg.



Compared to the same period last year, the current retail prices of most varieties have declined, with a notable decrease of 51% reported for lime.

Coconut Wholesale

Prices of both large and small nuts have increased further by 4% and 6% respectively, with decreased supply from producing areas. Price ranges were Rs.175.00-185.00 for a large nut and Rs.150.00-170.00 for a small nut.

Compared to the same period of last year, the current wholesale prices of large and small nuts have increased by 69% and 71% respectively.

Retail

Prices of large nuts and small nuts have decreased by Rs.19.00/nut and Rs.24.00 /nut. Price ranges were Rs.180.00-220.00 for a large nut and Rs.150.00- 195.00 for a small nut.

Compared to the same period of last year, the current retail prices of large and small nuts have increased by 61% and 71%, respectively.

Fruits

Wholesale

Prices of most of the fruit varieties have decreased due to low demand and increased supply. The highest price decrease of 21% was reported for papaw. Price of imported grape has decreased by 19% due to availability of ample stocks arrived from China. Pineapple prices for all sizes have decreased by 5-12% due to abundant stocks. Wood apple and passion fruit prices decreased by 11% due to the abundance of stocks. However, the prices of avocado and local orange have increased by 32% and 14%.

Compared to the same period of last year, the current wholesale prices of most of the fruit varieties have decreased with the highest price decrease of 57% reported for kolikuttu banana.

Retail

Retail prices have decreased due to decreased wholesale prices. The highest price decrease of Rs.93.00/kg was reported for imported grapes. Prices of wood apple and papaw have decreased by Rs.51.00/fruit and Rs.26.00/kg respectively. All the sizes of pineapples and bananas have slightly decreased.

Compared to the same period of last year, the current retail prices of most of the fruits have decreased and the highest price decrease was reported for large sized pineapple as 46%.

Fresh Fish

Wholesale

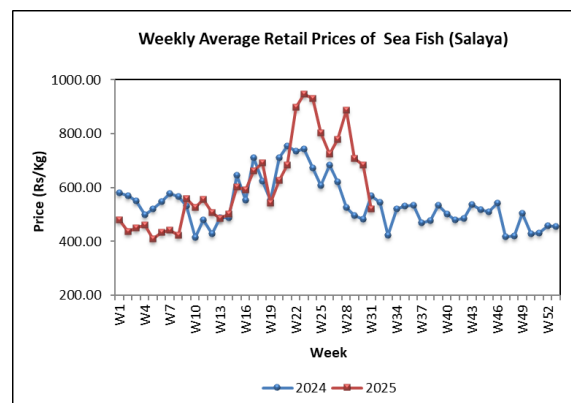
Wholesale prices of all the fresh fish have decreased due to increased supply. Prices have dropped mainly due to high supply from Valachchenai, Mannar, Trincomalee, and Northern regions. The highest price decrease was recorded for salaya, by 36%, followed by hurulla (25%).

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

types have decreased with the highest price decrease of 28% recorded for shrimps.

Retail

Retail prices of all the types of sea fish have decreased. Among those, the highest price decrease of Rs.679.00/kg was observed for mora. Prices of paraw and thora have decreased by Rs.476.00/kg, and Rs.565.00/kg respectively.



Compared to same period of last year, the current prices of all the types of fish have decreased of 14% recorded for paraw.

Dried Fish

Wholesale

Except for maduwa, the prices of all the types of fish have declined, with salaya recording the highest drop as 15%, followed by katta (7%) and balaya (6%).

Compared to the same period last year, current wholesale prices of all the dried

fish varieties except for maduwa have increased with the highest increase of 33% reported for balaya.

Retail

The retail prices of the all types of dried fish varieties except for maduwa and salaya have decreased. Among those the highest price decrease of Rs.125.00/kg was observed for local sprats, followed by anguluwa (Rs.100.00/kg). The highest price increase of Rs.300.00/kg was observed for maduwa.

Compared to the same period of last year, the current retail prices of all the dried fish have increased in the range of 16%-64%.

Eggs

Wholesale

The prices of brown and white eggs have increased by 11% and 12% respectively and the prices ranged from Rs.30.00-Rs.36.00 and Rs.28.00- 34.00 respectively.

Compared to the same period last year, the current wholesale prices of both brown and white eggs have decreased by 27% and 28% respectively.

Retail

The retail prices of brown egg and white egg have increased by Rs.1.00/kg. The average price of brown egg was Rs.34.00/kg while the average price of white egg was Rs.32.00/kg.

Compared to the same period of last year, the current retail prices of brown egg and white egg have decreased by 29% and 31% respectively.

Meat

Retail

The retail prices of curry chicken and boiler chicken have decreased by Rs.26.00 /kg and Rs.29.00/kg respectively. The retail price of pork has decreased by Rs.95.00/kg.

Compared to the same period of last year, the current retail prices of all the types of meats except for curry chicken have increased with the highest price increase recorded for pork. (70%)

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 31: 01 - 07 Aug 2025**

	LOCATIONS	Rice Varieties													
		Samba 1		Samba 2		Keeri Samba		Nadu 1		Nadu 2		Raw Red		Raw White	
09	Colombo	11500 –	12000	11250 –	11500	12750 –	15000	10250 –	10500	10000 –	10100	9500 –	10000	9500 –	10000
	Divulapitiya	11900 –	12250	11500 –	11700	12900 –	13500	11000 –	11250	9250 –	9800	9500 –	9800	9000 –	9750
	Kurunegala	11800 –	11900	–		13000 –	13500	11250 –	11250	9750 –	10400	–		9650 –	9900
	Nikaweratiya	11750 –	11900	–		12850 –	15000	11350 –	11400	9800 –	10100	9750 –	11000	9750 –	10000
	Badulla	–		–		14750 –	15000	11250 –	11500	–		9500 –	9750	9500 –	9750
	Puttalam	–		–		–		–		–		–		–	
	Dambulla	13000 –	13150	11900 –	12000	–		11150 –	11200	10750 –	10850	10600 –	10700	10000 –	10250
	Anuradhapura	12750 –	13000	11600 –	11800	12850 –	14500	11250 –	11350	10700 –	10800	10500 –	10750	9750 –	10500
	Tambuttegama	12000 –	12100	–		13000 –	13000	11250 –	11400	–		10750 –	11000	10600 –	10900
	Polonnaruwa	12600 –	12850	11850 –	12100	13350 –	15350	11350 –	11400	11100 –	11250	10850 –	10850	10750 –	10850
	Kalutara	12000 –	12500	–		13000 –	15000	11250 –	11500	–		10750 –	10850	10750 –	10850
	Ampara	12000 –	12000	–		13000 –	13000	11000 –	11500	–		10000 –	10250	9000 –	9500
	Kandy	11900 –	12100	11600 –	11750	13000 –	14000	10800 –	11000	10250 –	10400	9650 –	10000	9800 –	10200
	Moneragala	–		11250 –	11500	14500 –	14500	11200 –	11350	–		9000 –	9250	9000 –	9250
	Kegalle	–		–		–		–		–		–		–	
	Dehiattakandiya	11750 –	13000	–		12750 –	14250	10900 –	11000	–		10750 –	10750	10000 –	10500
	Hambantota	–		–		–		–		–		–		–	
	Matara	12000 –	12200	11750 –	11800	–		11250 –	11350	10500 –	10900	8750 –	9250	9250 –	9500
	Galle	11750 –	11900	–		13750 –	14000	11250 –	11450	–		9000 –	10000	10000 –	10600
	Meegoda	11700 –	11900	–		12800 –	13000	–		9900 –	10250	9150 –	9300	9150 –	9300
	Tissamaharama	11900 –	11950	–		12900 –	12950	11000 –	11100	–		9100 –	9300	9750 –	9900
	Embilipitiya	11900 –	11950	–		–		10750 –	10850	–		8750 –	8900	9150 –	9250
	Jaffna	–		11500 –	11600	15000 –	15700	11350 –	11400	–		10200 –	10250	10400 –	10550
	Vavuniya	–		–		–		–		–		–		–	
	Mannar	–		11250 –	11400	12750 –	13400	–		10250 –	10500	10000 –	10100	–	
Killinochchi	–		–		–		–		–		–		–		
Mullattivu	12100 –	12300	–		13600 –	13800	11600 –	11750	–		10800 –	11100	–		
Batticaloa	11600 –	11750	11250 –	11500	12750 –	13500	–		10250 –	10500	9250 –	10000	9250 –	10000	
Trincomalee	11700 –	11750	11500 –	11500	–		11200 –	11250	–		10500 –	10750	10250 –	10500	
Galenbindunuwew	11850 –	11900	–		13800 –	13800	11300 –	11350	11150 –	11200	10750 –	10800	10600 –	10650	
Matale	11750 –	12000	–		13000 –	14750	11250 –	11300	10500 –	10650	10000 –	10250	9750 –	10000	

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

Week 31: 01 - 07 Aug 2025

10

LOCATIONS	Rice Varieties													
	Samba 1		Samba 2		Keeri Samba		Nadu 1		Nadu 2		Raw Red		Raw White	
Colombo	240.00	260.00	-		260.00	320.00	230.00	240.00	-		210.00	220.00	210.00	220.00
Gampaha	-		238.00	240.00	260.00	290.00	230.00	230.00	205.00	230.00	210.00	220.00	200.00	220.00
Kurunegala	-		238.00	240.00	280.00	300.00	230.00	230.00	220.00	230.00	210.00	220.00	210.00	220.00
Nikaweratiya	260.00	270.00	240.00	240.00	260.00	310.00	230.00	235.00	230.00	230.00	230.00	230.00	210.00	220.00
Dambulla	268.00	270.00	240.00	245.00	260.00	300.00	227.00	228.00	220.00	222.00	215.00	220.00	208.00	212.00
Anuradhapura	265.00	270.00	240.00	240.00	260.00	300.00	230.00	230.00	220.00	220.00	215.00	220.00	200.00	220.00
Thambuththegama	265.00	270.00	240.00	245.00	260.00	300.00	230.00	230.00	-		220.00	220.00	215.00	220.00
Polonnaruwa	255.00	260.00	240.00	245.00	270.00	310.00	225.00	230.00	225.00	228.00	220.00	220.00	218.00	220.00
Kaluthara	250.00	270.00	-		260.00	300.00	225.00	230.00	-		180.00	212.00	185.00	210.00
Badulla	-		-		300.00	310.00	-		230.00	230.00	195.00	200.00	195.00	200.00
Keppetipola	250.00	250.00	245.00	245.00	300.00	310.00	-		220.00	225.00	190.00	200.00	200.00	205.00
Moneragala	-		240.00	240.00	300.00	300.00	230.00	230.00	-		185.00	190.00	185.00	190.00
Kegalle	265.00	270.00	240.00	240.00	300.00	310.00	230.00	230.00	220.00	230.00	220.00	220.00	220.00	220.00
Ampara	-		240.00	240.00	260.00	260.00	230.00	230.00	210.00	210.00	185.00	220.00	180.00	220.00
Dehiattakandiya	240.00	270.00	-		260.00	295.00	225.00	230.00	-		220.00	220.00	210.00	215.00
Nuwaraeliya	250.00	250.00	245.00	245.00	310.00	320.00	-		224.00	226.00	180.00	190.00	200.00	206.00
Kandy	255.00	260.00	240.00	245.00	280.00	300.00	230.00	230.00	215.00	220.00	210.00	220.00	205.00	215.00
Puttalam	-		-		-		-		-		-		-	
Hambantota	-		-		-		-		-		-		-	
Rathnapura	260.00	270.00	-		300.00	310.00	232.00	240.00	220.00	225.00	190.00	200.00	205.00	210.00
Matara	250.00	260.00	240.00	240.00	290.00	310.00	230.00	240.00	220.00	230.00	182.00	190.00	190.00	200.00
Galle	260.00	260.00	240.00	240.00	280.00	300.00	230.00	230.00	-		200.00	210.00	210.00	220.00
Tissamaharama	-		240.00	240.00	260.00	260.00	225.00	230.00	-		185.00	190.00	198.00	205.00
Meegoda (DEC)	-		240.00	240.00	260.00	260.00	-		210.00	220.00	195.00	210.00	200.00	210.00
Embilipitiya	240.00	244.00	-		260.00	320.00	225.00	230.00	-		178.00	190.00	190.00	210.00
Jaffna	240.00	245.00	-		300.00	320.00	240.00	240.00	-		218.00	225.00	200.00	218.00
Vavuniya	-		-		-		-		-		-		-	
Mannar	-		238.00	240.00	275.00	278.00	-		218.00	220.00	210.00	215.00	-	
Killinochchi	-		-		-		-		-		-		-	
Mullaittivu	245.00	250.00	-		275.00	280.00	235.00	238.00	-		220.00	225.00	-	
Batticaloa	-		235.00	240.00	275.00	280.00	-		215.00	220.00	205.00	210.00	202.00	206.00
Trincomalee	240.00	245.00	-		260.00	260.00	230.00	235.00	-		220.00	225.00	220.00	225.00
Hanguranketha	-		-		-		-		-		-		-	
Veyangoda	240.00	240.00	235.00	240.00	260.00	270.00	230.00	230.00	205.00	230.00	210.00	220.00	210.00	220.00
Galenbindunuwewa	-		240.00	240.00	280.00	280.00	230.00	230.00	225.00	226.00	220.00	220.00	215.00	220.00
Bandarawela	260.00	260.00	240.00	245.00	290.00	300.00	230.00	230.00	-		195.00	205.00	195.00	210.00
Matale	-		240.00	245.00	260.00	300.00	230.00	230.00	215.00	218.00	210.00	212.00	210.00	212.00

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

Week 31: 01 - 07 Aug 2025

LOCATION	Dried Chillies	Red Onion		Big Onion	Potato			Pulses		
	Imported	Imported	Local		Imported	Welimada	Nuwara Eliya	Green Gram	Cowpea	Red Dhal
Colombo	27500 - 30000	9000 - 12500	10000 - 14000	4000 - 6000	7000 - 11000	12500 - 13000	14500 - 16000	33500 - 42500	47500 - 50000	12000 - 12250
Kurunegala	29000 - 32000	13000 - 13250	12500 - 13000	6000 - 6250	7500 - 9250	-	15500 - 16000	37500 - 39750	38250 - 45000	12450 - 12750
Nikaweratiya	29250 - 30500	17500 - 18000	-	6250 - 6750	8000 - 9000	-	-	32500 - 39000	37500 - 39000	12350 - 13500
Dehiattakandiya	28000 - 30000	16000 - 21000	-	5500 - 6500	7750 - 9000	14000 - 14000	17000 - 18000	32500 - 32500	27500 - 27500	12000 - 13250
Dambulla (DEC)	27500 - 28000	8500 - 9000	8500 - 9000	4000 - 5750	7250 - 8500	11000 - 11500	15000 - 15500	32500 - 35000	27500 - 30000	12000 - 12500
Anuradhapura	30000 - 32500	15000 - 17500	12000 - 14000	5250 - 6500	9000 - 9750	-	-	37500 - 42500	35000 - 40000	12250 - 13000
Thambuththegama	30500 - 31500	-	10000 - 12500	4750 - 6000	7400 - 9000	-	-	33250 - 33250	27500 - 27500	12250 - 12500
Polonnaruwa	30500 - 32500	14250 - 15250	-	5750 - 6250	10250 - 11250	-	19250 - 20750	32500 - 33500	40500 - 43500	14000 - 14500
Kaluthara	34000 - 35000	17000 - 19000	-	6000 - 6500	8750 - 10000	-	16000 - 20000	36750 - 37250	36250 - 36750	13250 - 13500
Puttalam	-	-	-	-	-	-	-	-	-	-
Kandy	28500 - 32500	12500 - 12750	12000 - 12500	4500 - 6000	7500 - 9000	12500 - 13000	14000 - 14500	35000 - 37500	42500 - 45000	12500 - 12750
Matara	32500 - 34000	-	13500 - 15000	5750 - 6250	9250 - 10000	-	-	38000 - 40000	42500 - 46000	13000 - 13500
Hambantota	-	-	-	-	-	-	-	-	-	-
Kegalle	29500 - 32000	12400 - 12500	-	6000 - 6250	9400 - 9500	-	15950 - 16100	38000 - 38500	43500 - 44000	12500 - 13500
Galle	32000 - 35000	-	16000 - 19000	5150 - 6000	8500 - 9500	-	-	35000 - 40000	40000 - 47500	12500 - 13500
Tissamaharama	29000 - 30000	12500 - 14000	-	5000 - 5750	7500 - 8750	-	16500 - 17000	32500 - 35000	35000 - 36500	12250 - 12400
Meegoda (DEC)	27000 - 28750	11000 - 11500	9500 - 11000	4000 - 6000	7500 - 9250	12500 - 13000	15000 - 15500	32500 - 38000	46000 - 47500	12000 - 12300
Jaffna	35000 - 35500	-	11000 - 11500	6000 - 6300	8400 - 8500	-	-	35000 - 35000	-	12000 - 12300
Vavuniya	-	-	-	-	-	-	-	-	-	-
Mannar	27500 - 30000	10000 - 11500	-	5500 - 5750	7000 - 7500	-	-	32500 - 37500	-	12000 - 12500
Killinochchi	-	-	-	-	-	-	-	-	-	-
Mullattivu	32500 - 36000	-	-	4500 - 5500	8500 - 10000	-	-	27500 - 30000	-	13750 - 14100
Batticaloa	27500 - 30000	-	10500 - 12000	4000 - 5000	7000 - 7500	-	15000 - 17500	33000 - 33500	42500 - 46000	12000 - 12500
Trincomalee	30000 - 31000	11000 - 12000	13000 - 13500	4500 - 5000	7200 - 7500	-	-	28000 - 30000	-	13500 - 13700
Galenbindunuwewa	31000 - 32000	15500 - 16500	-	6000 - 6500	9000 - 9500	-	-	36500 - 37500	34000 - 35000	12500 - 13000
Matale	30000 - 31000	14000 - 15000	-	5500 - 5750	7500 - 9000	-	-	37000 - 37500	-	12250 - 12750

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

Week 31: 01 - 07 Aug 2025

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LOCATIONS	Dried Chillies	Red Onion		Big Onion	Potato			Pulses		
	Imported	Imported	Local		Imported	Welimada	Nuwara Eliya	Green Gram	Cowpea	Red Dhal
Colombo	650.00 – 1000.00	280.00 – 480.00	300.00 – 480.00	120.00 – 160.00	180.00 – 240.00	-	400.00 – 520.00	800.00 – 1000.00	900.00 – 1200.00	260.00 – 320.00
Gampaha	720.00 – 960.00	-	420.00 – 460.00	140.00 – 160.00	200.00 – 260.00	-	400.00 – 440.00	760.00 – 1000.00	860.00 – 1100.00	250.00 – 280.00
Kurunegala	680.00 – 740.00	400.00 – 440.00	400.00 – 400.00	140.00 – 160.00	220.00 – 250.00	370.00 – 380.00	400.00 – 400.00	850.00 – 1000.00	960.00 – 1000.00	270.00 – 280.00
Nikaweratiya	650.00 – 750.00	300.00 – 400.00	-	140.00 – 180.00	200.00 – 225.00	-	-	680.00 – 850.00	750.00 – 800.00	265.00 – 300.00
Dambulla	650.00 – 750.00	300.00 – 320.00	340.00 – 360.00	100.00 – 130.00	200.00 – 240.00	-	-	750.00 – 800.00	800.00 – 850.00	260.00 – 270.00
Anuradhapura	680.00 – 800.00	400.00 – 480.00	350.00 – 400.00	120.00 – 140.00	200.00 – 220.00	-	-	800.00 – 1000.00	750.00 – 900.00	260.00 – 300.00
Thambuththegama	750.00 – 820.00	-	350.00 – 420.00	150.00 – 180.00	210.00 – 250.00	-	-	850.00 – 880.00	700.00 – 720.00	255.00 – 265.00
Polonnaruwa	700.00 – 740.00	300.00 – 420.00	380.00 – 450.00	130.00 – 150.00	200.00 – 240.00	-	400.00 – 430.00	740.00 – 760.00	900.00 – 960.00	270.00 – 290.00
Kaluthara	650.00 – 700.00	-	300.00 – 360.00	125.00 – 180.00	200.00 – 250.00	-	-	700.00 – 750.00	880.00 – 950.00	250.00 – 260.00
Badulla	700.00 – 700.00	440.00 – 440.00	300.00 – 320.00	130.00 – 140.00	180.00 – 200.00	400.00 – 440.00	-	800.00 – 800.00	800.00 – 800.00	270.00 – 280.00
Keppetipola	650.00 – 700.00	300.00 – 320.00	300.00 – 320.00	120.00 – 130.00	190.00 – 200.00	300.00 – 320.00	-	850.00 – 860.00	950.00 – 1000.00	285.00 – 300.00
Moneragala	650.00 – 800.00	-	360.00 – 400.00	120.00 – 140.00	200.00 – 260.00	360.00 – 400.00	-	800.00 – 1000.00	680.00 – 700.00	260.00 – 300.00
Kegalle	650.00 – 700.00	300.00 – 320.00	-	150.00 – 170.00	230.00 – 240.00	-	380.00 – 400.00	750.00 – 920.00	900.00 – 980.00	260.00 – 330.00
Ampara	650.00 – 750.00	320.00 – 380.00	-	140.00 – 180.00	200.00 – 220.00	350.00 – 380.00	-	800.00 – 880.00	780.00 – 850.00	250.00 – 275.00
Dehiattakandiya	650.00 – 680.00	360.00 – 450.00	-	120.00 – 150.00	180.00 – 200.00	300.00 – 400.00	-	650.00 – 700.00	600.00 – 700.00	250.00 – 280.00
Nuwaraeliya	680.00 – 750.00	320.00 – 340.00	300.00 – 320.00	120.00 – 130.00	190.00 – 200.00	-	320.00 – 340.00	850.00 – 880.00	1050.00 – 1100.00	270.00 – 280.00
Kandy	760.00 – 790.00	400.00 – 450.00	400.00 – 420.00	130.00 – 140.00	200.00 – 240.00	340.00 – 360.00	400.00 – 440.00	800.00 – 900.00	900.00 – 1000.00	260.00 – 280.00
Puttalam	-	-	-	-	-	-	-	-	-	-
Rathnapura	780.00 – 900.00	350.00 – 400.00	-	120.00 – 140.00	200.00 – 230.00	-	-	790.00 – 850.00	900.00 – 985.00	280.00 – 310.00
Hambantota	-	-	-	-	-	-	-	-	-	-
Matara	700.00 – 760.00	-	350.00 – 380.00	130.00 – 140.00	210.00 – 240.00	340.00 – 380.00	-	800.00 – 900.00	850.00 – 950.00	275.00 – 290.00
Galle	650.00 – 780.00	-	380.00 – 440.00	120.00 – 140.00	200.00 – 240.00	-	-	800.00 – 950.00	850.00 – 1000.00	270.00 – 300.00
Tissamaharama	650.00 – 700.00	320.00 – 350.00	-	125.00 – 140.00	200.00 – 220.00	-	380.00 – 400.00	730.00 – 740.00	775.00 – 790.00	260.00 – 280.00
Meegoda (DEC)	650.00 – 680.00	280.00 – 320.00	360.00 – 400.00	120.00 – 140.00	200.00 – 240.00	360.00 – 360.00	400.00 – 400.00	880.00 – 1000.00	960.00 – 1040.00	260.00 – 280.00
Embilipitiya	700.00 – 750.00	-	300.00 – 360.00	120.00 – 130.00	200.00 – 220.00	-	380.00 – 400.00	800.00 – 870.00	800.00 – 980.00	265.00 – 320.00
Jaffna	750.00 – 800.00	-	240.00 – 260.00	130.00 – 140.00	180.00 – 190.00	-	-	750.00 – 800.00	-	250.00 – 260.00
Vavuniya	-	-	-	-	-	-	-	-	-	-
Mannar	700.00 – 730.00	-	-	140.00 – 150.00	200.00 – 230.00	-	-	780.00 – 800.00	-	250.00 – 280.00
Killinochchi	-	-	-	-	-	-	-	-	-	-
Mullaittivu	680.00 – 740.00	-	380.00 – 420.00	-	180.00 – 220.00	-	-	-	-	280.00 – 285.00
Batticaloa	700.00 – 725.00	-	450.00 – 500.00	140.00 – 160.00	200.00 – 200.00	-	460.00 – 500.00	950.00 – 1000.00	900.00 – 1000.00	280.00 – 290.00
Trincomalee	700.00 – 750.00	280.00 – 300.00	320.00 – 340.00	140.00 – 150.00	200.00 – 220.00	-	-	650.00 – 700.00	-	280.00 – 285.00
Hanguranketha	-	-	-	-	-	-	-	-	-	-
Veyangoda	660.00 – 760.00	320.00 – 360.00	-	100.00 – 160.00	200.00 – 240.00	-	400.00 – 440.00	920.00 – 1000.00	1000.00 – 1100.00	270.00 – 300.00
Galenbindunuwewa	650.00 – 750.00	320.00 – 360.00	-	130.00 – 140.00	190.00 – 220.00	-	-	750.00 – 800.00	700.00 – 780.00	260.00 – 280.00
Bandarawela	700.00 – 780.00	-	320.00 – 400.00	130.00 – 140.00	200.00 – 220.00	300.00 – 320.00	-	800.00 – 850.00	850.00 – 900.00	270.00 – 300.00
Matale	650.00 – 750.00	330.00 – 360.00	380.00 – 400.00	120.00 – 150.00	200.00 – 240.00	-	-	800.00 – 900.00	-	265.00 – 270.00

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

Week 31: 01 - 07 Aug 2025

Locations	Butter Beans	Green Beans	Carrot	Leeks	Beetroot	Knolkhol
Colombo	-	450.00 - 650.00	260.00 - 320.00	80.00 - 120.00	80.00 - 120.00	80.00 - 100.00
Meegoda (DEC)	-	640.00 - 670.00	320.00 - 370.00	130.00 - 150.00	70.00 - 100.00	100.00 - 140.00
Dambulla (DEC)	-	550.00 - 600.00	280.00 - 320.00	110.00 - 130.00	75.00 - 100.00	60.00 - 80.00
Keppetipola (DEC)	-	600.00 - 650.00	280.00 - 300.00	80.00 - 110.00	80.00 - 100.00	60.00 - 80.00
Norochchole (DEC)	-	-	-	-	-	-
Nuwara Eliya	-	640.00 - 680.00	330.00 - 340.00	120.00 - 130.00	110.00 - 120.00	70.00 - 80.00
Kandy	-	600.00 - 650.00	300.00 - 330.00	120.00 - 130.00	70.00 - 80.00	60.00 - 70.00
Hambantota	-	-	-	-	-	-
Thambuththegama (DEC)	-	700.00 - 750.00	320.00 - 370.00	130.00 - 180.00	90.00 - 120.00	-
Jaffna	-	-	-	-	-	-
Bandarawela	-	560.00 - 600.00	280.00 - 320.00	100.00 - 110.00	110.00 - 120.00	70.00 - 80.00
Veyangoda	-	650.00 - 720.00	300.00 - 350.00	120.00 - 150.00	80.00 - 110.00	80.00 - 130.00

Locations	Raddish	Cabbage	Tomato	Ladies Fingers	Brinjal	Capsicum
Colombo	40.00 - 80.00	120.00 - 200.00	100.00 - 120.00	80.00 - 120.00	180.00 - 300.00	300.00 - 500.00
Meegoda (DEC)	120.00 - 150.00	220.00 - 270.00	100.00 - 120.00	100.00 - 120.00	250.00 - 280.00	350.00 - 400.00
Moneragala	100.00 - 120.00	200.00 - 220.00	130.00 - 150.00	100.00 - 140.00	200.00 - 250.00	500.00 - 550.00
Dambulla (DEC)	40.00 - 60.00	150.00 - 200.00	70.00 - 90.00	70.00 - 90.00	200.00 - 280.00	300.00 - 380.00
Keppetipola (DEC)	60.00 - 80.00	150.00 - 180.00	80.00 - 100.00	80.00 - 100.00	260.00 - 300.00	420.00 - 450.00
Norochchole (DEC)	-	-	-	-	-	-
Nuwara Eliya	80.00 - 90.00	220.00 - 230.00	80.00 - 110.00	100.00 - 110.00	260.00 - 300.00	450.00 - 470.00
Kandy	80.00 - 90.00	150.00 - 180.00	60.00 - 80.00	110.00 - 120.00	220.00 - 250.00	450.00 - 480.00
Hambantota	-	-	-	-	-	-
Thambuththegama (DEC)	70.00 - 100.00	230.00 - 280.00	70.00 - 80.00	60.00 - 70.00	180.00 - 220.00	300.00 - 350.00
Tissamaharama	100.00 - 130.00	200.00 - 230.00	100.00 - 120.00	80.00 - 120.00	240.00 - 260.00	580.00 - 620.00
Jaffna	-	-	-	-	-	-
Bandarawela	70.00 - 80.00	130.00 - 150.00	90.00 - 100.00	90.00 - 100.00	250.00 - 280.00	450.00 - 500.00
Veyangoda	80.00 - 130.00	200.00 - 250.00	100.00 - 120.00	80.00 - 120.00	220.00 - 300.00	350.00 - 420.00

Locations	Pumpkin	Cucumber	Bitter Gourd	Snake Gourd	Drumstick	Luffa
Colombo	40.00 - 70.00	50.00 - 70.00	160.00 - 250.00	160.00 - 250.00	150.00 - 450.00	130.00 - 180.00
Meegoda (DEC)	40.00 - 50.00	50.00 - 70.00	200.00 - 250.00	180.00 - 200.00	270.00 - 300.00	150.00 - 200.00
Moneragala	80.00 - 90.00	80.00 - 120.00	280.00 - 300.00	250.00 - 270.00	250.00 - 280.00	180.00 - 200.00
Dambulla (DEC)	25.00 - 35.00	40.00 - 60.00	160.00 - 180.00	120.00 - 150.00	200.00 - 230.00	180.00 - 230.00
Keppetipola (DEC)	50.00 - 70.00	70.00 - 75.00	180.00 - 190.00	110.00 - 120.00	180.00 - 200.00	140.00 - 150.00
Norochchole (DEC)	-	-	-	-	-	-
Nuwara Eliya	60.00 - 70.00	60.00 - 70.00	190.00 - 200.00	140.00 - 150.00	200.00 - 250.00	160.00 - 180.00
Kandy	40.00 - 50.00	60.00 - 70.00	220.00 - 240.00	100.00 - 120.00	250.00 - 300.00	200.00 - 220.00
Hambantota	-	-	-	-	-	-
Thambuththegama (DEC)	25.00 - 30.00	40.00 - 45.00	140.00 - 160.00	120.00 - 150.00	250.00 - 300.00	100.00 - 140.00
Tissamaharama	80.00 - 90.00	50.00 - 70.00	260.00 - 300.00	160.00 - 200.00	150.00 - 200.00	180.00 - 220.00
Jaffna	-	-	-	-	-	-
Bandarawela	45.00 - 55.00	60.00 - 70.00	180.00 - 200.00	150.00 - 170.00	220.00 - 270.00	120.00 - 130.00
Veyangoda	40.00 - 60.00	50.00 - 70.00	180.00 - 230.00	130.00 - 160.00	250.00 - 300.00	150.00 - 220.00

Table 06 (Contd.)

	Long Beans	Ash Plantain	Green Chillies	Lime	Sweet Potatoe	Manioc
Colombo	150.00 - 200.00	50.00 - 70.00	120.00 - 200.00	150.00 - 200.00	100.00 - 130.00	70.00 - 100.00
Meegoda (DEC)	120.00 - 140.00	60.00 - 80.00	180.00 - 200.00	200.00 - 250.00	120.00 - 130.00	90.00 - 100.00
Moneragala	280.00 - 300.00	60.00 - 80.00	350.00 - 450.00	200.00 - 240.00	140.00 - 160.00	60.00 - 80.00
Dambulla (DEC)	150.00 - 200.00	60.00 - 70.00	120.00 - 200.00	180.00 - 210.00	100.00 - 130.00	85.00 - 100.00
Keppetipola (DEC)	200.00 - 220.00	60.00 - 70.00	350.00 - 380.00	180.00 - 200.00	150.00 - 160.00	90.00 - 100.00
Norochhole (DEC)	-	-	-	-	-	-
Nuwara Eliya	240.00 - 250.00	70.00 - 80.00	300.00 - 350.00	200.00 - 220.00	160.00 - 170.00	100.00 - 110.00
Kandy	200.00 - 250.00	70.00 - 90.00	200.00 - 250.00	180.00 - 200.00	140.00 - 150.00	90.00 - 100.00
Hambantota	-	-	-	-	-	-
Thambuththegama (DEC)	150.00 - 180.00	50.00 - 60.00	150.00 - 200.00	160.00 - 200.00	120.00 - 140.00	80.00 - 90.00
Tissamaharama	120.00 - 150.00	50.00 - 60.00	450.00 - 480.00	200.00 - 250.00	180.00 - 200.00	100.00 - 120.00
Jaffna	-	-	-	-	-	-
Bandarawela	220.00 - 250.00	60.00 - 80.00	300.00 - 320.00	180.00 - 200.00	150.00 - 160.00	-
Veyangoda	120.00 - 160.00	80.00 - 100.00	180.00 - 230.00	220.00 - 260.00	120.00 - 140.00	100.00 - 120.00

Locations	Leafy Vegetables (Rs/bundle)			Coconut (Rs/nut)	
	Mukunuwenna	Kankun	Gotukola	Large	Small
Colombo	40.00 - 45.00	40.00 - 45.00	300.00 - 320.00	175.00 - 185.00	150.00 - 170.00
Meegoda (DEC)	50.00 - 60.00	50.00 - 60.00	210.00 - 240.00	165.00 - 170.00	150.00 - 160.00
Norochhole (DEC)	-	-	-	-	-
Nuwara Eliya	-	-	-	-	-
Dambulla (DEC)	25.00 - 30.00	30.00 - 30.00	125.00 - 150.00	110.00 - 120.00	85.00 - 90.00
Kandy	30.00 - 35.00	30.00 - 35.00	230.00 - 240.00	150.00 - 160.00	120.00 - 130.00
Hambantota	-	-	-	-	-
Thambuththegama (DEC)	-	-	-	100.00 - 110.00	-
Tissamaharama	20.00 - 30.00	20.00 - 30.00	-	110.00 - 120.00	80.00 - 100.00
Jaffna	-	-	-	-	-
Bandarawela	-	-	-	-	-
Veyangoda	32.00 - 35.00	32.00 - 35.00	200.00 - 220.00	-	-

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

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

Week 31: 01 - 07 Aug 2025

LOCATIONS	Up Country Varieties																
	Butter Beans		Green Beans		Carrot		Leeks		Beetroot		Knol Khol		Raddish		Cabbage		Tomato
Colombo	-		600.00 - 750.00	350.00 - 640.00	180.00 - 400.00	150.00 - 340.00	150.00 - 340.00	120.00 - 260.00	250.00 - 480.00	160.00 - 320.00							
Gampaha	-		720.00 - 800.00	480.00 - 560.00	280.00 - 360.00	240.00 - 360.00	240.00 - 360.00	260.00 - 280.00	320.00 - 400.00	240.00 - 320.00							
Kurunegala	-		740.00 - 850.00	400.00 - 450.00	260.00 - 320.00	280.00 - 350.00	220.00 - 280.00	180.00 - 260.00	300.00 - 380.00	240.00 - 280.00							
Nikaweratiya	-		800.00 - 900.00	400.00 - 500.00	240.00 - 400.00	200.00 - 280.00	160.00 - 250.00	120.00 - 200.00	320.00 - 420.00	160.00 - 260.00							
Dambulla	-		760.00 - 800.00	400.00 - 480.00	240.00 - 280.00	180.00 - 200.00	200.00 - 220.00	120.00 - 140.00	280.00 - 300.00	160.00 - 200.00							
Anuradhapura	-		800.00 - 880.00	440.00 - 520.00	280.00 - 360.00	240.00 - 280.00	180.00 - 240.00	160.00 - 240.00	320.00 - 400.00	200.00 - 240.00							
Thambuththegama	-		850.00 - 960.00	550.00 - 600.00	300.00 - 350.00	160.00 - 280.00	-	160.00 - 200.00	380.00 - 450.00	150.00 - 200.00							
Polonnaruwa	-		700.00 - 750.00	420.00 - 460.00	300.00 - 340.00	220.00 - 260.00	200.00 - 240.00	150.00 - 180.00	260.00 - 300.00	240.00 - 260.00							
Kaluthara	-		700.00 - 800.00	400.00 - 520.00	260.00 - 320.00	180.00 - 240.00	200.00 - 240.00	150.00 - 200.00	300.00 - 380.00	180.00 - 240.00							
Badulla	-		520.00 - 600.00	400.00 - 480.00	200.00 - 240.00	160.00 - 200.00	200.00 - 240.00	200.00 - 200.00	240.00 - 320.00	160.00 - 200.00							
Keppetipola	-		680.00 - 720.00	340.00 - 360.00	140.00 - 160.00	150.00 - 160.00	120.00 - 140.00	120.00 - 130.00	240.00 - 260.00	140.00 - 160.00							
Moneragala	-		720.00 - 800.00	480.00 - 520.00	240.00 - 320.00	200.00 - 320.00	160.00 - 200.00	200.00 - 240.00	260.00 - 320.00	200.00 - 240.00							
Kegalle	-		640.00 - 680.00	480.00 - 520.00	280.00 - 320.00	200.00 - 240.00	200.00 - 240.00	240.00 - 280.00	280.00 - 320.00	240.00 - 280.00							
Ampara	-		700.00 - 800.00	400.00 - 480.00	200.00 - 280.00	160.00 - 280.00	180.00 - 200.00	120.00 - 150.00	320.00 - 340.00	200.00 - 240.00							
Dehiattakandiya	-		800.00 - 800.00	400.00 - 400.00	200.00 - 200.00	200.00 - 240.00	180.00 - 200.00	160.00 - 200.00	300.00 - 320.00	200.00 - 200.00							
Nuwaraeliya	-		740.00 - 760.00	420.00 - 440.00	220.00 - 240.00	220.00 - 240.00	160.00 - 180.00	180.00 - 200.00	300.00 - 330.00	220.00 - 240.00							
Kandy	-		800.00 - 850.00	400.00 - 450.00	200.00 - 240.00	160.00 - 180.00	120.00 - 140.00	160.00 - 180.00	320.00 - 400.00	140.00 - 160.00							
Puttalam	-		-	-	-	-	-	-	-	-							
Hambantota	-		-	-	-	-	-	-	-	-							
Rathnapura	-		600.00 - 650.00	350.00 - 400.00	180.00 - 240.00	160.00 - 220.00	180.00 - 250.00	140.00 - 200.00	240.00 - 280.00	180.00 - 220.00							
Matara	-		600.00 - 800.00	400.00 - 480.00	280.00 - 340.00	180.00 - 200.00	160.00 - 200.00	120.00 - 160.00	320.00 - 400.00	160.00 - 220.00							
Galle	-		800.00 - 800.00	380.00 - 440.00	320.00 - 360.00	180.00 - 240.00	200.00 - 260.00	160.00 - 180.00	320.00 - 380.00	200.00 - 260.00							
Tissamaharama	-		700.00 - 750.00	360.00 - 400.00	240.00 - 280.00	200.00 - 230.00	170.00 - 200.00	160.00 - 180.00	260.00 - 300.00	160.00 - 180.00							
Meegoda (DEC)	-		720.00 - 800.00	440.00 - 520.00	240.00 - 300.00	160.00 - 200.00	200.00 - 240.00	240.00 - 240.00	360.00 - 400.00	200.00 - 240.00							
Embilipitiya	-		750.00 - 800.00	400.00 - 480.00	240.00 - 280.00	240.00 - 280.00	150.00 - 200.00	140.00 - 180.00	250.00 - 300.00	200.00 - 240.00							
Jaffna	-		780.00 - 800.00	440.00 - 460.00	300.00 - 320.00	140.00 - 160.00	-	200.00 - 220.00	240.00 - 260.00	170.00 - 190.00							
Vavuniya	-		-	-	-	-	-	-	-	-							
Mannar	-		600.00 - 650.00	350.00 - 400.00	200.00 - 300.00	200.00 - 250.00	-	200.00 - 250.00	250.00 - 300.00	200.00 - 250.00							
Killinochchi	-		-	-	-	-	-	-	-	-							
Mullaittivu	-		600.00 - 640.00	500.00 - 550.00	250.00 - 280.00	200.00 - 240.00	-	200.00 - 240.00	300.00 - 350.00	190.00 - 250.00							
Batticaloa	-		690.00 - 700.00	400.00 - 420.00	230.00 - 250.00	180.00 - 200.00	200.00 - 200.00	150.00 - 200.00	250.00 - 260.00	150.00 - 180.00							
Trincomalee	-		720.00 760.00	420.00 460.00	360.00 400.00	300.00 - 350.00	200.00 240.00	200.00 - 220.00	320.00 360.00	200.00 240.00							
Hanguranketha	-		-	-	-	-	-	-	-	-							
Veyangoda	-		800.00 - 920.00	400.00 - 480.00	200.00 - 320.00	160.00 - 220.00	180.00 - 240.00	140.00 - 220.00	280.00 - 360.00	160.00 - 240.00							
Galenbindunuwewa	-		680.00 - 720.00	560.00 - 600.00	280.00 - 320.00	280.00 - 320.00	180.00 - 240.00	180.00 - 240.00	300.00 - 320.00	200.00 - 240.00							
Bandarawela	-		700.00 - 760.00	360.00 - 400.00	200.00 - 240.00	180.00 - 220.00	140.00 - 160.00	120.00 - 140.00	220.00 - 260.00	160.00 - 200.00							
Matale	-		800.00 - 840.00	480.00 - 520.00	240.00 - 320.00	240.00 - 320.00	160.00 - 200.00	120.00 - 160.00	240.00 - 320.00	160.00 - 180.00							

Table 07 (Contd.)

LOCATIONS	Low Country Varieties											
	Ladies Fingers	Brinjal	Capsicum	Pumpkin	Cucumber	Bitter Gourd	Snake Gourd	Drumstick	Luffa	Long Beans		
Colombo	160.00 - 320.00	220.00 - 480.00	500.00 - 800.00	80.00 - 240.00	100.00 - 250.00	230.00 - 480.00	240.00 - 400.00	300.00 - 600.00	230.00 - 400.00	200.00 - 450.00		
Gampaha	280.00 - 350.00	480.00 - 520.00	800.00 - 900.00	180.00 - 260.00	160.00 - 240.00	500.00 - 600.00	360.00 - 480.00	520.00 - 640.00	360.00 - 400.00	400.00 - 480.00		
Kurunegala	180.00 - 260.00	320.00 - 400.00	580.00 - 650.00	170.00 - 200.00	130.00 - 180.00	300.00 - 400.00	240.00 - 300.00	380.00 - 450.00	200.00 - 300.00	260.00 - 340.00		
Nikaweratiya	120.00 - 200.00	320.00 - 430.00	560.00 - 700.00	100.00 - 180.00	120.00 - 160.00	320.00 - 380.00	160.00 - 240.00	480.00 - 600.00	200.00 - 260.00	240.00 - 320.00		
Dambulla	150.00 - 180.00	380.00 - 420.00	600.00 - 700.00	100.00 - 140.00	100.00 - 140.00	350.00 - 400.00	240.00 - 280.00	400.00 - 480.00	280.00 - 320.00	280.00 - 340.00		
Anuradhapura	180.00 - 220.00	320.00 - 360.00	600.00 - 720.00	120.00 - 160.00	120.00 - 200.00	320.00 - 400.00	200.00 - 240.00	450.00 - 600.00	280.00 - 320.00	320.00 - 400.00		
Thambuththegama	150.00 - 180.00	320.00 - 400.00	500.00 - 600.00	80.00 - 120.00	100.00 - 150.00	300.00 - 350.00	200.00 - 250.00	450.00 - 550.00	180.00 - 250.00	300.00 - 350.00		
Polonnaruwa	260.00 - 300.00	360.00 - 400.00	620.00 - 660.00	140.00 - 180.00	100.00 - 140.00	360.00 - 400.00	300.00 - 340.00	400.00 - 440.00	280.00 - 320.00	340.00 - 380.00		
Kaluthara	200.00 - 200.00	360.00 - 400.00	600.00 - 700.00	160.00 - 200.00	150.00 - 220.00	300.00 - 480.00	300.00 - 340.00	400.00 - 440.00	200.00 - 300.00	350.00 - 380.00		
Badulla	160.00 - 240.00	320.00 - 340.00	600.00 - 620.00	160.00 - 200.00	160.00 - 200.00	300.00 - 320.00	220.00 - 240.00	300.00 - 320.00	200.00 - 240.00	300.00 - 320.00		
Keppetipola	140.00 - 150.00	340.00 - 360.00	500.00 - 550.00	120.00 - 130.00	120.00 - 140.00	250.00 - 260.00	160.00 - 180.00	250.00 - 260.00	180.00 - 200.00	260.00 - 280.00		
Moneragala	200.00 - 240.00	300.00 - 320.00	640.00 - 700.00	120.00 - 160.00	160.00 - 200.00	320.00 - 400.00	280.00 - 320.00	320.00 - 400.00	280.00 - 320.00	360.00 - 400.00		
Kegalle	200.00 - 240.00	360.00 - 400.00	600.00 - 640.00	160.00 - 200.00	160.00 - 200.00	360.00 - 400.00	300.00 - 360.00	440.00 - 480.00	320.00 - 360.00	320.00 - 360.00		
Ampara	200.00 - 240.00	200.00 - 280.00	550.00 - 760.00	100.00 - 200.00	140.00 - 200.00	300.00 - 400.00	200.00 - 280.00	380.00 - 520.00	200.00 - 280.00	240.00 - 320.00		
Dehiattakandiya	200.00 - 220.00	300.00 - 320.00	500.00 - 520.00	140.00 - 160.00	200.00 - 240.00	400.00 - 400.00	200.00 - 220.00	400.00 - 400.00	400.00 - 400.00	300.00 - 320.00		
Nuwaraeliya	220.00 - 240.00	380.00 - 400.00	550.00 - 600.00	150.00 - 180.00	140.00 - 160.00	320.00 - 340.00	220.00 - 240.00	300.00 - 320.00	260.00 - 280.00	320.00 - 340.00		
Kandy	160.00 - 200.00	300.00 - 320.00	700.00 - 750.00	120.00 - 140.00	140.00 - 160.00	260.00 - 300.00	160.00 - 200.00	400.00 - 450.00	300.00 - 320.00	300.00 - 320.00		
Puttalam	-	-	-	-	-	-	-	-	-	-		
Rathnapura	120.00 - 160.00	350.00 - 400.00	700.00 - 750.00	120.00 - 150.00	100.00 - 150.00	350.00 - 450.00	260.00 - 300.00	240.00 - 340.00	220.00 - 260.00	380.00 - 450.00		
Hambantota	-	-	-	-	-	-	-	-	-	-		
Matara	200.00 - 240.00	360.00 - 480.00	580.00 - 600.00	100.00 - 120.00	120.00 - 180.00	300.00 - 340.00	240.00 - 320.00	180.00 - 240.00	240.00 - 340.00	280.00 - 320.00		
Galle	280.00 - 320.00	400.00 - 480.00	650.00 - 700.00	100.00 - 160.00	120.00 - 200.00	280.00 - 320.00	240.00 - 320.00	280.00 - 320.00	280.00 - 320.00	320.00 - 360.00		
Tissamaharama	140.00 - 180.00	300.00 - 330.00	650.00 - 700.00	140.00 - 180.00	100.00 - 130.00	320.00 - 350.00	250.00 - 280.00	240.00 - 260.00	250.00 - 270.00	180.00 - 240.00		
Meegoda (DEC)	200.00 - 240.00	380.00 - 440.00	560.00 - 600.00	100.00 - 120.00	100.00 - 160.00	320.00 - 400.00	320.00 - 400.00	-	280.00 - 400.00	240.00 - 400.00		
Embilipitiya	160.00 - 200.00	300.00 - 400.00	600.00 - 720.00	160.00 - 200.00	100.00 - 120.00	320.00 - 400.00	270.00 - 300.00	200.00 - 240.00	280.00 - 320.00	280.00 - 320.00		
Jaffna	140.00 - 160.00	100.00 - 150.00	490.00 - 520.00	100.00 - 120.00	140.00 - 150.00	300.00 - 350.00	100.00 - 120.00	300.00 - 320.00	-	120.00 - 150.00		
Vavuniya	-	-	-	-	-	-	-	-	-	-		
Mannar	150.00 - 200.00	220.00 - 250.00	480.00 - 500.00	200.00 - 240.00	200.00 - 220.00	300.00 - 400.00	250.00 - 300.00	400.00 - 500.00	-	200.00 - 250.00		
Killinochchi	-	-	-	-	-	-	-	-	-	-		
Mullaittivu	200.00 - 250.00	200.00 - 240.00	580.00 - 650.00	140.00 - 170.00	140.00 - 160.00	400.00 - 460.00	200.00 - 250.00	400.00 - 450.00	-	240.00 - 260.00		
Batticaloa	120.00 - 140.00	190.00 - 200.00	-	120.00 - 150.00	150.00 - 180.00	380.00 - 450.00	190.00 - 200.00	400.00 - 450.00	180.00 - 230.00	130.00 - 170.00		
Trincomalee	200.00 - 240.00	300.00 - 320.00	500.00 - 600.00	180.00 - 220.00	200.00 - 220.00	500.00 - 550.00	280.00 - 300.00	320.00 - 360.00	260.00 - 280.00	320.00 - 360.00		
Hanguranketha						-						
Veyangoda	160.00 - 240.00	320.00 - 400.00	480.00 - 700.00	100.00 - 160.00	120.00 - 180.00	320.00 - 360.00	240.00 - 320.00	360.00 - 440.00	280.00 - 320.00	240.00 - 360.00		
Galenbindunuwewa	180.00 - 240.00	320.00 - 400.00	600.00 - 700.00	130.00 - 160.00	130.00 - 160.00	380.00 - 450.00	240.00 - 280.00	440.00 - 480.00	280.00 - 320.00	280.00 - 320.00		
Bandarawela	140.00 - 160.00	320.00 - 380.00	600.00 - 700.00	130.00 - 150.00	120.00 - 130.00	300.00 - 320.00	200.00 - 240.00	300.00 - 350.00	200.00 - 240.00	320.00 - 340.00		
Matale	200.00 - 240.00	320.00 - 400.00	720.00 - 800.00	160.00 - 200.00	120.00 - 160.00	320.00 - 400.00	200.00 - 240.00	400.00 - 520.00	280.00 - 320.00	320.00 - 400.00		

Table 07 (Contd.)

LOCATIONS	Low Country Varieties					Leafy Vegetable			Coconut (Rs/nut)	
	Ash Plantain	Green Chillies	Lime	Sweet Potato	Manioc	Mukunuwenna	Kankun	Gotukola	Large	Small
Colombo	120.00 - 320.00	300.00 - 750.00	300.00 - 600.00	200.00 - 360.00	160.00 - 240.00	50.00 - 80.00	50.00 - 80.00	240.00 - 360.00	180.00 - 220.00	150.00 - 195.00
Gampaha	200.00 - 320.00	600.00 - 750.00	500.00 - 600.00	260.00 - 320.00	160.00 - 200.00	70.00 - 70.00	50.00 - 70.00	70.00 - 90.00	170.00 - 180.00	150.00 - 160.00
Kurunegala	180.00 - 200.00	420.00 - 500.00	280.00 - 350.00	280.00 - 300.00	180.00 - 200.00	50.00 - 70.00	50.00 - 70.00	40.00 - 70.00	150.00 - 170.00	135.00 - 140.00
Nikaweratiya	120.00 - 160.00	460.00 - 620.00	320.00 - 420.00	200.00 - 260.00	150.00 - 160.00	50.00 - 50.00	50.00 - 50.00	150.00 - 150.00	140.00 - 175.00	120.00 - 165.00
Dambulla	120.00 - 160.00	400.00 - 500.00	350.00 - 400.00	200.00 - 280.00	200.00 - 220.00	50.00 - 60.00	50.00 - 60.00	50.00 - 50.00	150.00 - 160.00	120.00 - 130.00
Anuradhapura	160.00 - 200.00	400.00 - 600.00	400.00 - 500.00	280.00 - 320.00	200.00 - 240.00	50.00 - 60.00	50.00 - 60.00	50.00 - 60.00	140.00 - 160.00	100.00 - 120.00
Thambuththegama	100.00 - 150.00	300.00 - 400.00	350.00 - 400.00	200.00 - 250.00	150.00 - 180.00	-	-	-	125.00 - 140.00	90.00 - 100.00
Polonnaruwa	160.00 - 200.00	500.00 - 550.00	400.00 - 450.00	200.00 - 240.00	160.00 - 180.00	50.00 - 60.00	50.00 - 50.00	50.00 - 50.00	150.00 - 180.00	120.00 - 140.00
Kaluthara	120.00 - 200.00	580.00 - 600.00	380.00 - 500.00	220.00 - 280.00	180.00 - 200.00	70.00 - 80.00	70.00 - 100.00	100.00 - 120.00	160.00 - 170.00	120.00 - 140.00
Badulla	160.00 - 200.00	440.00 - 560.00	320.00 - 400.00	200.00 - 240.00	200.00 - 240.00	70.00 - 80.00	70.00 - 80.00	80.00 - 100.00	180.00 - 180.00	140.00 - 160.00
Keppetipola	130.00 - 140.00	450.00 - 500.00	300.00 - 320.00	180.00 - 200.00	130.00 - 140.00	60.00 - 70.00	60.00 - 70.00	50.00 - 60.00	180.00 - 190.00	150.00 - 170.00
Moneragala	120.00 - 160.00	400.00 - 600.00	300.00 - 380.00	280.00 - 300.00	120.00 - 140.00	60.00 - 70.00	60.00 - 70.00	60.00 - 80.00	140.00 - 150.00	110.00 - 120.00
Kegalle	160.00 - 200.00	450.00 - 500.00	400.00 - 450.00	240.00 - 280.00	160.00 - 200.00	70.00 - 80.00	70.00 - 80.00	50.00 - 60.00	150.00 - 160.00	130.00 - 140.00
Ampara	140.00 - 160.00	320.00 - 500.00	300.00 - 360.00	260.00 - 280.00	120.00 - 140.00	60.00 - 70.00	60.00 - 60.00	200.00 - 200.00	150.00 - 180.00	-
Dehiattakandiya	200.00 - 240.00	600.00 - 600.00	200.00 - 300.00	160.00 - 200.00	200.00 - 200.00	50.00 - 70.00	50.00 - 70.00	50.00 - 70.00	120.00 - 130.00	100.00 - 110.00
Nuwaraeliya	160.00 - 180.00	450.00 - 550.00	320.00 - 350.00	280.00 - 300.00	220.00 - 240.00	40.00 - 45.00	40.00 - 45.00	35.00 - 40.00	180.00 - 200.00	150.00 - 170.00
Kandy	160.00 - 180.00	500.00 - 600.00	320.00 - 400.00	180.00 - 200.00	150.00 - 160.00	50.00 - 60.00	50.00 - 60.00	50.00 - 60.00	170.00 - 180.00	130.00 - 140.00
Puttalam	-	-	-	-	-	-	-	-	-	-
Rathnapura	120.00 - 160.00	550.00 - 650.00	300.00 - 400.00	200.00 - 260.00	120.00 - 160.00	80.00 - 80.00	80.00 - 80.00	100.00 - 100.00	150.00 - 180.00	100.00 - 130.00
Hambanthota	-	-	-	-	-	-	-	-	-	-
Matara	100.00 - 160.00	400.00 - 500.00	300.00 - 400.00	180.00 - 220.00	120.00 - 180.00	50.00 - 60.00	50.00 - 60.00	90.00 - 110.00	160.00 - 180.00	140.00 - 150.00
Galle	180.00 - 240.00	480.00 - 500.00	350.00 - 400.00	200.00 - 240.00	150.00 - 200.00	60.00 - 70.00	60.00 - 70.00	80.00 - 100.00	150.00 - 160.00	100.00 - 130.00
Tissamaharama	80.00 - 100.00	550.00 - 580.00	270.00 - 300.00	220.00 - 260.00	150.00 - 200.00	40.00 - 50.00	40.00 - 50.00	70.00 - 80.00	160.00 - 180.00	110.00 - 130.00
Meegoda (DEC)	160.00 - 200.00	320.00 - 400.00	320.00 - 400.00	220.00 - 240.00	150.00 - 160.00	80.00 - 80.00	80.00 - 80.00	100.00 - 120.00	180.00 - 190.00	150.00 - 160.00
Embilipitiya	80.00 - 100.00	480.00 - 520.00	300.00 - 350.00	240.00 - 280.00	120.00 - 150.00	50.00 - 70.00	40.00 - 60.00	100.00 - 120.00	140.00 - 160.00	100.00 - 130.00
Jaffna	150.00 - 160.00	150.00 - 200.00	150.00 - 180.00	220.00 - 250.00	-	80.00 - 80.00	80.00 - 80.00	80.00 - 80.00	190.00 - 210.00	120.00 - 130.00
Vavuniya	-	-	-	-	-	-	-	-	-	-
Mannar	150.00 - 180.00	350.00 - 400.00	250.00 - 300.00	200.00 - 300.00	150.00 - 200.00	60.00 - 60.00	-	70.00 - 80.00	160.00 - 180.00	100.00 - 120.00
Killinochchi	-	-	-	-	-	-	-	-	-	-
Mullaittivu	150.00 - 180.00	200.00 - 250.00	240.00 - 280.00	280.00 - 300.00	200.00 - 240.00	100.00 - 120.00	70.00 - 80.00	50.00 - 60.00	130.00 - 140.00	100.00 - 100.00
Batticaloa	130.00 - 150.00	400.00 - 490.00	250.00 - 300.00	200.00 - 230.00	150.00 - 150.00	60.00 - 60.00	50.00 - 50.00	60.00 - 60.00	170.00 - 180.00	100.00 - 105.00
Trincomalee	160.00 180.00	520.00 600.00	500.00 550.00	260.00 280.00	240.00 250.00	50.00 55.00	55.00 60.00	45.00 50.00	150.00 160.00	100.00 120.00
Hanguranketha	-	-	-	-	-	-	-	-	-	-
Veyangoda	140.00 - 200.00	320.00 - 480.00	320.00 - 400.00	160.00 - 220.00	160.00 - 200.00	60.00 - 70.00	60.00 - 70.00	100.00 - 120.00	150.00 - 160.00	130.00 - 140.00
Galenbindunuwewa	140.00 - 160.00	750.00 - 800.00	300.00 - 400.00	200.00 - 240.00	200.00 - 240.00	50.00 - 60.00	50.00 - 60.00	50.00 - 60.00	130.00 - 130.00	110.00 - 120.00
Bandarawela	120.00 - 150.00	500.00 - 600.00	300.00 - 350.00	200.00 - 220.00	150.00 - 180.00	70.00 - 80.00	60.00 - 70.00	80.00 - 90.00	170.00 - 185.00	140.00 - 150.00
Matale	160.00 - 240.00	380.00 - 400.00	400.00 - 500.00	200.00 - 240.00	160.00 - 200.00	60.00 - 70.00	60.00 - 70.00	50.00 - 60.00	160.00 - 170.00	140.00 - 150.00

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

Week 31: 01 - 07 Aug 2025

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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	120.00 - 220.00	260.00 - 350.00	150.00 - 200.00	30.00 - 50.00	40.00 - 70.00	325.00 - 570.00	280.00 - 400.00	230.00 - 320.00	-	325.00 - 375.00
Gampaha	120.00 - 140.00	280.00 - 300.00	140.00 - 160.00	-	50.00 - 52.00	350.00 - 400.00	250.00 - 260.00	200.00 - 200.00	-	-
Kurunegala	100.00 - 140.00	300.00 - 350.00	120.00 - 160.00	30.00 - 36.00	50.00 - 56.00	400.00 - 500.00	350.00 - 350.00	-	-	175.00 - 175.00
Nikaweratiya	130.00 - 160.00	320.00 - 350.00	120.00 - 160.00	-	50.00 - 55.00	500.00 - 600.00	400.00 - 480.00	-	-	400.00 - 500.00
Dambulla	160.00 - 180.00	340.00 - 360.00	160.00 - 180.00	-	55.00 - 62.00	450.00 - 500.00	380.00 - 420.00	200.00 - 250.00	70.00 - 80.00	180.00 - 220.00
Anuradhapura	120.00 - 200.00	350.00 - 380.00	150.00 - 200.00	28.00 - 35.00	37.00 - 47.00	580.00 - 650.00	400.00 - 480.00	250.00 - 320.00	-	200.00 - 250.00
Thambuththegama	120.00 - 160.00	320.00 - 380.00	120.00 - 160.00	28.00 - 30.00	45.00 - 50.00	380.00 - 450.00	300.00 - 350.00	-	-	-
Polonnaruwa	180.00 - 220.00	350.00 - 380.00	180.00 - 220.00	40.00 - 45.00	45.00 - 50.00	450.00 - 500.00	250.00 - 300.00	-	-	-
Kaluthara	100.00 - 120.00	250.00 - 300.00	120.00 - 130.00	28.00 - 30.00	40.00 - 45.00	450.00 - 520.00	350.00 - 400.00	280.00 - 320.00	-	-
Badulla	120.00 - 150.00	280.00 - 300.00	120.00 - 120.00	30.00 - 36.00	36.00 - 44.00	450.00 - 500.00	350.00 - 400.00	250.00 - 300.00	66.00 - 80.00	183.00 - 200.00
Keppetipola	130.00 - 140.00	260.00 - 280.00	130.00 - 140.00	28.00 - 32.00	50.00 - 52.00	360.00 - 380.00	300.00 - 320.00	200.00 - 220.00	-	-
Moneragala	80.00 - 100.00	240.00 - 260.00	80.00 - 100.00	18.00 - 20.00	22.00 - 25.00	450.00 - 630.00	375.00 - 375.00	325.00 - 325.00	-	-
Kegalle	120.00 - 140.00	280.00 - 320.00	120.00 - 140.00	30.00 - 35.00	50.00 - 60.00	-	350.00 - 400.00	200.00 - 250.00	-	-
Ampara	140.00 - 160.00	280.00 - 280.00	130.00 - 140.00	-	-	380.00 - 420.00	-	-	-	-
Dehiattakandiya	160.00 - 180.00	350.00 - 350.00	160.00 - 180.00	-	50.00 - 60.00	500.00 - 550.00	350.00 - 450.00	250.00 - 300.00	-	-
Nuwaraeliya	140.00 - 160.00	280.00 - 300.00	140.00 - 150.00	33.00 - 35.00	54.00 - 58.00	-	320.00 - 340.00	240.00 - 250.00	-	300.00 - 320.00
Kandy	150.00 - 170.00	280.00 - 320.00	150.00 - 170.00	25.00 - 28.00	35.00 - 40.00	450.00 - 500.00	350.00 - 400.00	200.00 - 250.00	-	300.00 - 320.00
Puttalam	-	-	-	-	-	-	-	-	-	-
Rathnapura	100.00 - 130.00	250.00 - 350.00	80.00 - 100.00	25.00 - 31.00	43.00 - 50.00	560.00 - 630.00	400.00 - 500.00	320.00 - 380.00	-	250.00 - 350.00
Hambantota	-	-	-	-	-	-	-	-	-	-
Matara	130.00 - 150.00	250.00 - 270.00	100.00 - 130.00	25.00 - 28.00	33.00 - 35.00	550.00 - 600.00	440.00 - 480.00	300.00 - 350.00	-	230.00 - 260.00
Galle	120.00 - 150.00	280.00 - 300.00	120.00 - 150.00	28.00 - 31.00	31.00 - 36.00	450.00 - 500.00	350.00 - 400.00	-	-	200.00 - 250.00
Tissamaharama	120.00 - 130.00	220.00 - 250.00	80.00 - 100.00	18.00 - 24.00	33.00 - 38.00	520.00 - 600.00	400.00 - 480.00	320.00 - 380.00	50.00 - 58.00	150.00 - 158.00
Meegoda (DEC)	120.00 - 140.00	280.00 - 300.00	120.00 - 140.00	42.00 - 50.00	50.00 - 60.00	475.00 - 595.00	364.00 - 455.00	280.00 - 350.00	-	200.00 - 200.00
Embilipitiya	60.00 - 80.00	200.00 - 250.00	80.00 - 100.00	18.00 - 25.00	25.00 - 30.00	450.00 - 500.00	350.00 - 420.00	200.00 - 300.00	80.00 - 100.00	150.00 - 170.00
Jaffna	100.00 - 120.00	260.00 - 280.00	100.00 - 120.00	-	-	540.00 - 600.00	430.00 - 450.00	300.00 - 350.00	-	200.00 - 220.00
Vavuniya	-	-	-	-	-	-	-	-	-	-
Mannar	110.00 - 130.00	250.00 - 300.00	120.00 - 150.00	35.00 - 36.00	40.00 - 45.00	380.00 - 400.00	300.00 - 350.00	200.00 - 250.00	-	300.00 - 320.00
Killinochchi	-	-	-	-	-	-	-	-	-	-
Mullaittivu	140.00 - 160.00	340.00 - 350.00	140.00 - 150.00	35.00 - 38.00	38.00 - 42.00	500.00 - 550.00	380.00 - 440.00	-	-	-
Batticaloa	110.00 - 120.00	300.00 - 300.00	130.00 - 150.00	35.00 - 36.00	40.00 - 44.00	400.00 - 400.00	340.00 - 350.00	200.00 - 220.00	-	-
Trincomalee	170.00 - 180.00	-	160.00 - 170.00	-	-	620.00 - 650.00	420.00 - 450.00	300.00 - 320.00	-	-
Veyangoda	140.00 - 150.00	280.00 - 320.00	130.00 - 150.00	26.00 - 28.00	32.00 - 34.00	470.00 - 540.00	320.00 - 420.00	250.00 - 280.00	-	250.00 - 260.00
Galenbindunuwewa	150.00 - 160.00	300.00 - 350.00	140.00 - 150.00	35.00 - 42.00	-	400.00 - 450.00	350.00 - 380.00	-	-	-
Bandarawela	150.00 - 160.00	280.00 - 300.00	160.00 - 180.00	30.00 - 32.00	40.00 - 43.00	500.00 - 560.00	400.00 - 480.00	340.00 - 380.00	-	160.00 - 200.00
Matale	150.00 - 180.00	280.00 - 350.00	120.00 - 160.00	32.00 - 35.00	45.00 - 50.00	620.00 - 680.00	420.00 - 500.00	280.00 - 350.00	-	-

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	-	-	130.00 - 250.00	55.00 - 100.00	100.00 - 180.00	70.00 - 160.00	100.00 - 200.00	70.00 - 160.00	1200.00 - 2300.00	150.00 - 200.00
Gampaha	85.00 - 85.00	-	160.00 - 180.00	-	150.00 - 180.00	120.00 - 130.00	115.00 - 125.00	115.00 - 125.00	2200.00 - 2300.00	150.00 - 160.00
Kurunegala	-	-	140.00 - 200.00	40.00 - 50.00	100.00 - 120.00	115.00 - 150.00	90.00 - 110.00	65.00 - 85.00	2000.00 - 2200.00	140.00 - 150.00
Nikaweratiya	-	-	130.00 - 220.00	28.00 - 38.00	180.00 - 200.00	120.00 - 150.00	150.00 - 160.00	40.00 - 50.00	2500.00 - 2700.00	160.00 - 190.00
Dambulla	60.00 - 80.00	35.00 - 40.00	180.00 - 200.00	45.00 - 50.00	150.00 - 150.00	100.00 - 120.00	80.00 - 100.00	80.00 - 100.00	2500.00 - 2600.00	150.00 - 200.00
Anuradhapura	80.00 - 100.00	-	150.00 - 200.00	-	80.00 - 120.00	80.00 - 100.00	80.00 - 120.00	70.00 - 100.00	2400.00 - 2600.00	150.00 - 200.00
Thambuththegama	-	-	80.00 - 120.00	50.00 - 60.00	-	-	115.00 - 125.00	-	-	130.00 - 150.00
Polonnaruwa	180.00 - 180.00	-	180.00 - 200.00	-	-	-	60.00 - 80.00	50.00 - 80.00	2000.00 - 2500.00	180.00 - 240.00
Kaluthara	140.00 - 180.00	-	220.00 - 260.00	-	140.00 - 160.00	-	100.00 - 125.00	66.00 - 83.00	2000.00 - 2500.00	130.00 - 150.00
Badulla	60.00 - 70.00	-	160.00 - 180.00	40.00 - 40.00	160.00 - 200.00	50.00 - 60.00	50.00 - 60.00	60.00 - 60.00	2600.00 - 2800.00	180.00 - 200.00
Keppetipola	-	-	180.00 - 200.00	45.00 - 50.00	90.00 - 100.00	80.00 - 90.00	60.00 - 70.00	45.00 - 50.00	2200.00 - 2500.00	180.00 - 200.00
Moneragala	80.00 - 90.00	-	160.00 - 200.00	40.00 - 50.00	80.00 - 100.00	50.00 - 80.00	50.00 - 60.00	75.00 - 90.00	2500.00 - 2700.00	150.00 - 180.00
Kegalle	-	-	130.00 - 160.00	-	140.00 - 160.00	80.00 - 100.00	100.00 - 120.00	70.00 - 100.00	2300.00 - 2500.00	160.00 - 180.00
Ampara	-	-	180.00 - 220.00	-	-	-	80.00 - 80.00	-	1900.00 - 2200.00	160.00 - 170.00
Dehiattakandiya	-	-	180.00 - 200.00	50.00 - 50.00	-	80.00 - 100.00	80.00 - 100.00	50.00 - 50.00	2600.00 - 2800.00	150.00 - 200.00
Nuwaraeliya	-	-	200.00 - 250.00	45.00 - 55.00	90.00 - 100.00	80.00 - 90.00	80.00 - 100.00	50.00 - 60.00	2200.00 - 2400.00	190.00 - 220.00
Kandy	-	-	160.00 - 170.00	70.00 - 80.00	180.00 - 200.00	100.00 - 120.00	100.00 - 140.00	60.00 - 70.00	2000.00 - 2500.00	170.00 - 180.00
Puttalam	-	-	-	-	-	-	-	-	-	-
Hambantota	-	-	-	-	-	-	-	-	-	-
Rathnapura	100.00 - 150.00	-	150.00 - 200.00	-	100.00 - 130.00	-	100.00 - 130.00	80.00 - 110.00	2000.00 - 2200.00	130.00 - 150.00
Matara	150.00 - 180.00	-	160.00 - 170.00	58.00 - 65.00	140.00 - 150.00	150.00 - 180.00	115.00 - 120.00	75.00 - 90.00	2300.00 - 2500.00	150.00 - 160.00
Galle	160.00 - 200.00	-	180.00 - 220.00	70.00 - 80.00	100.00 - 150.00	150.00 - 160.00	100.00 - 150.00	70.00 - 120.00	2500.00 - 2500.00	130.00 - 150.00
Tissamaharama	75.00 - 80.00	-	180.00 - 200.00	60.00 - 65.00	95.00 - 105.00	-	100.00 - 115.00	67.00 - 75.00	1600.00 - 1800.00	140.00 - 160.00
Meegoda (DEC)	-	-	160.00 - 180.00	-	100.00 - 120.00	-	100.00 - 120.00	67.00 - 90.00	1500.00 - 2200.00	100.00 - 120.00
Embilipitiya	80.00 - 100.00	40.00 - 60.00	150.00 - 180.00	25.00 - 30.00	120.00 - 140.00	100.00 - 130.00	70.00 - 100.00	40.00 - 60.00	2300.00 - 2600.00	160.00 - 180.00
Jaffna	70.00 - 90.00	-	120.00 - 130.00	-	190.00 - 200.00	-	70.00 - 90.00	-	2500.00 - 2600.00	220.00 - 260.00
Vavuniya	-	-	-	-	-	-	-	-	-	-
Mannar	-	-	180.00 - 200.00	35.00 - 45.00	80.00 - 100.00	80.00 - 120.00	95.00 - 100.00	-	2500.00 - 2500.00	180.00 - 200.00
Killinochchi	-	-	-	-	-	-	-	-	-	-
Mullaittivu	-	-	120.00 - 140.00	50.00 - 55.00	-	-	-	-	2450.00 - 2550.00	160.00 - 180.00
Batticaloa	-	-	180.00 - 200.00	25.00 - 35.00	70.00 - 80.00	150.00 - 150.00	60.00 - 80.00	-	2150.00 - 2300.00	150.00 - 160.00
Trincomalee	-	-	120.00 - 150.00	85.00 - 90.00	-	85.00 - 90.00	120.00 - 125.00	-	2400.00 - 2500.00	180.00 - 200.00
Veyangoda	75.00 - 84.00	-	130.00 - 150.00	50.00 - 66.00	-	65.00 - 75.00	90.00 - 100.00	45.00 - 50.00	1800.00 - 2500.00	130.00 - 150.00
Galenbindunuwewa	60.00 - 70.00	-	130.00 - 150.00	-	-	-	60.00 - 70.00	-	2400.00 - 2500.00	130.00 - 160.00
Bandarawela	-	-	200.00 - 220.00	60.00 - 65.00	130.00 - 160.00	90.00 - 110.00	80.00 - 100.00	50.00 - 60.00	2400.00 - 2600.00	160.00 - 200.00
Matale	-	50.00 - 60.00	160.00 - 180.00	40.00 - 50.00	-	90.00 - 100.00	100.00 - 130.00	70.00 - 90.00	2600.00 - 2800.00	150.00 - 160.00

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

Week 31: 01 - 07 Aug 2025

Locations	Sea Fish					
	Salaya	Hurulla	Balaya	Kelawalla	Thora	Paraw
Colombo	200.00 – 350.00	400.00 – 800.00	700.00 – 1000.00	1300.00 – 1500.00	1600.00 – 2000.00	1000.00 – 1300.00
Kandy	550.00 – 600.00	700.00 – 800.00	900.00 – 1000.00	1300.00 – 1500.00	2200.00 – 2300.00	1200.00 – 1300.00
Kaluthara	300.00 – 400.00	–	800.00 – 850.00	900.00 – 1000.00	1700.00 – 1800.00	1000.00 – 1100.00
Puttalam	–	–	–	–	–	–
Matara	400.00 – 500.00	750.00 – 850.00	700.00 – 800.00	1700.00 – 1800.00	–	–
Hambantota	–	–	–	–	–	–
Galle	–	–	850.00 – 900.00	1000.00 – 1200.00	1800.00 – 2000.00	–
Batticaloa	–	490.00 – 550.00	900.00 – 1000.00	1400.00 – 1500.00	1100.00 – 1250.00	–
Trincomalee	500.00 – 550.00	1000.00 – 1100.00	1150.00 – 1200.00	1800.00 – 1850.00	1950.00 – 2000.00	1500.00 – 1550.00
Mannar	700.00 – 800.00	–	1000.00 – 1200.00	–	–	1400.00 – 1450.00

Locations	Sea Fish				Eggs	
	Mora	Shrimps	Thalapath	Teppeli	Brown	White
Colombo	900.00 – 1200.00	1200.00 – 1400.00	1700.00 – 2000.00	–	30.00 – 36.00	28.00 – 34.00
Kandy	1250.00 – 1350.00	1500.00 – 1700.00	2100.00 – 2200.00	–	32.00 – 33.00	28.00 – 30.00
Kaluthara	1000.00 – 1050.00	1600.00 – 1700.00	–	–	–	–
Puttalam	–	–	–	–	–	–
Matara	–	1700.00 – 1800.00	1800.00 – 1900.00	–	31.00 – 32.00	28.00 – 30.00
Hambantota	–	–	–	–	–	–
Galle	900.00 – 1000.00	–	–	–	31.00 – 32.00	29.00 – 30.00
Batticaloa	850.00 – 950.00	1400.00 – 1450.00	1800.00 – 1900.00	–	34.00 – 34.00	32.00 – 32.00
Trincomalee	1700.00 – 1750.00	1100.00 – 1150.00	–	–	33.00 – 34.00	33.00 – 34.00
Mannar	1500.00 – 1550.00	1500.00 – 1550.00	–	–	34.00 – 35.00	32.00 – 33.00

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

Week 31: 01 - 07 Aug 2025

Locations	Local Dried Fish					
	Sprats	Kattawa	Thora	Mora	Balaya	Anguluwa
Colombo	80000 – 95000	–	–	110000 – 125000	60000 – 72500	–
Kandy	80000 – 82500	–	–	90000 – 95000	75000 – 80000	–
Batticaloa	45000 – 50000	90000 – 100000	–	–	75000 – 80000	–
Trincomalee	55500 – 56000	–	–	–	64000 – 64500	54000 – 54500
Mannar	–	100000 – 110000	–	100000 – 110000	72500 – 75000	62500 – 75000

Locations	Local Dried Fish			Imported Dried Fish		
	Maduwa	Koduwa	Salaya	Sprats	Kattawa	Thora
Colombo	55000 – 67500	–	15000 – 22500	47500 – 55000	62500 – 77500	–
Kandy	70000 – 75000	–	37500 – 42500	45000 – 50000	90000 – 92500	–
Batticaloa	–	–	40000 – 42500	39500 – 42500	–	–
Trincomalee	55500 – 56000	–	32000 – 32500	46500 – 47000	98000 – 99000	–
Mannar	72500 – 90000	–	–	65000 – 67500	–	–

Locations	Imported Dried Fish					
	Mora	Balaya	Anguluwa	Maduwa	Koduwa	Salaya
Colombo	–	–	85000 – 90000	–	–	–
Kandy	–	–	–	–	–	–
Batticaloa	–	–	–	–	–	–
Trincomalee	–	–	–	–	–	–
Mannar	–	–	–	–	–	–

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

Week 31: 01 - 07 Aug 2025

	LOCATIONS	Sea Fish									Eggs										
		Salaya		Hurulla		Balaya		Kelawalla		Thora		Paraw		Mora		Thalapath		Brown		White	
21	Colombo	300.00	700.00	900.00	1000.00	1000.00	1600.00	1700.00	2800.00	1800.00	4200.00	1400.00	2600.00	1200.00	2000.00	1900.00	3300.00	31.00	36.00	30.00	35.00
	Gampaha	450.00	600.00	1000.00	1100.00		-	2000.00	2200.00		-	2000.00	2000.00		-	2800.00	2800.00	37.00	38.00	30.00	36.00
	Kurunegala	580.00	640.00	1100.00	1100.00	1200.00	1200.00	2200.00	2200.00		-	1700.00	1700.00		-	2700.00	2700.00	33.00	35.00	30.00	33.00
	Nikaweratiya	700.00	800.00	1000.00	1100.00	1000.00	1100.00	2400.00	2500.00		-		-		-	2800.00	3000.00	30.00	35.00	30.00	34.00
	Dambulla	600.00	650.00	900.00	1000.00	1000.00	1100.00	2300.00	2400.00	2600.00	2600.00	1400.00	1600.00	1500.00	1600.00	2300.00	2500.00	35.00	36.00	34.00	35.00
	Anuradhapura	500.00	600.00	900.00	1000.00	1000.00	1300.00	2200.00	2400.00		-	1500.00	1600.00	1600.00	1700.00	2500.00	2700.00		-	30.00	32.00
	Thambuththegama	-			-		-		-		-		-		-		-	30.00	32.00	30.00	31.00
	Polonnaruwa	750.00	800.00	1100.00	1200.00	1400.00	1450.00	2000.00	2100.00	2550.00	2600.00	1600.00	1700.00	1700.00	1800.00	2400.00	2500.00	35.00	36.00	32.00	34.00
	Kaluthara	650.00	800.00	1200.00	1300.00	1300.00	1600.00	2200.00	2400.00		-		-	1600.00	1700.00	2500.00	2600.00	32.00	32.00	30.00	30.00
	Badulla	400.00	500.00	900.00	960.00	1600.00	1600.00	2200.00	2200.00	2900.00	3000.00	1800.00	1800.00	1600.00	1800.00	2400.00	2400.00	34.00	35.00	30.00	32.00
	Keppetipola	450.00	460.00	900.00	950.00	1000.00	1200.00	2200.00	2300.00	2700.00	2800.00	1800.00	1850.00	1600.00	1600.00	2400.00	2400.00	30.00	33.00	28.00	30.00
	Moneragala	500.00	600.00	900.00	1000.00	900.00	1200.00	2400.00	2600.00	2800.00	3000.00		-		-	2600.00	2800.00	32.00	33.00	29.00	32.00
	Kegalle	700.00	800.00	1050.00	1100.00	1600.00	1700.00	2300.00	2450.00		-	1750.00	1800.00	1800.00	1850.00	2450.00	2500.00	36.00	38.00	33.00	34.00
	Ampara	600.00	700.00	800.00	1000.00	1800.00	1900.00	2200.00	2300.00		-		-		-	2400.00	2600.00	30.00	32.00	30.00	32.00
	Dehiattakandiya	400.00	500.00	900.00	900.00		-	2200.00	2400.00	2600.00	2600.00		-		-		-	30.00	34.00	30.00	32.00
	Nuwaraeliya	480.00	500.00	950.00	1000.00	1300.00	1400.00	2300.00	2400.00		-	1800.00	1900.00	1600.00	1700.00	2500.00	2600.00	30.00	33.00	28.00	31.00
	Kandy	650.00	700.00	880.00	900.00	1200.00	1300.00	2000.00	2200.00	3000.00	3200.00	1600.00	1700.00	1600.00	1700.00	2500.00	2600.00	35.00	36.00	32.00	34.00
	Puttalam	-			-		-		-		-		-		-		-		-		-
	Hambantota	-			-		-		-		-		-		-		-		-		-
	Rathnapura	600.00	700.00	850.00	1050.00	1450.00	1600.00	2300.00	2400.00	3200.00	3600.00	2360.00	2600.00	1700.00	1800.00	2500.00	2600.00	33.00	34.00	30.00	32.00
	Matara	600.00	650.00	900.00	1000.00	1300.00	1400.00	2300.00	2400.00		-	2200.00	2400.00		-	2400.00	2500.00	32.00	34.00	29.00	32.00
Galle	500.00	580.00	1000.00	1100.00	1200.00	1300.00	2200.00	2400.00	2800.00	2800.00		-	1500.00	1800.00	2600.00	2600.00	31.00	33.00	30.00	31.00	
Tissamaharama	600.00	700.00	700.00	800.00	1000.00	1200.00		-		-		-		-	2200.00	2400.00	32.00	35.00	31.00	33.00	
Meegoda	500.00	500.00	800.00	800.00		-	2600.00	2600.00		-		-		-	3400.00	3400.00	32.00	32.00	30.00	32.00	
Embilipitiya	500.00	600.00	800.00	900.00	1400.00	1500.00	2300.00	2350.00	2500.00	2600.00		-	1500.00	1600.00	2500.00	2600.00	29.00	32.00	27.00	30.00	
Jaffna	600.00	750.00	800.00	900.00	1200.00	1350.00		-	2000.00	2200.00	1700.00	1850.00		-		-	31.00	31.00	30.00	32.00	
Vavuniya	-			-		-		-		-		-		-		-		-		-	
Mannar	850.00	900.00		-	1250.00	1500.00		-		-	1500.00	1550.00	1800.00	1850.00		-	36.00	38.00	34.00	35.00	
Killinochchi	-			-		-		-		-		-		-		-		-		-	
Mullaittivu	550.00	600.00	1100.00	1200.00	900.00	950.00	2150.00	2200.00	2250.00	2350.00	1900.00	2000.00		-	2150.00	2250.00		-	36.00	38.00	
Batticaloa	500.00	550.00	900.00	1000.00	1450.00	1500.00	2000.00	2250.00		-	2000.00	2000.00		-	2250.00	2350.00	35.00	36.00	33.00	34.00	
Trincomalee	600.00	650.00	1200.00	1250.00	1250.00	1300.00	2300.00	2350.00	2450.00	2500.00	1650.00	1700.00	1850.00	1900.00		-	36.00	37.00	35.00	36.00	
Veyangoda	550.00	600.00	900.00	1000.00	1600.00	1600.00	2000.00	2200.00	2600.00	2800.00	2300.00	2400.00		-	2000.00	2200.00	33.00	36.00	30.00	34.00	
Galenbindunuwewa	550.00	650.00	800.00	1100.00	980.00	1300.00	2000.00	2400.00	2700.00	2800.00	1700.00	2400.00	2000.00	2100.00	2500.00	2800.00	32.00	32.00	30.00	31.00	
Bandarawela	480.00	500.00		-	1600.00	1600.00	2000.00	2200.00		-	1700.00	1800.00		-	2500.00	2600.00	35.00	37.00	34.00	35.00	
Matale	600.00	680.00	1100.00	1200.00	1500.00	1600.00	2400.00	2500.00	2800.00	3000.00	1500.00	1700.00	1800.00	1900.00	2200.00	2400.00	34.00	35.00	32.00	33.00	

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

Week 31: 01 - 07 Aug 2025

LOCATIONS	Dried Fish													
	Sprats-Imported		Kattawa		Thora		Mora		Balaya		Anguluwa		Salaya	
Colombo	1200.00	1700.00	1800.00	2800.00	-	-	2400.00	3200.00	1600.00	2600.00	2400.00	2800.00	800.00	1200.00
Gampaha	1100.00	1200.00	2400.00	2400.00	3000.00	3300.00	2800.00	3000.00	1900.00	2000.00	2200.00	2400.00	800.00	1200.00
Kurunegala	1200.00	1300.00	2400.00	2500.00	-	-	2700.00	2800.00	1600.00	1700.00	2000.00	2000.00	1000.00	1200.00
Nikaweratiya	1200.00	1400.00	2600.00	2700.00	-	-	2800.00	3000.00	2000.00	2150.00	2400.00	2550.00	1200.00	1300.00
Dambulla	1350.00	1400.00	2500.00	2600.00	-	-	2700.00	3000.00	1600.00	1800.00	2200.00	2300.00	-	-
Anuradhapura	1200.00	1400.00	2400.00	2800.00	-	-	2400.00	2800.00	1600.00	2000.00	2400.00	2800.00	800.00	1000.00
Thambuththegama	1100.00	1250.00	2400.00	2600.00	-	-	2800.00	3000.00	1500.00	1700.00	2400.00	2500.00	800.00	820.00
Polonnaruwa	1280.00	1300.00	2200.00	2300.00	-	-	2800.00	3000.00	1900.00	2100.00	-	-	-	-
Kaluthara	1250.00	1500.00	2000.00	2600.00	-	-	2600.00	2800.00	1500.00	2000.00	2300.00	2500.00	-	-
Badulla	1400.00	1400.00	2700.00	2700.00	-	-	3000.00	3000.00	2200.00	2200.00	2800.00	2800.00	1000.00	1000.00
Keppetipola	1000.00	1200.00	2400.00	2500.00	-	-	2450.00	2500.00	1500.00	1600.00	1800.00	1900.00	1000.00	1100.00
Moneragala	1200.00	1400.00	2400.00	2500.00	-	-	2600.00	2800.00	1600.00	1800.00	2400.00	2500.00	800.00	850.00
Kegalle	1000.00	1400.00	2600.00	2800.00	-	-	2600.00	2800.00	1800.00	2600.00	-	-	-	-
Ampara	-	-	2200.00	2600.00	-	-	2400.00	2600.00	1700.00	1800.00	2200.00	2400.00	-	-
Dehiattakandiya	1200.00	1400.00	2000.00	2000.00	-	-	2300.00	2800.00	2000.00	2400.00	1600.00	1600.00	-	-
Nuwaraeliya	1000.00	1200.00	2400.00	2450.00	2800.00	2900.00	2450.00	2500.00	1600.00	1700.00	1950.00	2000.00	1100.00	1200.00
Kandy	1400.00	1500.00	2700.00	2800.00	-	-	2800.00	2900.00	2400.00	2500.00	2300.00	2400.00	1200.00	1250.00
Puttalam	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Hambantota	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Rathnapura	1040.00	1300.00	2300.00	2440.00	3200.00	3500.00	2700.00	2800.00	1800.00	2100.00	2500.00	2800.00	800.00	960.00
Matara	1280.00	1400.00	2200.00	2300.00	-	-	-	-	2000.00	2200.00	2200.00	2300.00	-	-
Galle	1000.00	1500.00	2400.00	2600.00	-	-	2600.00	2800.00	1800.00	2000.00	2000.00	2200.00	1000.00	1000.00
Tissamaharama	1000.00	1400.00	-	-	-	-	2400.00	2500.00	2400.00	2500.00	2500.00	2600.00	-	-
Meegoda	1100.00	1320.00	1800.00	2400.00	-	-	2200.00	2400.00	1800.00	1800.00	2200.00	2400.00	800.00	930.00
Embilipitiya	1250.00	1400.00	2650.00	2800.00	-	-	2800.00	3000.00	1450.00	2700.00	2650.00	2850.00	-	-
Jaffna	1000.00	1200.00	2300.00	2400.00	3100.00	3250.00	3100.00	3200.00	1280.00	1360.00	-	-	-	-
Vavuniya	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Mannar	-	-	2500.00	2500.00	-	-	2800.00	2850.00	1800.00	1850.00	1900.00	2000.00	-	-
Killinochchi	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Mullaittivu	-	-	1950.00	2000.00	-	-	2400.00	2500.00	-	-	-	-	-	-
Batticaloa	1000.00	1100.00	2450.00	2500.00	-	-	-	-	1900.00	2200.00	-	-	950.00	9000.00
Trincomalee	1200.00	1250.00	2350.00	2400.00	-	-	-	-	1550.00	1600.00	-	-	800.00	850.00
Veyangoda	1000.00	1400.00	2200.00	2300.00	-	-	2400.00	2500.00	2200.00	2300.00	2300.00	2400.00	800.00	1000.00
Galenbindunuwewa	1400.00	1600.00	2750.00	2850.00	3300.00	3500.00	2750.00	2850.00	1800.00	2600.00	1600.00	1800.00	800.00	900.00
Bandarawela	1300.00	1500.00	2400.00	2500.00	-	-	2500.00	2600.00	2000.00	2100.00	2000.00	2000.00	1000.00	1100.00
Matale	1300.00	1400.00	2700.00	2800.00	-	-	2800.00	2900.00	2400.00	2500.00	2700.00	2800.00	800.00	850.00

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

Week 31: 01 - 07 Aug 2025

LOCATIONS	Meat	Meat (Chicken)		Meat	
	Beef	Broiler	Curry	Mutton	Pork
Colombo	2600.00 - 2800.00	1320.00 - 1420.00	1150.00 - 1400.00	3600.00 - 4000.00	2200.00 - 2500.00
Gampaha	-	1350.00 - 1380.00	1300.00 - 1400.00	4000.00 - 4000.00	2200.00 - 2200.00
Kurunegala	2600.00 - 2600.00	1380.00 - 1450.00	1300.00 - 1300.00	-	2300.00 - 2300.00
Nikaweratiya	2200.00 - 2400.00	1300.00 - 1400.00	-	-	-
Dambulla	-	1330.00 - 1350.00	1400.00 - 1400.00	-	1900.00 - 1900.00
Anuradhapura	2600.00 - 2700.00	1250.00 - 1350.00	-	3600.00 - 3800.00	2200.00 - 2400.00
Thambuththegama	-	1150.00 - 1200.00	-	-	1800.00 - 1850.00
Polonnaruwa	2500.00 - 2700.00	1250.00 - 1280.00	1350.00 - 1400.00	3500.00 - 3500.00	1800.00 - 2000.00
Kaluthara	2500.00 - 2600.00	1240.00 - 1350.00	1280.00 - 1300.00	-	2300.00 - 2400.00
Badulla	2300.00 - 2400.00	1250.00 - 1300.00	-	3200.00 - 3300.00	-
Keppetipola	2000.00 - 2200.00	1350.00 - 1400.00	1450.00 - 1480.00	3000.00 - 3100.00	-
Moneragala	2600.00 - 2600.00	1250.00 - 1450.00	1500.00 - 1550.00	-	2200.00 - 2400.00
Kegalle	2500.00 - 2500.00	1290.00 - 1400.00	-	3100.00 - 3100.00	2600.00 - 2700.00
Ampara	2200.00 - 2300.00	1350.00 - 1400.00	-	-	2200.00 - 2600.00
Dehiattakandiya	-	1320.00 - 1400.00	-	-	2100.00 - 2200.00
Nuwaraeliya	2200.00 - 2300.00	1400.00 - 1450.00	1460.00 - 1480.00	3200.00 - 3300.00	2300.00 - 2500.00
Kandy	-	-	-	-	-
Puttalam	-	-	-	-	-
Hambantota	-	-	-	-	-
Rathnapura	2600.00 - 2600.00	1290.00 - 1380.00	1200.00 - 1350.00	3500.00 - 3500.00	-
Matara	-	1300.00 - 1330.00	1200.00 - 1220.00	-	-
Galle	2600.00 - 2600.00	1250.00 - 1300.00	1200.00 - 1250.00	3500.00 - 3600.00	-
Tissamaharama	-	1350.00 - 1400.00	-	-	-
Meegoda	-	1350.00 - 1380.00	1300.00 - 1350.00	-	2200.00 - 2300.00
Embilipitiya	2450.00 - 2500.00	1190.00 - 1250.00	1200.00 - 1250.00	3300.00 - 3500.00	2200.00 - 2300.00
Jaffna	2200.00 - 2300.00	1300.00 - 1500.00	1600.00 - 1800.00	3500.00 - 4000.00	-
Vavuniya	-	-	-	-	-
Mannar	2200.00 - 2220.00	1300.00 - 1330.00	1400.00 - 1450.00	-	-
Killinochchi	-	-	-	-	-
Mullaittivu	2200.00 - 2200.00	1450.00 - 1500.00	1600.00 - 1600.00	-	-
Batticaloa	2100.00 - 2200.00	1400.00 - 1400.00	1500.00 - 1500.00	3500.00 - 3600.00	-
Trincomalee	2000.00 - 2200.00	1350.00 - 1400.00	1750.00 - 1800.00	3400.00 - 3500.00	-
Veyangoda	2500.00 - 2500.00	1250.00 - 1400.00	1000.00 - 1050.00	-	2000.00 - 2200.00
Galenbindunuwewa	2400.00 - 2400.00	1295.00 - 1300.00	1350.00 - 1350.00	-	1950.00 - 2000.00
Bandarawela	2400.00 - 2500.00	1300.00 - 1380.00	-	3600.00 - 3800.00	-
Matale	2200.00 - 2400.00	1250.00 - 1280.00	1150.00 - 1200.00	3200.00 - 3300.00	1800.00 - 2000.00

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

Week 31: 01 - 07 Aug 2025

COMMODITY	Range	Average Price			Change Compared to		COMMODITY	Range	Average Price			Change Compared to	
		This Week	Last Week	Last Year	Last Week (%)	Last Year (%)			This Week	Last Week	Last Year	Last Week (%)	Last Year (%)
<u>Rice</u>							<u>Coconut</u>						
Local							Large	175.00 - 185.00	180.00	173.33	106.25	3.85	69.41
Samba 1	230.00 - 240.00	234.50	236.67	235.80	-0.92	-0.55	Small	150.00 - 170.00	158.57	150.00	92.86	5.71	70.77
Samba 2	225.00 - 230.00	228.25	231.00	229.13	-1.19	-0.38							
Keeri Samba	255.00 - 300.00	274.00	278.33	287.50	-1.56	-4.70	<u>Fruits (Rs/fruit)</u>						
Nadu 1	205.00 - 210.00	207.50	210.00	211.70	-1.19	-1.98	Plantain						
Nadu 2	200.00 - 202.00	201.00	203.50	206.33	-1.23	-2.58	Ambul (Rs/kg)	70.00 - 130.00	95.83	98.00	173.00	-2.21	-44.61
Raw (Red)	190.00 - 200.00	195.00	195.56	195.80	-0.28	-0.41	Kolikuttu (Rs/kg)	180.00 - 250.00	207.00	213.00	480.00	-2.82	-56.88
Raw (White)	190.00 - 200.00	194.20	195.00	202.00	-0.41	-3.86	Seeni (Rs/kg)	70.00 - 120.00	88.00	95.45	140.00	-7.81	-37.14
Imported							Anamalu	24.00 - 31.00	27.00	28.60	36.00	-5.59	-25.00
Samba	-			280.71			Ambun	36.00 - 40.00	37.60	38.20	41.00	-1.57	-8.29
Nadu	-						Papaw(Rs/kg)	100.00 - 160.00	130.00	164.44	155.00	-20.95	-16.13
Raw (Red)	-						Passion Fruit	45.00 - 60.00	54.38	49.00	40.20	10.97	35.26
Raw (White)	205.00 - 210.00	207.50	207.50		0.00		Pineapple Large	300.00 - 350.00	330.00	375.00	587.50	-12.00	-43.83
<u>Dried Chillies</u>							Pineapple Medium	250.00 - 270.00	258.57	272.50	487.50	-5.11	-46.96
Imported	550.00 - 600.00	572.86	564.29	750.00	1.52	-23.62	Pineapple Small	200.00 - 220.00	211.43	226.67	357.50	-6.72	-40.86
<u>Onion</u>							Mango						
Sinnan	-			185.00			Betti	50.00 - 60.00	55.00				
Vedalan	200.00 - 280.00	241.43	263.75	375.00	-8.46	-35.62	Karthakolomban	300.00 - 330.00	317.14	296.67	227.78	6.90	39.23
Imported	180.00 - 250.00	221.43	254.29	255.00	-12.92	-13.17	Vilad	100.00 - 120.00	110.00		106.67		3.12
<u>Big Onion</u>							Kohu	-					
Imported	80.00 - 120.00	105.00	82.86	173.33	26.72	-39.42	<u>Other</u>						
Local	-						Wood Apple	70.00 - 100.00	85.56	96.25	34.90	-11.11	145.14
<u>Potato</u>							Orange	60.00 - 80.00	66.25	58.00	101.00	14.22	-34.41
Welimada	250.00 - 260.00	255.00					Avocado	90.00 - 110.00	100.00	75.56	97.27	32.35	2.80
N'Elia	290.00 - 320.00	302.50	350.00	406.67	-13.57	-25.61	Slime Apple	40.00 - 80.00	61.25	55.56	53.00	10.25	15.57
Imported	140.00 - 220.00	167.22	165.00	196.25	1.35	-14.79	Grapes (Imp., Rs/kg)	950.00 - 1500.00	1187.50	1457.14	1161.11	-18.50	2.27
<u>Pulses</u>							King Coconut	100.00 - 150.00	127.78	131.00	165.00	-2.46	-22.56
Green Gram	670.00 - 850.00	736.67	705.00	783.33	4.49	-5.96	<u>Sea Fish</u>						
Cowpea (White)	950.00 - 1000.00	975.00	920.00	808.33	5.98	20.62	Salaya	200.00 - 350.00	270.00	420.00	308.33	-35.71	-12.43
Cowpea (Red)	950.00 - 1000.00	975.00	920.00	725.00	5.98	34.48	Hurulla	400.00 - 800.00	620.00	825.00	759.17	-24.85	-18.33
Red Dhal	240.00 - 245.00	242.00	244.67	276.25	-1.09	-12.40	Balaya	700.00 - 1000.00	885.00	990.00	760.83	-10.61	16.32
<u>Vegetable</u>							Kelawalla	1300.00 - 1500.00	1410.00	1500.00	1410.83	-6.00	-0.06
Beans (Butter)	-						Thora	1600.00 - 2000.00	1800.00	1944.44	2287.50	-7.43	-21.31
Beans(Green)	450.00 - 650.00	554.17	605.00	480.00	-8.40	15.45	Paraw	1000.00 - 1300.00	1210.00	1440.00	1355.00	-15.97	-10.70
Carrot	260.00 - 320.00	290.00	263.00	246.00	10.27	17.89	Mora	900.00 - 1200.00	1037.50	1200.00	1175.83	-13.54	-11.76
Leeks	80.00 - 120.00	102.00	114.00	326.00	-10.53	-68.71	Shrimps	1200.00 - 1400.00	1320.00	1450.00	1823.33	-8.97	-27.61
Beetroot	80.00 - 120.00	92.31	101.54	276.00	-9.09	-66.56	Thalapath	1700.00 - 2000.00	1830.00	1890.00	1941.67	-3.17	-5.75
Knolkhol	80.00 - 100.00	92.73	73.00	128.00	27.02	-27.56	<u>Eggs</u>						
Raddish	40.00 - 80.00	59.23	69.23	62.00	-14.44	-4.47	Brown	30.00 - 36.00	32.57	29.20	45.19	11.55	-27.92
Cabbage	120.00 - 200.00	156.00	134.17	258.00	16.27	-39.53	White	28.00 - 34.00	30.29	27.00	42.31	12.17	-28.42
Tomato	100.00 - 120.00	110.91	121.67	208.00	-8.84	-46.68	<u>Dried Fish</u>						
Ladies Fingers	80.00 - 120.00	100.00	75.83	100.00	31.87	0.00	Sprats	1600.00 - 1900.00	1760.00	1780.00	1739.17	-1.12	1.20
Brinjal	180.00 - 300.00	246.43	253.33	250.00	-2.73	-1.43	Sprats (Imported)	950.00 - 1100.00	1010.00	1045.00	909.17	-3.35	11.09
Capsicum	300.00 - 500.00	400.00	500.00	815.00	-20.00	-50.92	Kattawa	-					
Pumpkin	40.00 - 70.00	53.46	64.17	135.00	-16.68	-60.40	Kattawa (Imported)	1250.00 - 1550.00	1435.00	1535.00	1301.67	-6.51	10.24
Cucumber	50.00 - 70.00	55.00	56.00	40.00	-1.79	37.50	Thora	-					
Bitter Gourd	160.00 - 250.00	203.64	224.44	170.00	-9.27	19.79	Thora (Imported)	-					
Snake Gourd	160.00 - 250.00	196.36	162.00	179.00	21.21	9.70	Mora	2200.00 - 2500.00	2355.00	2375.00	1862.73	-0.84	26.43
Drumstick	150.00 - 450.00	248.57	354.17	124.29	-29.82	100.00	Mora (Imported)	-					
Luffa	130.00 - 180.00	152.73	123.00	202.00	24.17	-24.39	Balaya	1200.00 - 1450.00	1355.00	1433.33	1015.00	-5.47	33.50
Long Beans	150.00 - 200.00	170.83	233.85	187.00	-26.95	-8.65	Balaya (Imported)	-					
Ash Plantain	50.00 - 70.00	59.00	60.00	219.00	-1.67	-73.06	Anguluwa	-					
Green Chillies	120.00 - 200.00	152.50	221.00	472.00	-31.00	-67.69	Anguluwa (Imported)	1700.00 - 1800.00	1770.00	1825.00	1455.83	-3.01	21.58
Lime	150.00 - 200.00	172.50	174.00	445.00	-0.86	-61.24	Maduwa	1100.00 - 1350.00	1235.00	1170.00	1353.33	5.56	-8.74
<u>Root Crops</u>							Maduwa (Imported)	-					
Sweet Potato	100.00 - 130.00	117.14	122.00	135.00	-3.98	-13.23	Koduwa	-					
Manioc	70.00 - 100.00	80.00	86.67	112.00	-7.69	-28.57	Koduwa (Imported)	-					
<u>Leafy Vegetable</u>							Salaya	300.00 - 450.00	365.00	430.00	330.83	-15.12	10.33
Mukunuwenna	40.00 - 45.00	42.50	42.50	36.88	0.00	15.25	Salaya (Imported)	-					
Kankun	40.00 - 45.00	42.50	42.50	36.88	0.00	15.25							
Gotukola (Rs/kg)	300.00 - 320.00	310.00	300.00	307.50	3.33	0.81							

This Week: Week 31: 01 - 07 Aug 2025

Last Week: Week 30: 25 - 31 Jul 2025

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

Week 31: 01 - 07 Aug 2025

COMMODITY	Range	Average Price			Change Compared to		COMMODITY	Range	Average Price			Change Compared to	
		This Week	Last Week	Last Year	Last Week	Last Year (%)			This Week	Last Week	Last Year	Last Week	Last Year (%)
<u>Rice</u>							<u>Coconut</u>						
Local							Large	180.00 · 220.00	202.06	182.73	125.63	19.33	60.84
Samba 1	240.00 · 260.00	247.08	249.41	251.25	-2.33	-1.66	Small	150.00 · 195.00	179.33	155.71	105.00	23.62	70.79
Samba 2													
Keeri Samba	260.00 · 320.00	286.67	289.17	352.17	-2.50	-18.60	<u>Fruits (Rs/fruit)</u>						
Nadu 1	230.00 · 240.00	233.33	230.00	224.42	3.33	3.97	Plantain						
Nadu 2							Ambul (Rs/kg)	120.00 · 220.00	176.36	177.89	235.37	-1.53	-25.07
Raw (Red)	210.00 · 220.00	219.20	218.64	208.46	0.56	5.15	Kolikuttu (Rs/kg)	260.00 · 350.00	307.00	310.53	564.67	-3.53	-45.63
Raw (White)	210.00 · 220.00	218.46	218.64	215.38	-0.17	1.43	Seeni (Rs/kg)	150.00 · 200.00	168.50	172.11	222.94	-3.61	-24.42
Imported							Anamalu	30.00 · 50.00	39.91	43.38	46.24	-3.47	-13.69
Samba	250.00 · 320.00	276.15	250.91	294.20	25.24	-6.13	Ambun	40.00 · 70.00	55.23	59.88	67.68	-4.65	-18.40
Nadu							Papaw(Rs/kg)	130.00 · 250.00	204.17	230.00	242.94	-25.83	-15.96
Raw (Red)							Passion Fruit	55.00 · 100.00	76.50	75.36	73.82	1.14	3.63
Raw (White)	210.00 · 220.00	218.57	216.00		2.57		Pineapple Large	325.00 · 570.00	438.63	447.22	758.52	-8.59	-42.17
<u>Dried Chillies</u>							Pineapple Medium	280.00 · 400.00	325.00	327.65	600.42	-2.65	-45.87
Imported	650.00 · 1000.00	833.33	797.50	1002.00	35.83	-16.83	Pineapple Small	230.00 · 320.00	257.08	259.33	477.60	-2.25	-46.17
<u>Onion</u>							Mango						
Sinnan							Betti						
Vedalan	300.00 · 480.00	376.82	521.25	525.00	-144.43	-28.23	Karthakolomban	325.00 · 375.00	345.00	341.67	366.00	3.33	-5.74
Imported	280.00 · 480.00	346.67	406.67	424.55	-60.00	-18.34	Vilad		125.00	160.00			
<u>Big Onion</u>							Kohu						
Imported	120.00 · 160.00	148.67	139.20	251.29	9.47	-40.84	<u>Other</u>						
Local							Wood Apple	100.00 · 180.00	146.20	198.00	90.57	-51.80	61.42
<u>Potato</u>							Orange	70.00 · 160.00	118.56	124.74	156.67	-6.18	-24.33
Welimada							Avocado	100.00 · 200.00	162.27	161.13	165.42	1.15	-1.90
N'Eliya	400.00 · 520.00	445.71	467.86	509.33	-22.14	-12.49	Slime Apple	70.00 · 160.00	107.06	104.00	123.68	3.06	-13.44
Imported	180.00 · 240.00	220.69	220.91	274.78	-0.22	-19.69	Grapes (Imp., Rs/kg)	1200.00 · 2300.00	2013.33	2105.88	2168.18	-92.55	-7.14
<u>Pulses</u>							King Coconut	150.00 · 200.00	173.00	174.29	208.93	-1.29	-17.20
Green Gram	800.00 · 1000.00	927.27	913.33	1254.55	13.94	-26.09							
Cowpea (White)	900.00 · 1200.00	1073.53	1052.31	1054.17	21.22	1.84	<u>Sea Fish</u>						
Cowpea (Red)	950.00 · 1200.00	1114.71	1065.00	1024.85	49.71	8.77	Salaya	300.00 · 700.00	523.75	679.17	566.67	-155.42	-7.57
Red Dhal	260.00 · 320.00	283.57	285.45	325.60	-1.88	-12.91	Hurulla	900.00 · 1000.00	959.17	1018.18	903.33	-59.02	6.18
<u>Vegetable</u>							Balaya	1000.00 · 1600.00	1244.44	1600.00	1108.33	-355.56	12.28
Beans (Butter)							Kelawalla	1700.00 · 2800.00	2278.75	2558.33	2367.86	-279.58	-3.76
Beans(Green)	600.00 · 750.00	657.20	666.67	645.33	-9.47	1.84	Thora	1800.00 · 4200.00	2825.00	3390.00	3233.33	-565.00	-12.63
Carrot	350.00 · 640.00	478.33	390.00	443.79	88.33	7.78	Paraw	1400.00 · 2600.00	1857.14	2333.33	2159.38	-476.19	-14.00
Leeks	180.00 · 400.00	268.75	273.50	470.71	-4.75	-42.91	Mora	1200.00 · 2000.00	1487.50	2166.67	1621.43	-679.17	-8.26
Beetroot	150.00 · 340.00	258.00	263.81	470.71	-5.81	-45.19	Shrimps	1500.00 · 2200.00	1828.57	2000.00	2062.50	-171.43	-11.34
Knolkhol	150.00 · 340.00	247.73	251.67	331.07	-3.94	-25.17	Thalapath	1900.00 · 3300.00	2686.67	2891.67	2990.63	-205.00	-10.16
Raddish	120.00 · 260.00	215.22	231.58	211.72	-16.36	1.65	<u>Eggs</u>						
Cabbage	250.00 · 480.00	342.08	320.00	423.93	22.08	-19.31	Brown	31.00 · 36.00	34.20	32.80	48.47	1.40	-29.44
Tomato	160.00 · 320.00	233.33	234.71	395.71	-1.37	-41.03	White	30.00 · 35.00	31.64	30.40	45.80	1.24	-30.91
Ladies Fingers	160.00 · 320.00	253.64	248.89	288.00	4.75	-11.93	<u>Dried Fish</u>						
Brinjal	220.00 · 480.00	362.73	380.95	397.67	-18.23	-8.79	Sprats	1800.00 · 2400.00	2050.00	2175.00	2268.75	-125.00	-9.64
Capsicum	500.00 · 800.00	648.75	704.38	1200.00	-55.63	-45.94	Sprats (Imported)	1200.00 · 1700.00	1433.33	1500.00	1221.05	-66.67	17.39
Pumpkin	80.00 · 240.00	171.43	176.84	297.74	-5.41	-42.42	Kattawa	1800.00 · 2800.00	2446.15	2507.69	2057.14	-61.54	18.91
Cucumber	100.00 · 250.00	172.17	185.63	190.33	-13.45	-9.54	Thora						
Bitter Gourd	230.00 · 480.00	359.17	365.26	395.63	-6.10	-9.22	Mora	2400.00 · 3200.00	2827.27	2850.00	2436.84	-22.73	16.02
Snake Gourd	240.00 · 400.00	332.61	281.58	351.38	51.03	-5.34	Balaya	1600.00 · 2600.00	2172.73	2230.00	1625.00	-57.27	33.71
Drumstick	300.00 · 600.00	446.67	491.11	368.21	-44.44	21.31	Anguluwa	2400.00 · 2800.00	2600.00	2700.00	2228.57	-100.00	16.67
Luffa	230.00 · 400.00	316.36	290.00	404.19	26.36	-21.73	Maduwa	2200.00 · 2400.00	2300.00	2000.00	1400.00	300.00	64.29
Long Beans	200.00 · 450.00	314.58	371.00	388.33	-56.42	-18.99	Koduwa						
Ash Plantain	120.00 · 320.00	209.05	195.56	367.14	13.49	-43.06	Salaya	800.00 · 1200.00	1020.00	933.33	853.85	86.67	19.46
Green Chillies	300.00 · 750.00	496.82	530.53	743.10	-33.71	-33.14	<u>Meat</u>						
Lime	300.00 · 600.00	412.27	420.56	840.00	-8.28	-50.92	Beef (without Bones)	2600.00 · 2800.00	2720.00	2720.00	2528.57	0.00	7.57
<u>Root Crops</u>							Chicken (Broiler)	1320.00 · 1420.00	1380.00	1408.75	1178.75	-28.75	17.07
Sweet Potato	200.00 · 360.00	280.50	264.12	280.69	16.38	-0.07	Chicken (Curry)	1150.00 · 1400.00	1228.75	1254.29	1272.22	-25.54	-3.42
Manioc	160.00 · 240.00	199.17	185.88	206.43	13.28	-3.52	Mutton	3600.00 · 4000.00	3857.14	3850.00	3390.91	7.14	13.75
<u>Leafy Vegetable</u>							Pork	2200.00 · 2500.00	2325.00	2420.00	1371.43	-95.00	69.53
Mukunuwenna	50.00 · 80.00	72.35	74.55	74.76	-2.19	-3.22							
Kankun	50.00 · 80.00	72.35	75.00	74.50	-2.65	-2.88							
Gotukola	240.00 · 360.00	281.11	243.50	122.11	37.61	130.22							

This Week: Week 31: 01 - 07 Aug 2025
Last Week: Week 30: 25 - 31 Jul 2025

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

Week 31: 01 - 07 Aug 2025

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	110.00 – 135.00	123.50
A'pura	121.00 – 126.00	123.00	Dambulla	490.00 – 530.00	505.00	Hambantota	–	
P'naruwa	124.00 – 126.00	125.00	Welimada	580.00 – 620.00	602.00	Embilipitiya	180.00 – 200.00	192.50
Kalawewa	120.00 – 125.00	122.00	Badulla	320.00 – 420.00	370.00	Matara	–	
Kurunegala	105.00 – 126.00	114.00	Carrot			A'pura	110.00 – 130.00	118.00
Dehiattakandiya	120.00 – 125.00	122.33	N'Eliya	290.00 – 310.00	302.00	Luffa		
Nikaweratiya	105.00 – 125.00	113.60	Welimada	250.00 – 285.00	270.00	Dambulla	172.50 – 210.00	191.00
Ampara	125.00 – 130.00	127.67	Hanguranketha	–		Hambantota	–	
Long Grain (White)			Leeks			Embilipitiya	170.00 – 180.00	176.25
A'pura	113.00 – 117.00	114.60	N'Eliya	90.00 – 100.00	95.00	Matara	–	
P'naruwa	117.00 – 119.00	117.60	Welimada	65.00 – 80.00	74.00	A'pura	160.00 – 180.00	168.00
Kalawewa	110.00 – 115.00	112.80	Beetroot			Green Chillies		
Kurunegala	98.00 – 120.00	106.67	N'Eliya	80.00 – 90.00	84.00	Dambulla	140.00 – 162.50	149.00
Dehiattakandiya	115.00 – 116.00	115.33	Dambulla	70.00 – 90.00	81.50	Hambantota	–	
Embilipitiya	–		Kurunegala	–		Embilipitiya	250.00 – 280.00	265.00
Nikaweratiya	90.00 – 110.00	100.00	Welimada	65.00 – 85.00	75.00	Puttalam	–	
Hambantota	–		Hanguranketha	–		A'pura	200.00 – 240.00	216.00
Ampara	95.00 – 120.00	108.83	Knol Khol			Pumpkin		
Long Grain (Red)			N'Eliya	45.00 – 55.00	49.00	Dambulla	20.00 – 28.00	25.00
Matara	100.00 – 110.00	106.25	Welimada	45.00 – 60.00	52.00	Hambantota	–	
Hambantota	–		Hanguranketha	–		Embilipitiya	–	
Embilipitiya	110.00 – 112.00	110.75	Raddish			Matara	25.00 – 35.00	30.00
Keeri Samba			N'Eliya	55.00 – 65.00	59.00	A'pura	30.00 – 40.00	34.00
A'pura	133.00 – 140.00	135.80	Welimada	50.00 – 65.00	58.00	Moneragala	30.00 – 40.00	34.00
P'naruwa	134.00 – 136.00	135.20	Hambantota	–		Cucumber		
Kalawewa	133.00 – 138.00	135.20	Hanguranketha	–		A'pura	40.00 – 50.00	44.00
Kurunegala	115.00 – 134.00	124.17	Cabbage			Dambulla	36.00 – 45.00	40.20
Dehiattakandiya	130.00 – 132.00	130.67	N'Eliya	180.00 – 200.00	191.00	Hambantota	–	
Red Onion			Welimada	135.00 – 160.00	146.00	Matara	30.00 – 40.00	35.00
Puttalam	–		Badulla	100.00 – 130.00	115.00	Long Beans		
Jaffna	160.00 – 180.00	172.00	Hanguranketha	–		Dambulla	145.00 – 190.00	170.50
Big Onion			Tomato			Hambantota	–	
Dambulla	–		Welimada	65.00 – 80.00	74.00	Embilipitiya	200.00 – 220.00	207.50
Kalawewa	–		Hambantota	–		Matara	130.00 – 150.00	143.33
A'pura	–		Dambulla	67.00 – 76.00	73.00	A'pura	180.00 – 200.00	188.00
Potato			Hanguranketha	–		Ash Plantain		
N'Eliya	260.00 – 270.00	266.00	<u>Vegetable (Low Country)</u>			Hambantota	–	
Badulla	260.00 – 285.00	271.67	Ladies Fingers			Embilipitiya	30.00 – 50.00	40.00
Welimada	220.00 – 230.00	224.00	A'pura	70.00 – 90.00	78.00	Matara	35.00 – 40.00	38.33
<u>Pulses</u>			Dambulla	67.00 – 76.00	70.40	Lime		
Green Gram			Hambantota	–		Hambantota	–	
Hambantota	–		Embilipitiya	70.00 – 80.00	76.25	Embilipitiya	150.00 – 180.00	165.00
Moneragala	600.00 – 650.00	620.00	Matara	60.00 – 70.00	65.00	Moneragala	150.00 – 170.00	158.00
Embilipitiya	610.00 – 620.00	615.00	Brinjal			<u>Fruits (Rs/kg)</u>		
Nikaweratiya	400.00 – 450.00	425.00	A'pura	220.00 – 240.00	228.00	Banana		
A'pura	600.00 – 650.00	620.00	Dambulla	190.00 – 240.00	216.00	Ambul		
Cowpea			Hambantota	–		Moneragala	30.00 – 40.00	34.00
Hambantota	–		Embilipitiya	250.00 – 270.00	260.00	Embilipitiya	30.00 – 40.00	35.00
Nikaweratiya	450.00 – 500.00	472.50	Matara	200.00 – 230.00	216.67	Hambantota	–	
Moneragala	500.00 – 550.00	520.00	Welimada	250.00 – 280.00	270.00	Kolikuttu		
Embilipitiya	600.00 – 750.00	675.00	Capsicum			Moneragala	140.00 – 160.00	148.00
Maize			Badulla	430.00 – 510.00	470.00	Embilipitiya	110.00 – 130.00	118.00
A'pura	–		Welimada	360.00 – 400.00	384.00	Hambantota	–	
Kalawewa	–		Bitter Gourd			Papaw		
Gingelly			A'pura	180.00 – 220.00	196.00	Moneragala	80.00 – 90.00	84.00
A'pura	–		Dambulla	152.50 – 172.50	159.50	Embilipitiya	70.00 – 80.00	77.00
Kalawewa	–		Hambantota	–		Hambantota	–	
Black Gram			Embilipitiya	280.00 – 300.00	290.00	Pineapple		
A'pura	–		Matara	160.00 – 180.00	170.00	Divulapitiya	–	
Kalawewa	–							

Annex 01 - Colombo Markets: Retail Prices of Rice and Subsidiary Food Crops (Rs/kg)
Week 31: 01 - 07 Aug 2025

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CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<u>Rice</u>									
Local									
Samba 1	240.00 - 260.00	240.00 - 240.00	240.00 - 260.00	240.00 - 260.00	240.00 - 240.00	240.00 - 240.00	240.00 - 260.00	240.00 - 260.00	240.00 - 250.00
Samba 2	-	-	-	-	-	-	-	-	-
Keeri Samba	280.00 - 300.00	280.00 - 280.00	300.00 - 310.00	260.00 - 300.00	280.00 - 320.00	310.00 - 310.00	270.00 - 290.00	260.00 - 260.00	260.00 - 260.00
Nadu 1	230.00 - 240.00	230.00 - 230.00	230.00 - 240.00	230.00 - 240.00	230.00 - 230.00	230.00 - 240.00	230.00 - 240.00	230.00 - 230.00	230.00 - 240.00
Nadu 2	-	-	-	-	-	-	-	-	-
Raw (Red)	220.00 - 220.00	220.00 - 220.00	210.00 - 220.00	220.00 - 220.00	220.00 - 220.00	220.00 - 220.00	220.00 - 220.00	220.00 - 220.00	220.00 - 220.00
Raw (White)	210.00 - 220.00	220.00 - 220.00	210.00 - 220.00	220.00 - 220.00	220.00 - 220.00	220.00 - 220.00	210.00 - 220.00	220.00 - 220.00	220.00 - 220.00
Imported									
Samba	250.00 - 250.00	270.00 - 270.00	280.00 - 300.00	270.00 - 320.00	270.00 - 270.00	270.00 - 270.00	270.00 - 280.00	250.00 - 250.00	260.00 - 260.00
Nadu	-	-	-	-	-	-	-	-	-
Raw (Red)	-	-	-	-	-	-	-	-	-
Raw (White)	220.00 - 220.00	-	210.00 - 220.00	220.00 - 220.00	-	-	220.00 - 220.00	-	-
<u>Dried Chillies</u>									
Imported	700.00 - 750.00	1000.00 - 1000.00	800.00 - 1000.00	800.00 - 1000.00	650.00 - 800.00	850.00 - 900.00	650.00 - 850.00	700.00 - 700.00	800.00 - 900.00
<u>Red Onion</u>									
Sinnan	-	-	-	-	-	-	-	-	-
Vedalan	300.00 - 340.00	360.00 - 400.00	400.00 - 480.00	360.00 - 450.00	400.00 - 400.00	340.00 - 360.00	320.00 - 360.00	320.00 - 360.00	360.00 - 360.00
Imported	280.00 - 280.00	-	-	-	-	-	-	-	480.00 - 480.00
<u>Big Onion</u>									
Imported	140.00 - 140.00	150.00 - 160.00	150.00 - 160.00	150.00 - 160.00	160.00 - 160.00	160.00 - 160.00	120.00 - 140.00	130.00 - 140.00	150.00 - 160.00
Local	-	-	-	-	-	-	-	-	-
<u>Potato</u>									
Welimada	-	-	-	-	-	-	-	-	-
N'Eliya	400.00 - 400.00	440.00 - 480.00	440.00 - 480.00	400.00 - 480.00	440.00 - 480.00	-	400.00 - 400.00	400.00 - 400.00	460.00 - 520.00
Imported	180.00 - 220.00	220.00 - 240.00	220.00 - 240.00	200.00 - 240.00	240.00 - 240.00	240.00 - 240.00	190.00 - 200.00	200.00 - 240.00	220.00 - 240.00
<u>Pulses</u>									
Green Gram	850.00 - 850.00	900.00 - 900.00	1000.00 - 1000.00	960.00 - 1000.00	800.00 - 1000.00	880.00 - 900.00	800.00 - 900.00	800.00 - 800.00	900.00 - 1000.00
Cowpea (White)	900.00 - 1000.00	1000.00 - 1000.00	1200.00 - 1200.00	1000.00 - 1200.00	1000.00 - 1100.00	-	1000.00 - 1000.00	900.00 - 900.00	1200.00 - 1200.00
Cowpea (Red)	950.00 - 1000.00	1000.00 - 1000.00	1100.00 - 1200.00	1100.00 - 1200.00	1200.00 - 1200.00	1200.00 - 1200.00	1000.00 - 1000.00	1000.00 - 1000.00	1000.00 - 1200.00
Red Dhal	260.00 - 280.00	270.00 - 280.00	260.00 - 280.00	280.00 - 320.00	280.00 - 320.00	270.00 - 280.00	260.00 - 280.00	260.00 - 320.00	280.00 - 320.00

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

Week 31: 01 - 07 Aug 2025

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CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<u>Vegetable</u>									
Beans	600.00 - 700.00	700.00 - 750.00	600.00 - 650.00	680.00 - 750.00	750.00 - 750.00	650.00 - 680.00	650.00 - 700.00	600.00 - 680.00	640.00 - 680.00
Carrot	360.00 - 450.00	570.00 - 600.00	450.00 - 480.00	360.00 - 450.00	450.00 - 520.00	560.00 - 600.00	350.00 - 350.00	400.00 - 440.00	640.00 - 640.00
Leeks	180.00 - 250.00	360.00 - 400.00	400.00 - 400.00	320.00 - 400.00	240.00 - 280.00	240.00 - 280.00	180.00 - 200.00	240.00 - 300.00	320.00 - 400.00
Beetroot	160.00 - 180.00	320.00 - 340.00	320.00 - 340.00	340.00 - 340.00	220.00 - 240.00	260.00 - 280.00	150.00 - 160.00	300.00 - 320.00	340.00 - 340.00
Knolkhol	150.00 - 200.00	240.00 - 240.00	320.00 - 320.00	340.00 - 340.00	250.00 - 260.00	-	200.00 - 200.00	220.00 - 240.00	200.00 - 320.00
Raddish	120.00 - 150.00	230.00 - 240.00	240.00 - 260.00	260.00 - 260.00	240.00 - 250.00	200.00 - 220.00	160.00 - 160.00	240.00 - 240.00	200.00 - 260.00
Cabbage	280.00 - 300.00	320.00 - 340.00	400.00 - 400.00	320.00 - 350.00	320.00 - 360.00	400.00 - 400.00	250.00 - 260.00	300.00 - 400.00	320.00 - 480.00
Tomato	160.00 - 200.00	320.00 - 320.00	230.00 - 240.00	320.00 - 320.00	240.00 - 280.00	240.00 - 260.00	160.00 - 200.00	240.00 - 320.00	320.00 - 320.00
Ladies Fingers	160.00 - 200.00	200.00 - 200.00	280.00 - 280.00	280.00 - 320.00	240.00 - 260.00	260.00 - 280.00	160.00 - 160.00	240.00 - 240.00	240.00 - 320.00
Brinjal	350.00 - 420.00	220.00 - 250.00	450.00 - 480.00	480.00 - 480.00	450.00 - 480.00	400.00 - 400.00	350.00 - 400.00	240.00 - 400.00	400.00 - 400.00
Capsicum	500.00 - 560.00	560.00 - 600.00	750.00 - 800.00	700.00 - 800.00	550.00 - 560.00	800.00 - 800.00	600.00 - 600.00	500.00 - 600.00	640.00 - 800.00
Pumpkin	80.00 - 100.00	200.00 - 200.00	230.00 - 240.00	240.00 - 240.00	120.00 - 140.00	230.00 - 240.00	120.00 - 180.00	200.00 - 200.00	200.00 - 200.00
Cucumber	100.00 - 140.00	200.00 - 220.00	200.00 - 200.00	220.00 - 250.00	200.00 - 200.00	200.00 - 220.00	100.00 - 130.00	120.00 - 160.00	120.00 - 120.00
Bitter Gourd	280.00 - 300.00	230.00 - 240.00	450.00 - 480.00	480.00 - 480.00	340.00 - 360.00	260.00 - 280.00	350.00 - 400.00	400.00 - 450.00	300.00 - 480.00
Snake Gourd	250.00 - 300.00	320.00 - 340.00	350.00 - 360.00	400.00 - 400.00	350.00 - 380.00	320.00 - 320.00	300.00 - 320.00	240.00 - 300.00	400.00 - 400.00
Drumstick	400.00 - 450.00	450.00 - 480.00	400.00 - 400.00	560.00 - 600.00	450.00 - 500.00	400.00 - 450.00	300.00 - 400.00	400.00 - 400.00	600.00 - 600.00
Luffa	230.00 - 250.00	320.00 - 340.00	280.00 - 320.00	350.00 - 400.00	320.00 - 360.00	-	240.00 - 300.00	400.00 - 400.00	320.00 - 400.00
Long Beans	200.00 - 260.00	400.00 - 450.00	260.00 - 280.00	280.00 - 400.00	240.00 - 280.00	260.00 - 260.00	300.00 - 350.00	320.00 - 400.00	320.00 - 450.00
Ash Plantain	120.00 - 150.00	230.00 - 240.00	260.00 - 280.00	320.00 - 320.00	200.00 - 220.00	240.00 - 240.00	120.00 - 130.00	-	200.00 - 320.00
Green Chillies	300.00 - 400.00	550.00 - 600.00	550.00 - 600.00	750.00 - 750.00	360.00 - 400.00	550.00 - 600.00	350.00 - 400.00	600.00 - 640.00	600.00 - 750.00
Lime	300.00 - 400.00	450.00 - 500.00	600.00 - 600.00	560.00 - 600.00	400.00 - 400.00	500.00 - 600.00	300.00 - 340.00	300.00 - 300.00	600.00 - 600.00
<u>Root Crops</u>									
Sweet Potato	200.00 - 300.00	280.00 - 320.00	280.00 - 320.00	360.00 - 360.00	260.00 - 280.00	280.00 - 320.00	200.00 - 230.00	-	300.00 - 300.00
Manioc	160.00 - 180.00	200.00 - 220.00	230.00 - 240.00	220.00 - 240.00	200.00 - 220.00	200.00 - 240.00	160.00 - 160.00	180.00 - 200.00	200.00 - 220.00
<u>Leafy Vegetable</u>									
Mukunuwenna	50.00 - 60.00	80.00 - 80.00	70.00 - 70.00	70.00 - 80.00	70.00 - 70.00	60.00 - 70.00	80.00 - 80.00	80.00 - 80.00	80.00 - 80.00
Kankun	50.00 - 60.00	80.00 - 80.00	70.00 - 70.00	70.00 - 80.00	70.00 - 70.00	60.00 - 70.00	80.00 - 80.00	80.00 - 80.00	80.00 - 80.00
Gotukola	240.00 - 260.00	280.00 - 320.00	320.00 - 360.00	350.00 - 360.00	260.00 - 280.00	260.00 - 280.00	240.00 - 250.00	240.00 - 260.00	240.00 - 260.00
<u>Coconut</u>									
Large	180.00 - 190.00	180.00 - 180.00	200.00 - 210.00	205.00 - 215.00	200.00 - 220.00	200.00 - 220.00	200.00 - 200.00	200.00 - 200.00	200.00 - 200.00
Small	150.00 - 160.00	-	190.00 - 195.00	190.00 - 195.00	180.00 - 180.00	180.00 - 180.00	160.00 - 170.00	180.00 - 180.00	190.00 - 190.00

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

Week 31: 01 - 07 Aug 2025

	CROP	PELIYAGODA			MAHARAGAMA			KIRULAPONE			NUGEGODA			NARAHENPITA			DEMATAGODA			THOTALANGA			KADAWATHA			KIRIBATHGODA		
29	<u>Plantain</u>																											
	Ambul (Rs/Kg)	150.00	-	220.00	180.00	-	200.00	200.00	-	200.00	200.00	-	200.00	150.00	-	160.00	140.00	-	200.00	180.00	-	200.00	140.00	-	160.00	120.00	-	150.00
	Kolikuttu (Rs/Kg)	300.00	-	320.00	340.00	-	350.00	350.00	-	350.00	330.00	-	350.00	260.00	-	280.00	350.00	-	350.00	300.00	-	300.00	300.00	-	300.00	260.00	-	280.00
	Seeni (Rs/Kg)	150.00	-	200.00	180.00	-	200.00	200.00	-	200.00	200.00	-	200.00	150.00	-	150.00	180.00	-	200.00	160.00	-	180.00	160.00	-	160.00	150.00	-	150.00
	Anamalu	36.00	-	40.00	44.00	-	45.00	44.00	-	44.00	43.00	-	44.00	30.00	-	31.00	43.00	-	43.00	36.00	-	42.00	40.00	-	50.00	32.00	-	36.00
	Ambun	50.00	-	56.00	60.00	-	64.00	60.00	-	60.00	60.00	-	60.00	40.00	-	44.00	60.00	-	60.00	50.00	-	60.00	56.00	-	70.00	44.00	-	50.00
	<u>Pineapple</u>																											
	Large	390.00	-	570.00	460.00	-	500.00	430.00	-	500.00	455.00	-	520.00	390.00	-	470.00	325.00	-	455.00	340.00	-	400.00	400.00	-	460.00	340.00	-	400.00
	Medium	300.00	-	375.00	360.00	-	380.00	350.00	-	400.00	350.00	-	400.00	300.00	-	360.00	300.00	-	350.00	280.00	-	300.00	300.00	-	350.00	280.00	-	300.00
	Small	230.00	-	280.00	290.00	-	300.00		-		280.00	-	320.00	240.00	-	280.00	240.00	-	280.00	230.00	-	240.00	240.00	-	280.00	240.00	-	240.00
	<u>Mango</u>																											
	Betti		-			-			-			-			-			-			-			-			-	
	Karthakolomban	325.00	-	330.00		-			-		350.00	-	350.00		-		375.00	-	375.00		-			-			-	
	Vilad		-			-			-			-			-			-			-			-			-	
	Kohu		-			-			-			-			-			-			-			-			-	
	<u>Other Fruits</u>																											
	Wood Apple	100.00	-	120.00	160.00	-	180.00	160.00	-	167.00	150.00	-	167.00		-		120.00	-	120.00	120.00	-	160.00	140.00	-	160.00	140.00	-	180.00
	Orange	70.00	-	80.00	120.00	-	140.00	140.00	-	160.00	160.00	-	160.00	84.00	-	84.00	80.00	-	100.00	80.00	-	80.00	80.00	-	100.00	120.00	-	160.00
	Avocado	100.00	-	125.00	175.00	-	175.00	163.00	-	175.00	175.00	-	175.00	133.00	-	167.00	200.00	-	200.00	180.00	-	200.00	130.00	-	170.00	180.00	-	200.00
	Slime Apple	100.00	-	110.00	160.00	-	160.00	140.00	-	160.00	160.00	-	160.00		-		70.00	-	80.00	70.00	-	80.00	70.00	-	80.00	100.00	-	140.00
	Grapes (Rs/Kg)	1200.00	-	1400.00	2000.00	-	2300.00	2300.00	-	2300.00	2000.00	-	2300.00		-		2000.00	-	2000.00	2000.00	-	2200.00	2200.00	-	2300.00	1800.00	-	2200.00
	Papaw (Rs/Kg)	130.00	-	200.00	200.00	-	240.00	250.00	-	250.00	200.00	-	230.00	180.00	-	220.00	180.00	-	200.00	180.00	-	200.00	180.00	-	230.00	200.00	-	230.00
	Passion	55.00	-	60.00	70.00	-	80.00	80.00	-	90.00	80.00	-	100.00	60.00	-	80.00	60.00	-	60.00	55.00	-	60.00	80.00	-	80.00	80.00	-	100.00
	King Coconut	200.00	-	200.00	180.00	-	200.00	200.00	-	200.00	200.00	-	200.00	150.00	-	200.00	200.00	-	200.00	160.00	-	180.00	150.00	-	180.00	150.00	-	170.00

Annex 04 - Colombo Markets: Retail Prices of Sea Fish and Dried Fish (Rs/kg)
Week 31: 01 - 07 Aug 2025

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CROP	PELIYAGODA		MAHARAGAMA		KIRULAPONE		NUGEGODA		NARAHENPITA		DEMATAGODA		THOTALANGA		KADAWATHA		KIRIBATHGODA	
<u>Sea Fish</u>																		
Salaya	300.00	450.00	600.00	600.00	500.00	700.00	700.00	700.00	680.00	680.00	600.00	600.00	400.00	400.00	600.00	600.00	500.00	500.00
Hurulla	900.00	1000.00	1000.00	1000.00	-	-	900.00	900.00	960.00	960.00	1000.00	1000.00	900.00	900.00	950.00	950.00	1000.00	1000.00
Balaya	1000.00	1100.00	1600.00	1600.00	1600.00	1600.00	-	-	-	-	-	-	1000.00	1000.00	1400.00	1400.00	1400.00	1400.00
Kelawalla	1700.00	1800.00	2800.00	2800.00	2400.00	2600.00	2600.00	2600.00	2760.00	2760.00	2000.00	2000.00	2000.00	2000.00	2600.00	2600.00	2400.00	2400.00
Thora	1800.00	2000.00	3200.00	3200.00	3200.00	4000.00	3400.00	3400.00	4200.00	4200.00	3000.00	3000.00	3000.00	3000.00	3200.00	3200.00	2000.00	2000.00
Paraw	1450.00	1500.00	2400.00	2400.00	1400.00	2000.00	2600.00	2600.00	2600.00	2600.00	2000.00	2000.00	1400.00	1500.00	-	-	-	-
Mora	1200.00	1400.00	2000.00	2000.00	-	-	-	-	1800.00	1800.00	-	-	1600.00	1600.00	-	-	-	-
Shrimps Small	1500.00	1600.00	2100.00	2200.00	2000.00	2200.00	2200.00	2200.00	1500.00	1500.00	2200.00	2200.00	2000.00	2000.00	1500.00	1500.00	-	-
Talapath	1900.00	2000.00	3200.00	3200.00	3000.00	3200.00	2800.00	2800.00	3300.00	3300.00	2800.00	2800.00	3000.00	3000.00	3000.00	3000.00	3000.00	3000.00
<u>Eggs (Rs/egg)</u>																		
Brown	31.00	31.00	-	-	34.00	34.00	33.00	36.00	-	-	-	-	33.00	35.00	35.00	36.00	34.00	34.00
White	30.00	30.00	30.00	30.00	33.00	33.00	30.00	35.00	33.00	35.00	-	-	30.00	30.00	30.00	30.00	32.00	32.00
<u>Dried Fish</u>																		
Sprats	1800.00	1800.00	2200.00	2200.00	1800.00	1800.00	1800.00	2400.00	-	-	-	-	2300.00	2300.00	2200.00	2200.00	2400.00	2400.00
Kattawa	1800.00	2400.00	2000.00	2000.00	2600.00	2600.00	2800.00	2800.00	2600.00	2600.00	2600.00	2600.00	-	-	2600.00	2600.00	2200.00	2800.00
Thora	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Mora	-	-	2400.00	2800.00	3200.00	3200.00	2800.00	3000.00	-	-	3000.00	3000.00	2600.00	2600.00	2700.00	2700.00	2600.00	3000.00
Balaya	1600.00	1800.00	2000.00	2000.00	2600.00	2600.00	2000.00	2400.00	-	-	2500.00	2500.00	2200.00	2200.00	2200.00	2200.00	2000.00	2600.00
Anguluwa	2400.00	2400.00	2400.00	2400.00	-	-	2600.00	2800.00	-	-	-	-	-	-	2600.00	2600.00	2800.00	2800.00
Salaya	800.00	1000.00	800.00	1200.00	-	-	1200.00	1200.00	1200.00	1200.00	1200.00	1200.00	1000.00	1000.00	1000.00	1000.00	-	-
<u>Meat</u>																		
Beef (without Bones)	-	-	2700.00	2700.00	2800.00	2800.00	-	-	2700.00	2700.00	-	-	2600.00	2600.00	2800.00	2800.00	-	-
Chicken (Broiler)	1320.00	1320.00	1420.00	1420.00	1380.00	1380.00	1400.00	1400.00	1400.00	1400.00	1350.00	1350.00	1350.00	1350.00	1400.00	1400.00	1400.00	1400.00
Chicken (Curry)	-	-	1400.00	1400.00	1380.00	1380.00	1150.00	1150.00	1200.00	1200.00	1150.00	1150.00	1150.00	1150.00	1200.00	1200.00	1200.00	1200.00
Mutton	-	-	3800.00	3800.00	3900.00	3900.00	-	-	4000.00	4000.00	3800.00	3800.00	3600.00	3600.00	3900.00	3900.00	4000.00	4000.00
Pork	-	-	2400.00	2400.00	2500.00	2500.00	-	-	-	-	-	-	-	-	2200.00	2200.00	2200.00	2200.00

Annex 05 : Food Composition of Selected Food Commodities

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

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

Coconuts nuts	390	3.67	39.92	-	0.05	0.11	14.86	-				
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Root Crop												
Sweet potato	108	1.27	0.33	NA	0.04	0.09	14.44	22.2	28.93	21.05	0.51	0.14
Manioc	78	0.92	0.19	NA	0.07	0.2	0.1	1.95	25.31	19.08	19.78	23.73
Nelum ala/Lotus root	79	1.94	0.93	NA	0.05	0.19	26.49	26.63	37.71	26.58	3.34	0.35
Kiriala	87	3.96	0.15	1.19	0.03	0.16	20.17	2.71	30.79	41.52	0.6	0.42
Iniala	103	3.2	0.3	33.14	0.01	0.22	22.19	13.03	40.99	28.98	1.31	0.29
Leafy Vegetables												
Mukunuwanna	28	3.15	0.55	92.25	0.09	0.27	96.14	3.24	135	45.38	1.7	1.03
Gotukola	15	0.64	0.47	226	0.07	0.23	70.11	6.74	96.31	41.42	1.25	0.66
Kankun	15	0.47	0.37	1614	0.08	0.4	33.69	19.82	49.21	18.35	1.32	0.44
Kathurumurunga	70	8.01	1.35	2097	0.33	0.22	120	121	901	96.64	4.36	0.53
Nivithi	22	2.2	0.47	959	0.06	0.11	74.05	10.26	163	61.37	1.49	0.67
Thampala	32	3.55	0.72	1474	0.21	0.22	74.27	82	258	209	3.5	1.4
Sarana	20	2.42	0.21	1149	0.03	0.13	58.54	9.89	59.57	42.93	0.13	0.75
Kohila leaves	33	4.1	0.83	300	0.02	0.17	56.76	5.56	19.5	20.32	0.25	0.3
Onion leaves	27	2.01	0.26	NA	0.04	0.18	56.8	23.38	35.21	74.95	3.15	0.77
Cabbage leaves	30	3.63	0.27	8.66	0.05	0.24	63.46	40.76	170	18.47	2.67	0.35
Salad leaves	19	1.05	0.24	NA	0.1	0.06	37.48	11.64	58.23	36.89	2.07	0.27
Cauliflower	23	2.09	0.48	0.14	0.06	0.11	46.67	50.17	22.44	18.52	0.76	0.27
Jackfruit pods	25	2.14	0.34	NA	0.03	0.04	30.7	24.77	37.32	26.08	0.3	0.17
Jackfruit seeds	77	5.66	0.44	NA	0.02	0.08	58.91	15.24	40.87	50.14	0.52	0.42
Meat												
Chicken	176	23.14	9.24	6.88	0.07	0.49	10.09	-	15.06	20.18	0.75	0.64
Beef	160	23.3	7.45	2.15	0.08	0.32	1.93	-	4.8	28.54	2.41	3.31
Mutton	138	20.37	6.23	2.7	0.13	0.28	1.73	-	7.58	19.5	1.62	5.05
Pork	161	18.83	9.5	1.9	0.09	0.28	8.15	-	6.58	8.9	0.79	0.8
Fish												
Balaya	96	21.28	1.12	21.01	0.15	0.12	7.89		6.45	26.02	0.68	0.46
Seer	136	22.28	5.18	81.9	0.07	0.16	15.45		9.85	36.73	0.41	0.74

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

Dried Fish

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

Eggs

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

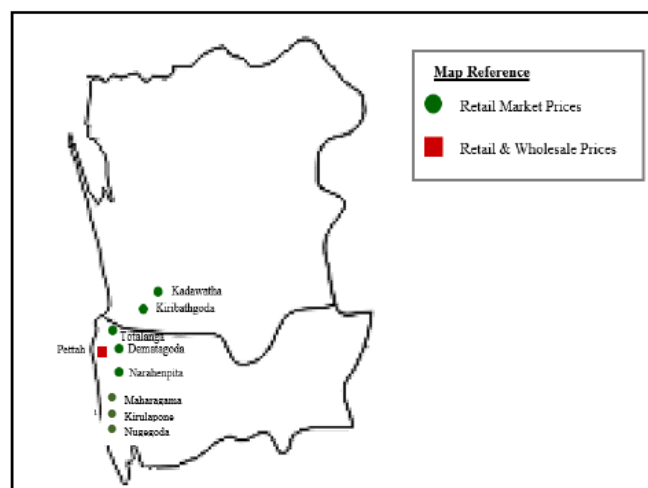
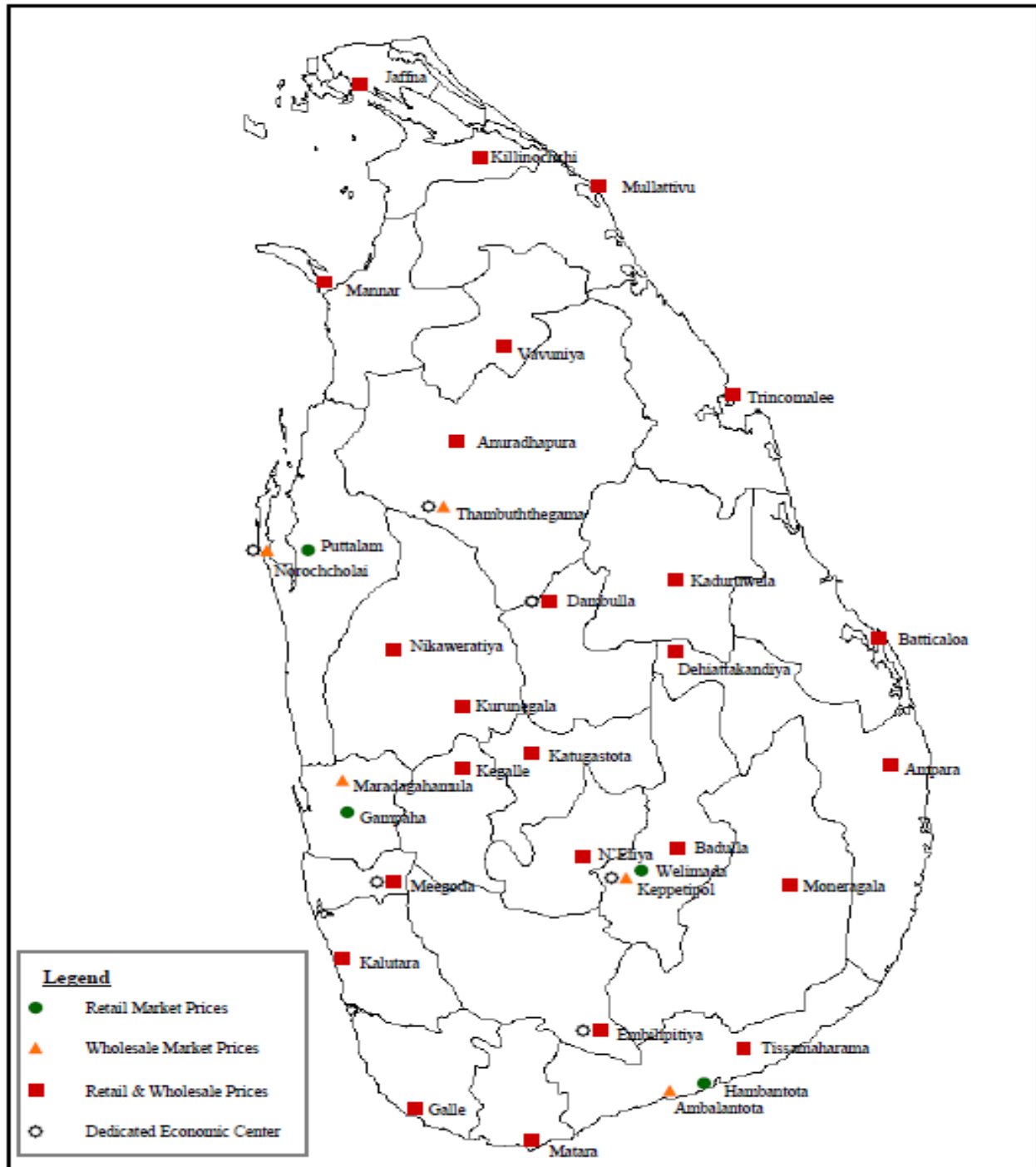
Fruits

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

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

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

Price Collecting Areas





HARTI



Ministry of Agriculture

Food Systems and Market Research Division & Data Management Division

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දෛනික චළච්චි තොග මිල, ජංගම දුරකථනයෙන්
හෙක්ටර් කොච්ඡකඩුව ගොවි කරියතු පර්යේෂණ හා පුහුණුවිරමේ ආයතනය අනුග්‍රහයෙන්

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