

## RETAIL MARKET AT A GLANCE

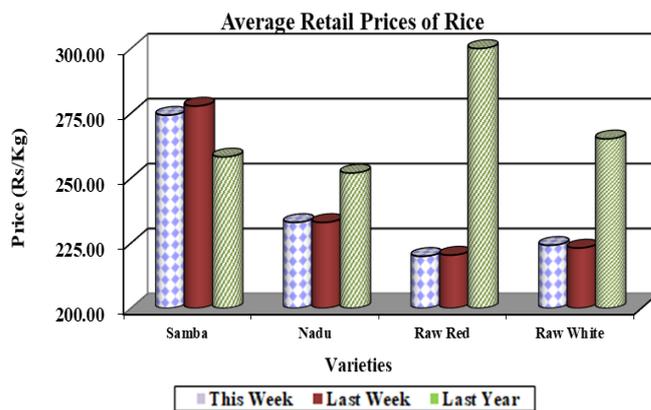
### Summary

#### Paddy/ Rice

The highest price increase of Rs.2.00/kg was recorded for local keeri samba. While, the highest price decreased of Rs.4.00/kg was recorded for local samba. Further, retail price of local nadu and local raw red had remained same as last week. Compared to the same period of the last year the highest price increase of 38% was recorded for local keeri samba.

The average price of long grain white paddy has decreased considerably by Rs.3.00-9.00/kg in major producing areas and prices have ranged Rs.110.00-129.00/kg. Further, price decrease of Rs.3.00/kg reported in Hambantota for long grain red paddy. Farmgate price for long grain red paddy have range between Rs.115.00-120.00/kg in major producing areas in Southern province.

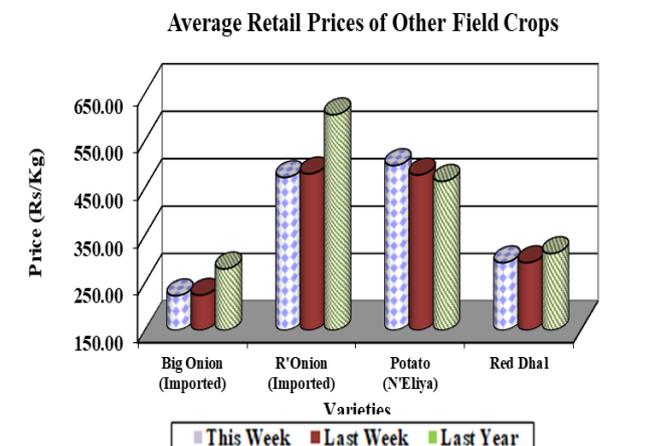
(Page No.01-02)



#### Other Field Crops

Prices of both imported red onions and imported big onions has decreased by Rs.8.00/kg and Rs.1.00/kg respectively. Meanwhile, the prices of both Nuwara-Eliya and imported potatoes have increased. The highest price increase of Rs.20.00/kg was recorded for Nuwara Eliya potatoes. Compared to the same period of the last year, a price increase of 7% was recorded for Nuwara-Eliya potato.

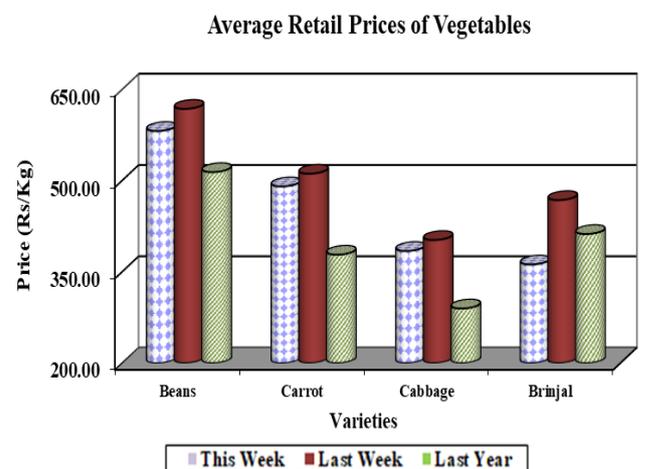
(Page No.02-03)



#### Vegetables

Retail prices of most of the vegetable varieties has decreased in line with the downward wholesale price trend as the commencement of the maha harvesting season. Considering the up-country vegetables, the highest price decrease was reported for beetroot at Rs.146.00/kg, while beans decreased by Rs.36.00/kg. Considering low-country vegetable varieties, the highest price decrease was reported for brinjal at Rs.106.00/kg.

(Page No.04-05)



#### Coconut

Prices of large and small nuts decreased by Rs.1.00/nut and Rs.4.00/nut respectively. The price ranges were Rs.175.00-200.00 for a large nut and Rs.140.00-185.00 for a small nut. Compared to the same period of last year, the current retail prices of large and small nuts have decreased by 7% and 4%, respectively.

(Page No.05)

## Rice

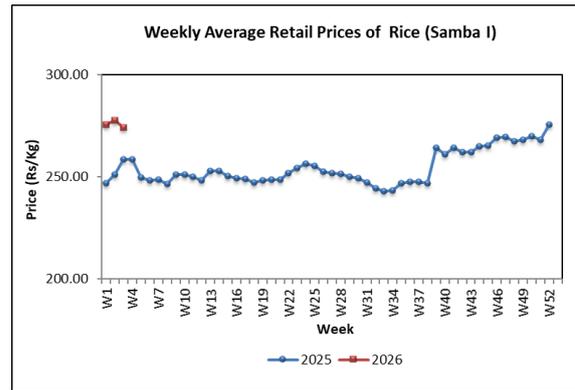
### Wholesale

Prices of most of the local rice varieties have slightly decreased due to the availability of sufficient stocks. Highest price decrease of 2% recorded for samba grade I and raw white and price ranged Rs.260.00-265.00/kg and Rs.205.00-215.00/kg. Imported ponni samba was also available at the market and price ranged Rs.225.00-235.00/kg.

Compared to same period of last year, the highest price increase of 37% recorded for keeri samba while the highest price decrease was recorded for raw red with 9%.

### Retail

Prices of local keeri samba and local raw white have increased. The prices of local samba and imported samba have decreased. There is no significant change in the retail price of local nadu and local raw red. The highest price increase of Rs.2.00/kg was recorded for local keeri samba. The highest price decreased of Rs.4.00/kg was recorded for local samba.



Compared to the same period of the last year the highest price increase of 38% was recorded for local keeri samba while the highest price decreased of 27% was recorded for local raw red.

## Paddy

The average farmgate prices of short grain (samba), keeri samba and long grain red paddy varieties have not changed considerably while the average farmgate price of long grain white paddy has decreased. Accordingly, the average producer prices for short grain and keeri samba paddy have ranged Rs.135.00-156.00/kg and Rs.160.00-175.00/kg respectively. However, the average price of long grain white paddy have decreased considerably by Rs.3.00-9.00/kg in major producing areas and prices have ranged Rs.110.00-129.00/kg. Further, it was reported Rs.3.00/kg prices decrease in Hambantota for long grain red paddy have ranged Rs.115.00-120.00/kg in major producing areas in Southern province.

Compared to the same period of last year, the average farmgate price of short grain and keeri samba paddy have increased by 2%-25% and the highest for keeri samba paddy. However, the average price of long grain white and red paddy varieties has decreased by 12%-35%.

### Dried Chilies

#### Wholesale

The price of imported dried chilies has not changed significantly and price ranged Rs.700.00-780.00/kg.

Compared to same period of last year, current wholesale price of imported dried chilies has increased by 10%.

#### Retail

Price of imported dried chilies has increased by Rs.28.00/kg and price ranged Rs.900.00-1200.00/kg.

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

### Onion

#### Wholesale

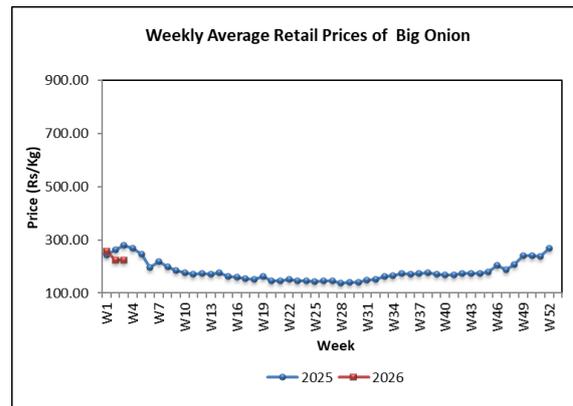
Price of sinnan onion has increased by 4% and price ranged Rs.170.00-200.00/kg, Price of imported red onion has decreased

by 3% and price ranged Rs.280.00-300.00/kg. Price of imported big onion has decreased by 13% due to availability of sufficient stocks and price ranged Rs.100.00-150.00/kg.

Compared to same period of last year, current wholesale price of imported red onion and imported big onion has decreased by 41% and 39% respectively.

#### Retail

Prices of imported red onions and imported big onions has decreased by Rs.8.00/kg and Rs.1.00/kg respectively.



Compared to the same period of the last year, the highest price decreased of 22% was recorded for imported red onions.

### Potato

#### Wholesale

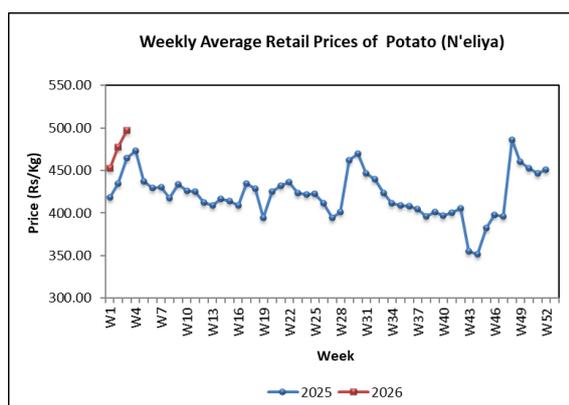
The Price of Nuwara Eliya potato has not changed significantly and price ranged Rs.400.00-430.00/kg. The price of

imported potato has decreased by 11% due to availability of sufficient stocks and price ranged Rs.130.00-290.00/kg.

Compared to same period of last year, current wholesale price of Nuwara Eliya potato and imported potatoes have increased by 22% and 20% respectively.

### Retail

The prices of Nuwara-Eliya and imported potatoes have increased. The highest price increased of Rs.20.00/kg was recorded for Nuwara Eliya potatoes.



Compared to the same period of the last year, highest price increase of 7% was recorded for Nuwara-Eliya potato and highest price decreased of 2% was recorded for imported potato.

### Pulses

#### Wholesale

Price of green gram has decreased by 2% price ranged Rs.600.00-700.00/kg. Price of white cowpea and red cowpea have decreased by 3% and 4% and price ranged Rs.750.00-800.00 and Rs.800.00-850.00/kg. Red dhal has not changed significantly and price ranged Rs.245.00-255.00/kg.

Compared to same period of last year current whole sale price of the highest price increase of 4% was recorded for white cowpea and the highest price decrease of 9% recorded for red dhal.

#### Retail

The prices of all types of pulses varieties expect for red dhal have increased. The highest price increased of Rs.79.00/kg was recorded for green gram due to low supply of stocks at the market.

Compared to the same period of the last year, highest price increase of 35% was recorded for white cowpea and highest price decreased of 6% was recorded for red dhal.

## Vegetables

### Wholesale

Prices of all types of the up-country vegetables and most of the low county vegetables have decreased, with increased supply from most of major producing areas, due to the commencement of the maha harvesting season.

Among the upcountry vegetable varieties, the highest price decrease of 21% reported for beetroot, with increased supply from Nuwara Eliya and Jaffna areas. Similarly, prices of raddish have also decreased by 17%, due to increased supply from Nuwara Eliya, Bandarawela, Puttalam and Welimada areas. In addition, prices of other up-country vegetables have also decreased in the range of 1%-12%, due to high supply.

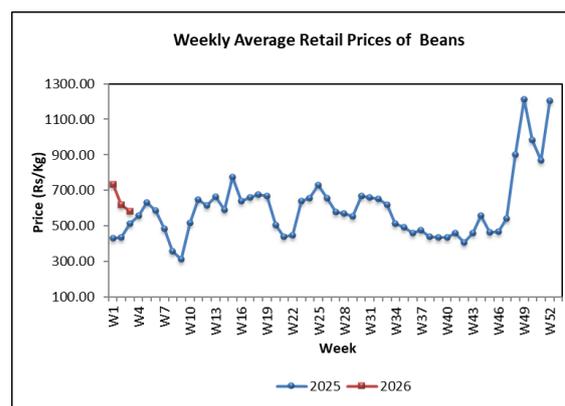
Considering the low-country vegetables, the most of the vegetable varieties have decreased, with increased supply from Producing areas. The highest price decrease was reported for brinjal (33%), due to increased supply from Balangoda, Embilipitiya, Hambanthota, Bandarawela and Hanguranketha areas. In addition, prices of pumpkin have also decreased by 20%, with increased supply from Monaragala, Embilipitiya, Jaffna and Melsiripura. While the prices of other low country vegetables except lady finger,

bitter gourd and luffa have decreased in the range of 5%-16%, with increased supply from major producing areas. Prices of green chily have decreased further by 27%, with increased supply from Balangoda Embilipitiya Thalawakele, Bandarawela and Jaffna. Due to High supply, price of lime has decreased by 13%.

Compared to the same period of last year, the prices of most of the vegetables have increased, with the highest price increase of 78% reported for bitter gourd.

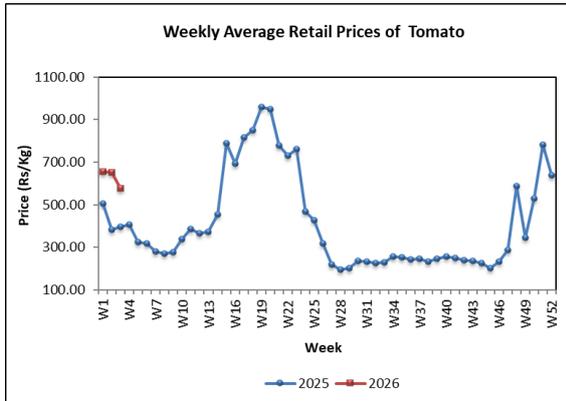
### Retail

Retail prices of most of the vegetable varieties decreased. Considering the up-country vegetables, the highest price decrease was reported for beetroot at Rs.146.00/kg, while beans decreased by Rs.36.00/kg.



Considering low-country vegetable varieties, the highest price decrease was reported for brinjal at Rs.106.00/kg. While

chilies decreased by Rs.96.00/kg. While lime has decreased by Rs.84.00/kg.



Compared to the same period last year, prices of most varieties have increased, with a notable 47% increase reported for tomatoes.

### Coconut

#### Wholesale

Supplies of coconut have increased, from major producing areas. Prices of both large and small nuts have decreased by 3% and 2% respectively. Price ranges were Rs.155.00-165.00 for a large nut and Rs.135.00-145.00 for a small nut.

Compared to the same period of last year, the current wholesale prices of both large and small nuts have decreased by 17% and 16% respectively.

#### Retail

Prices of both large and small nuts decreased by around Rs.1.00/nut and

Rs.4.00/nut respectively. The price ranges were Rs.175.00-200.00 for a large nut and Rs.140.00-185.00 for a small nut.

Compared to the same period of last year, the current retail prices of large and small nuts have decreased by 7% and 4%, respectively.

### Fruits

#### Wholesale

Prices of most of the fruit varieties have decreased due to high supply. The highest price decrease of 29% was reported for local orange. Price of ambul banana has decreased by 16% due to adequate amount of supply. However, prices of passion fruit, papaw and karthakolomban mango increased by 34%, 18% and 13% respectively due to limited supply.

Compared to the same period of last year, prices of most of fruit varieties have increased while the highest price increase of 146% reported for papaw.

#### Retail

Retail prices of most of the fruit varieties have decreased. The highest price decrease was reported for orange (local) by Rs.31.00/fruit. Prices of ambul banana and kolikuttu banana have decreased by

Rs.16.00/kg and Rs.9.00/kg respectively. Also, Prices of anamalu banana and ambun banana have decreased by Rs.5.00/fruit per each. However, the price of imported grapes has increased by Rs.101.00/kg.

Compared to the same period of last year, current prices of most of the fruits have decreased and the highest price decrease was reported for orange (local) as 29%.

**Fresh Fish**

**Wholesale**

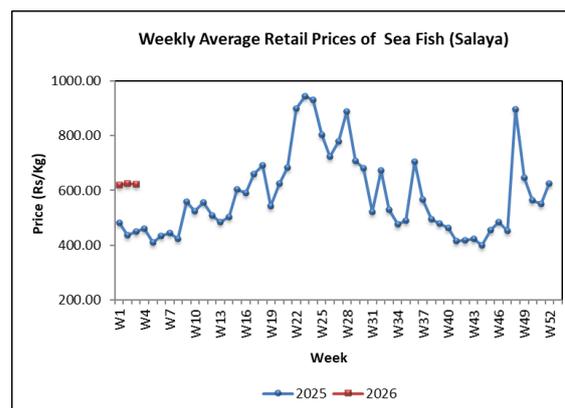
The prices for most fresh fish types have decreased in the range of 1% to 23%. The highest price decrease was noted for paraw as 23% and the prices ranged between Rs.1000.00-1400.00 The second highest price decrease was noted for thora as 20%. Price of hurulla has increased by 32%. Price of prawns has increased by 18%.

Compared to the same period of last year, current wholesale prices of most of the fresh fish types have increased in the range of 2%-50% and the highest price increase was noted for mora.

**Retail**

Retail prices of fish species other than balaya, paraw and shrimp have decreased.

The fish price decrease was recorded in the range of Rs.3-561.00/kg. The maximum price decrease was recorded for thora at Rs.561.00/kg. The second and third price decreases were recorded for thalapath and kelawalla and the level of decrease was Rs.92.00 and Rs.34.00/kg respectively.



Compared to the same period last year, retail prices of most fish species have increased in the range of 10%-37% with the maximum price increase being recorded for salaya at 37%.

**Dried Fish**

**Wholesale**

Prices of most of the local and dried fish types have increased in the range of 1%-89%. The highest price increase of 89% was noted for imported mora. The second highest price increase of 37% was noted for local thora. Price of local madu has decreased by 4%.

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

### **Retail**

Except for mora, imported sprats and local sprats, the retail prices of dried fish species such as anguluwa, katta, thora, mora, maduwa and balaya have increased. The price increase was recorded in the range of Rs.8.00-125.00/kg. The maximum price increase was recorded for local thora and it was Rs.125 .00/kg. The second and third highest price increases were recorded for imported katta and balaya, which were Rs.22.00/kg and Rs.21.00/kg respectively. The maximum price decrease was for local sprats, which was recorded at Rs.144.00/kg.

Compared to the same period last year, the retail prices of all types of dried fish, except salaya, have increased in the range of 4%-23%, with the maximum price increase recorded for katta at 23%.

### **Eggs**

#### **Wholesale**

The prices of brown and white eggs have increased by 2% and 6% respectively.

Price range of a brown egg was Rs.28.00-33.00 and the price range of a white Egg was Rs. 26.00-32.00.

Compared to the same period of last year, current wholesale price of brown and white eggs have decreased by 10% and 7% respectively.

### **Retail**

The prices of both brown and white eggs have increased by Rs.1.00 and price range was Rs. 31.00-35.00 for brown egg and Rs.28.00-34.00 for white egg.

Compared to the same period last year, the retail price of brown egg has decreased by 8% and the retail price of white egg has decreased by 11%.

### **Meat**

#### **Retail**

There has been no change in the prices of beef and pork compared to the previous week. Regarding remaining types, the retail prices of skinless broiler chicken and skinless curry chicken, have decreased. The maximum price decrease was reported as Rs.69.00/kg for skinless curry chicken. The price decrease for skinless boiler chicken was reported as Rs.56.00. regarding the price increase, the price

of mutton has increased by Rs.33.00/kg.

Compared to the same period last year, retail prices of all meats increased by 10%-133%. The highest price increase was recorded at 133% for pork.

#### 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 03:16 - 22 Jan 2026

LOCATIONS	Rice Varieties													
	Samba 1		Samba 2		Keeri Samba		Nadu 1		Nadu 2		Raw Red		Raw White	
Colombo	13000	13250	12750	12900	17000	18000	11100	11250	10900	11000	10250	10500	10250	10750
Divulapitiya	13100	14000	12500	13000	16000	17000	11250	11400	10600	11100	10000	10600	9950	10550
Kurunegala	-	-	-	-	17000	17000	11350	11400	10500	10750	-	-	10250	10300
Nikaweratiya	-	-	-	-	16750	17250	11200	11450	10400	10700	-	-	10000	10250
Badulla	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Puttalam	13600	13750	13000	13000	16750	17250	11400	11500	10500	10750	10500	10500	10000	10250
Dambulla	12900	13000	12000	12050	-	-	11350	11400	10900	11000	10500	10600	10350	10500
Anuradhapura	-	-	11750	11900	17000	17500	11250	11400	-	-	10500	10750	10500	10750
Tambuttegama	13750	14000	11800	11900	-	-	11300	11400	10600	10950	10750	10900	10600	10800
Polonnaruwa	-	-	-	-	-	-	11150	11250	-	-	10800	10900	10850	10900
Kalutara	13500	13500	-	-	17250	17500	11250	11400	10750	11000	10250	10750	10600	10750
Ampara	-	-	-	-	-	-	11500	11500	11200	11250	9500	10000	10000	10000
Kandy	13250	13500	12250	12500	17000	17250	11100	11300	10750	10900	10400	10500	10500	10750
Moneragala	-	-	11750	11900	17000	17500	11350	11400	-	-	9500	10250	9750	10250
Kegalle	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Dehiattakandiya	13000	14000	11750	11750	17500	17500	11250	11250	10750	10900	10250	10750	10000	10750
Hambantota	-	-	-	-	-	-	-	-	10900	11000	9250	9400	9750	10000
Matara	-	-	-	-	-	-	11450	11500	11200	11250	9300	9500	10200	10300
Galle	-	-	-	-	12750	13000	11250	11400	-	-	9500	10250	9750	10500
Meegoda	-	-	12000	12100	-	-	10900	11000	10500	10800	9500	9750	10200	10250
Tissamaharama	-	-	11950	11950	-	-	11400	11450	-	-	9200	9300	10200	10350
Embilipitiya	-	-	11950	12000	16700	16750	11300	11350	10400	10500	9100	9250	10000	10100
Jaffna	-	-	-	-	17100	17200	11300	11500	-	-	10000	10200	10000	10200
Vavuniya	-	-	-	-	-	-	11250	11500	-	-	10500	10750	10400	10700
Mannar	-	-	12250	12400	16500	17000	11000	11250	-	-	10500	10750	10250	10500
Killinochchi	-	-	-	-	-	-	11250	11400	-	-	10250	10400	10700	10900
Mullattivu	-	-	12100	12300	-	-	10900	11100	-	-	10000	10350	10750	10800
Batticaloa	-	-	12750	12900	17500	18000	11250	11500	-	-	10250	10500	10250	10500
Trincomalee	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Galenbindunuwew	-	-	-	-	-	-	11350	11450	11050	11150	10600	10950	10400	10900
Matale	14000	14500	13000	13250	17000	17500	11250	11300	10900	11000	10500	10600	9750	10250

09

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

Week 03:16 - 22 Jan 2026

LOCATIONS	Rice Varieties													
	Samba 1		Samba 2		Keeri Samba		Nadu 1		Nadu 2		Raw Red		Raw White	
Colombo	270.00	280.00	-	-	360.00	380.00	230.00	240.00	-	-	220.00	220.00	220.00	230.00
Gampaha	-	-	-	-	-	-	230.00	230.00	-	-	220.00	220.00	220.00	220.00
Kurunegala	-	-	-	-	-	-	230.00	230.00	225.00	225.00	220.00	220.00	215.00	220.00
Nikaweratiya	-	-	-	-	350.00	365.00	230.00	235.00	214.00	218.00	-	-	210.00	215.00
Dambulla	265.00	270.00	240.00	245.00	350.00	360.00	228.00	230.00	222.00	225.00	215.00	220.00	215.00	218.00
Anuradhapura	-	-	240.00	245.00	350.00	370.00	230.00	230.00	-	-	215.00	220.00	215.00	220.00
Thambuththegama	280.00	280.00	240.00	240.00	360.00	360.00	230.00	230.00	227.00	228.00	215.00	220.00	215.00	218.00
Polonnaruwa	-	-	240.00	240.00	-	-	230.00	230.00	-	-	220.00	220.00	220.00	220.00
Kaluthara	280.00	290.00	-	-	350.00	360.00	230.00	230.00	220.00	225.00	210.00	220.00	216.00	220.00
Badulla	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Keppetipola	270.00	275.00	-	-	360.00	370.00	228.00	230.00	224.00	226.00	200.00	205.00	205.00	206.00
Moneragala	-	-	240.00	245.00	350.00	360.00	230.00	230.00	-	-	195.00	210.00	200.00	210.00
Kegalle	280.00	280.00	-	-	-	-	230.00	230.00	-	-	220.00	220.00	215.00	220.00
Ampara	-	-	240.00	240.00	350.00	350.00	230.00	230.00	223.00	225.00	200.00	220.00	188.00	220.00
Dehiattakandiya	270.00	290.00	240.00	240.00	360.00	360.00	230.00	230.00	220.00	220.00	210.00	220.00	210.00	220.00
Nuwaraeliya	275.00	280.00	-	-	370.00	380.00	230.00	230.00	225.00	226.00	206.00	210.00	208.00	212.00
Kandy	270.00	280.00	250.00	255.00	350.00	360.00	230.00	232.00	220.00	225.00	218.00	220.00	218.00	220.00
Puttalam	275.00	280.00	250.00	260.00	350.00	360.00	230.00	230.00	220.00	220.00	220.00	220.00	210.00	220.00
Hambantota	-	-	-	-	-	-	230.00	230.00	-	-	190.00	190.00	208.00	210.00
Rathnapura	275.00	290.00	-	-	370.00	380.00	230.00	240.00	225.00	228.00	210.00	215.00	215.00	220.00
Matara	-	-	250.00	260.00	-	-	230.00	230.00	225.00	225.00	190.00	200.00	210.00	212.00
Galle	-	-	245.00	260.00	350.00	370.00	230.00	230.00	-	-	200.00	220.00	200.00	220.00
Tissamaharama	-	-	240.00	240.00	-	-	230.00	230.00	-	-	189.00	195.00	205.00	210.00
Meegoda (DEC)	-	-	240.00	245.00	-	-	230.00	230.00	225.00	225.00	205.00	210.00	210.00	220.00
Embilipitiya	-	-	240.00	240.00	335.00	340.00	230.00	230.00	215.00	220.00	185.00	190.00	208.00	212.00
Jaffna	-	-	245.00	250.00	350.00	360.00	226.00	230.00	224.00	225.00	218.00	225.00	210.00	220.00
Vavuniya	-	-	-	-	-	-	235.00	240.00	-	-	220.00	225.00	215.00	220.00
Mannar	-	-	257.00	260.00	350.00	360.00	230.00	235.00	-	-	220.00	220.00	220.00	220.00
Killinochchi	-	-	-	-	-	-	230.00	235.00	-	-	210.00	215.00	220.00	225.00
Mullaittivu	-	-	246.00	250.00	-	-	-	-	220.00	225.00	205.00	210.00	220.00	225.00
Batticaloa	265.00	265.00	-	-	355.00	360.00	235.00	240.00	-	-	215.00	220.00	220.00	225.00
Trincomalee	-	-	250.00	250.00	350.00	350.00	225.00	230.00	-	-	215.00	220.00	215.00	220.00
Hanguranketha	-	-	240.00	240.00	-	-	228.00	230.00	-	-	216.00	218.00	215.00	220.00
Veyangoda	-	-	240.00	240.00	320.00	340.00	230.00	230.00	220.00	225.00	220.00	220.00	215.00	220.00
Galenbindunuwewa	-	-	-	-	-	-	230.00	230.00	225.00	225.00	215.00	220.00	210.00	220.00
Bandarawela	-	-	-	-	350.00	360.00	230.00	230.00	-	-	200.00	210.00	210.00	215.00
Matale	280.00	290.00	-	-	360.00	365.00	228.00	230.00	220.00	222.00	215.00	218.00	210.00	215.00

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

Week 03:16 - 22 Jan 2026

LOCATION	Dried Chillies	Red Onion		Big Onion	Potato			Pulses		
	Imported	Imported	Local		Imported	Welimada	Nuwara Eliya	Green Gram	Cowpea	Red Dhal
Colombo	35000 - 39000	14000 - 15000	-	5000 - 7500	6500 - 14500	-	20000 - 21500	30000 - 35000	37500 - 40000	12250 - 12750
Kurunegala	36500 - 37500	16500 - 17500	-	7250 - 7750	7000 - 7500	-	-	31000 - 32000	44500 - 45000	12250 - 12500
Nikaweratiya	34500 - 37500	16500 - 17500	-	7000 - 7500	7000 - 7500	-	-	30500 - 31500	44500 - 46000	12200 - 12500
Dehiattakandiya	39000 - 47500	17000 - 21000	-	7000 - 9000	7000 - 9500	-	-	31000 - 32500	37500 - 41000	12250 - 13500
Dambulla (DEC)	37000 - 37500	15000 - 15500	-	6000 - 7500	6000 - 6500	-	-	30000 - 32500	36500 - 37000	12250 - 12500
Anuradhapura	40000 - 43500	18000 - 19000	-	7500 - 8750	8000 - 9000	-	-	30000 - 32500	42500 - 47500	12500 - 13000
Thambuththegama	37500 - 41000	15750 - 17500	-	5500 - 8000	6250 - 7000	-	-	27500 - 29000	37500 - 40000	12500 - 12750
Polonnaruwa	43000 - 45500	17500 - 18500	-	8500 - 8750	8500 - 9000	-	-	35000 - 38000	45000 - 48000	-
Kaluthara	40500 - 43000	15000 - 15500	-	7500 - 8000	9000 - 10500	-	-	32500 - 35000	40000 - 45000	12500 - 13000
Puttalam	40000 - 42000	-	10000 - 15000	7500 - 8250	7250 - 7750	-	-	34000 - 35000	42500 - 43000	12900 - 13000
Kandy	39000 - 39500	17000 - 17500	-	5750 - 8000	7000 - 7500	-	19000 - 20000	30000 - 32500	38000 - 40000	12250 - 12500
Matara	39000 - 42000	17500 - 19000	-	7500 - 8700	9000 - 9500	-	-	31500 - 35000	40000 - 42500	12750 - 13500
Hambantota	40000 - 42500	16000 - 19000	-	7500 - 8250	8000 - 9000	-	17500 - 18500	30000 - 31250	37500 - 40000	12750 - 13000
Kegalle	40000 - 42000	15000 - 16000	-	7500 - 8000	7500 - 8000	-	-	35000 - 36000	37000 - 38000	-
Galle	39000 - 42500	18000 - 21000	-	8000 - 9000	8500 - 9500	-	-	30000 - 40000	41000 - 47500	12250 - 13000
Tissamaharama	41500 - 42500	18500 - 19000	-	7000 - 7500	8000 - 8250	-	17500 - 18000	26000 - 27500	-	-
Meegoda (DEC)	36500 - 37500	14500 - 16000	-	6500 - 7500	6000 - 6750	-	17000 - 19500	31000 - 32500	40000 - 42500	12400 - 12600
Jaffna	41500 - 41500	-	14500 - 14600	9500 - 9800	9000 - 9500	-	-	31000 - 31600	-	13000 - 13200
Vavuniya	42500 - 43500	-	-	8250 - 8750	8500 - 9500	-	-	27500 - 29000	-	12750 - 13250
Mannar	36250 - 37500	-	-	8500 - 9000	8500 - 8550	-	-	32000 - 32500	-	12250 - 12500
Killinochchi	39000 - 41000	-	17000 - 18000	8000 - 9000	8000 - 9000	-	-	32000 - 33000	-	12750 - 13000
Mullattivu	41500 - 43000	-	17000 - 18500	9000 - 9500	8500 - 10000	-	-	33000 - 35000	-	12500 - 12750
Batticaloa	35000 - 40000	-	-	6000 - 7500	10000 - 10000	-	20000 - 22500	32500 - 35000	37500 - 37500	12500 - 13500
Trincomalee	-	-	-	-	-	-	-	-	-	-
Galenbindunuwewa	42000 - 44000	17250 - 19250	-	8500 - 9500	7000 - 10000	-	-	30500 - 36500	40250 - 44000	12750 - 13750
Matale	40000 - 42500	16000 - 17000	-	7500 - 8000	6500 - 8000	-	-	29500 - 32500	39500 - 40000	-

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

Week 03:16 - 22 Jan 2026

LOCATIONS	Dried Chillies	Red Onion		Big Onion	Potato			Pulses		
	Imported	Imported	Local		Imported	Welimada	Nuwara Eliya	Green Gram	Cowpea	Red Dhal
Colombo	900.00 - 1200.00	400.00 - 600.00	-	180.00 - 260.00	180.00 - 280.00	-	440.00 - 560.00	750.00 - 1100.00	900.00 - 1300.00	260.00 - 320.00
Gampaha	960.00 - 1020.00	480.00 - 520.00	-	180.00 - 240.00	200.00 - 260.00	-	540.00 - 540.00	690.00 - 1000.00	900.00 - 1000.00	300.00 - 320.00
Kurunegala	840.00 - 1000.00	400.00 - 460.00	-	180.00 - 200.00	200.00 - 230.00	-	-	700.00 - 800.00	950.00 - 1000.00	270.00 - 300.00
Nikaweratiya	780.00 - 850.00	350.00 - 420.00	-	160.00 - 175.00	170.00 - 220.00	-	-	650.00 - 690.00	920.00 - 950.00	255.00 - 265.00
Dambulla	900.00 - 1000.00	400.00 - 460.00	-	180.00 - 200.00	180.00 - 200.00	-	-	750.00 - 850.00	850.00 - 950.00	260.00 - 270.00
Anuradhapura	900.00 - 1000.00	400.00 - 480.00	-	180.00 - 200.00	170.00 - 240.00	-	-	700.00 - 800.00	900.00 - 1100.00	260.00 - 280.00
Thambuththegama	900.00 - 950.00	400.00 - 460.00	-	160.00 - 200.00	160.00 - 210.00	-	-	650.00 - 730.00	880.00 - 960.00	258.00 - 265.00
Polonnaruwa	950.00 - 1000.00	400.00 - 440.00	-	180.00 - 210.00	220.00 - 240.00	-	-	700.00 - 800.00	1000.00 - 1100.00	260.00 - 280.00
Kaluthara	850.00 - 950.00	400.00 - 440.00	-	180.00 - 200.00	180.00 - 250.00	-	-	650.00 - 740.00	840.00 - 1000.00	255.00 - 270.00
Badulla	-	-	-	-	-	-	-	-	-	-
Keppetipola	880.00 - 900.00	380.00 - 400.00	-	180.00 - 190.00	180.00 - 190.00	380.00 - 400.00	-	700.00 - 750.00	880.00 - 900.00	280.00 - 290.00
Moneragala	900.00 - 1000.00	440.00 - 480.00	-	180.00 - 200.00	200.00 - 240.00	-	-	700.00 - 740.00	800.00 - 900.00	260.00 - 290.00
Kegalle	1000.00 - 1100.00	380.00 - 400.00	-	180.00 - 240.00	200.00 - 240.00	-	-	700.00 - 760.00	850.00 - 960.00	260.00 - 300.00
Ampara	830.00 - 900.00	380.00 - 420.00	-	170.00 - 180.00	150.00 - 200.00	-	440.00 - 460.00	600.00 - 700.00	800.00 - 950.00	250.00 - 260.00
Dehiattakandiya	820.00 - 1000.00	380.00 - 450.00	-	160.00 - 200.00	160.00 - 200.00	-	-	650.00 - 750.00	700.00 - 850.00	250.00 - 280.00
Nuwaraeliya	850.00 - 900.00	380.00 - 400.00	-	185.00 - 200.00	190.00 - 220.00	-	400.00 - 420.00	720.00 - 760.00	860.00 - 900.00	275.00 - 285.00
Kandy	900.00 - 1000.00	480.00 - 500.00	-	180.00 - 200.00	200.00 - 240.00	-	440.00 - 480.00	680.00 - 800.00	960.00 - 1000.00	280.00 - 300.00
Puttalam	850.00 - 950.00	-	400.00 - 480.00	170.00 - 200.00	170.00 - 200.00	-	-	700.00 - 850.00	850.00 - 1000.00	270.00 - 280.00
Rathnapura	880.00 - 1000.00	370.00 - 440.00	-	190.00 - 230.00	200.00 - 250.00	-	-	650.00 - 700.00	820.00 - 875.00	265.00 - 280.00
Hambantota	890.00 - 900.00	400.00 - 480.00	-	180.00 - 200.00	190.00 - 240.00	-	460.00 - 480.00	600.00 - 700.00	900.00 - 950.00	267.00 - 280.00
Matara	860.00 - 950.00	400.00 - 480.00	-	160.00 - 200.00	190.00 - 220.00	-	-	650.00 - 850.00	850.00 - 950.00	280.00 - 300.00
Galle	900.00 - 950.00	400.00 - 480.00	-	180.00 - 200.00	180.00 - 220.00	-	-	650.00 - 860.00	850.00 - 1100.00	260.00 - 280.00
Tissamaharama	890.00 - 960.00	400.00 - 440.00	-	180.00 - 210.00	180.00 - 200.00	-	420.00 - 440.00	580.00 - 600.00	-	260.00 - 280.00
Meegoda (DEC)	840.00 - 900.00	400.00 - 480.00	-	180.00 - 200.00	180.00 - 240.00	-	520.00 - 560.00	760.00 - 800.00	960.00 - 1250.00	260.00 - 280.00
Embilipitiya	870.00 - 900.00	350.00 - 360.00	400.00 - 430.00	160.00 - 190.00	170.00 - 200.00	-	-	700.00 - 750.00	820.00 - 860.00	260.00 - 300.00
Jaffna	950.00 - 1000.00	-	300.00 - 350.00	200.00 - 220.00	180.00 - 200.00	-	-	680.00 - 720.00	-	270.00 - 280.00
Vavuniya	900.00 - 920.00	-	-	180.00 - 190.00	200.00 - 240.00	-	-	600.00 - 650.00	-	275.00 - 285.00
Mannar	850.00 - 900.00	-	-	200.00 - 220.00	200.00 - 220.00	-	-	700.00 - 750.00	-	260.00 - 270.00
Killinochchi	840.00 - 860.00	-	380.00 - 420.00	190.00 - 220.00	190.00 - 220.00	-	-	680.00 - 720.00	-	265.00 - 275.00
Mullaittivu	850.00 - 880.00	-	350.00 - 380.00	-	180.00 - 220.00	-	-	680.00 - 720.00	-	255.00 - 260.00
Batticaloa	900.00 - 1000.00	-	-	250.00 - 280.00	240.00 - 250.00	-	500.00 - 550.00	700.00 - 750.00	900.00 - 950.00	250.00 - 270.00
Trincomalee	880.00 - 920.00	-	360.00 - 370.00	200.00 - 220.00	200.00 - 220.00	-	-	700.00 - 740.00	1050.00 - 1100.00	275.00 - 280.00
Hanguranketha	875.00 - 950.00	-	320.00 - 380.00	180.00 - 235.00	175.00 - 230.00	-	-	700.00 - 760.00	800.00 - 900.00	256.00 - 260.00
Veyangoda	800.00 - 1120.00	440.00 - 480.00	-	180.00 - 280.00	200.00 - 280.00	-	520.00 - 520.00	720.00 - 1000.00	1000.00 - 1200.00	260.00 - 300.00
Galenbindunuwewa	860.00 - 900.00	360.00 - 480.00	-	190.00 - 230.00	160.00 - 220.00	-	-	630.00 - 750.00	825.00 - 900.00	260.00 - 280.00
Bandarawela	850.00 - 950.00	400.00 - 460.00	-	160.00 - 200.00	180.00 - 220.00	380.00 - 420.00	-	700.00 - 800.00	850.00 - 950.00	260.00 - 280.00
Matale	900.00 - 950.00	360.00 - 480.00	-	180.00 - 200.00	170.00 - 240.00	-	-	680.00 - 760.00	880.00 - 900.00	250.00 - 268.00

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

Week 03:16 - 22 Jan 2026

Locations	Butter Beans	Green Beans	Carrot	Leeks	Beetroot	Knolkhol
Colombo	-	350.00 - 450.00	280.00 - 350.00	260.00 - 380.00	450.00 - 650.00	250.00 - 350.00
Meegoda (DEC)	-	450.00 - 500.00	320.00 - 380.00	300.00 - 350.00	420.00 - 450.00	230.00 - 280.00
Dambulla (DEC)	-	400.00 - 450.00	260.00 - 350.00	280.00 - 350.00	350.00 - 450.00	150.00 - 200.00
Keppetipola (DEC)	-	400.00 - 450.00	280.00 - 310.00	280.00 - 320.00	350.00 - 400.00	220.00 - 250.00
Norochchole (DEC)	-	450.00 - 500.00	420.00 - 480.00	420.00 - 460.00	450.00 - 500.00	-
Nuwara Eliya	-	430.00 - 450.00	350.00 - 360.00	290.00 - 310.00	360.00 - 380.00	250.00 - 260.00
Kandy	-	500.00 - 550.00	300.00 - 350.00	300.00 - 350.00	400.00 - 450.00	250.00 - 270.00
Hambantota	-	-	-	-	-	-
Thambuththegama (DEC)	-	430.00 - 500.00	380.00 - 420.00	350.00 - 400.00	450.00 - 520.00	-
Jaffna	-	-	-	-	-	-
Bandarawela	-	420.00 - 460.00	270.00 - 320.00	300.00 - 320.00	400.00 - 420.00	250.00 - 280.00
Veyangoda	-	420.00 - 480.00	280.00 - 350.00	280.00 - 320.00	420.00 - 450.00	200.00 - 250.00

Locations	Raddish	Cabbage	Tomato	Ladies Fingers	Brinjal	Capsicum
Colombo	80.00 - 130.00	150.00 - 250.00	350.00 - 450.00	200.00 - 250.00	100.00 - 250.00	500.00 - 600.00
Meegoda (DEC)	120.00 - 160.00	180.00 - 280.00	360.00 - 400.00	270.00 - 320.00	160.00 - 220.00	700.00 - 800.00
Moneragala	150.00 - 160.00	250.00 - 330.00	430.00 - 450.00	250.00 - 280.00	200.00 - 250.00	700.00 - 750.00
Dambulla (DEC)	70.00 - 100.00	150.00 - 200.00	320.00 - 350.00	200.00 - 230.00	160.00 - 200.00	600.00 - 700.00
Keppetipola (DEC)	60.00 - 80.00	150.00 - 180.00	280.00 - 300.00	190.00 - 200.00	180.00 - 200.00	600.00 - 700.00
Norochchole (DEC)	150.00 - 180.00	240.00 - 280.00	450.00 - 500.00	280.00 - 320.00	260.00 - 300.00	850.00 - 950.00
Nuwara Eliya	80.00 - 120.00	240.00 - 260.00	280.00 - 320.00	200.00 - 220.00	190.00 - 200.00	660.00 - 700.00
Kandy	120.00 - 150.00	180.00 - 200.00	350.00 - 400.00	240.00 - 260.00	200.00 - 230.00	500.00 - 550.00
Hambantota	150.00 - 200.00	-	350.00 - 400.00	240.00 - 270.00	150.00 - 200.00	750.00 - 800.00
Thambuththegama (DEC)	120.00 - 150.00	160.00 - 200.00	350.00 - 420.00	250.00 - 300.00	100.00 - 150.00	680.00 - 760.00
Tissamaharama	180.00 - 200.00	280.00 - 300.00	380.00 - 400.00	180.00 - 200.00	160.00 - 190.00	740.00 - 760.00
Jaffna	-	-	-	-	-	-
Bandarawela	70.00 - 90.00	160.00 - 200.00	280.00 - 300.00	180.00 - 220.00	180.00 - 220.00	580.00 - 650.00
Veyangoda	80.00 - 120.00	200.00 - 250.00	350.00 - 420.00	280.00 - 320.00	160.00 - 200.00	700.00 - 800.00

Locations	Pumpkin	Cucumber	Bitter Gourd	Snake Gourd	Drumstick	Luffa
Colombo	80.00 - 120.00	80.00 - 150.00	450.00 - 550.00	180.00 - 300.00	-	350.00 - 500.00
Meegoda (DEC)	90.00 - 110.00	120.00 - 140.00	500.00 - 550.00	280.00 - 320.00	-	470.00 - 530.00
Moneragala	130.00 - 150.00	140.00 - 150.00	600.00 - 630.00	220.00 - 280.00	-	500.00 - 550.00
Dambulla (DEC)	70.00 - 90.00	110.00 - 130.00	400.00 - 500.00	170.00 - 200.00	-	380.00 - 450.00
Keppetipola (DEC)	90.00 - 100.00	130.00 - 140.00	350.00 - 380.00	200.00 - 220.00	-	380.00 - 400.00
Norochchole (DEC)	180.00 - 200.00	160.00 - 200.00	500.00 - 600.00	250.00 - 300.00	-	500.00 - 600.00
Nuwara Eliya	80.00 - 90.00	130.00 - 140.00	380.00 - 420.00	220.00 - 240.00	-	390.00 - 400.00
Kandy	80.00 - 100.00	130.00 - 150.00	380.00 - 400.00	230.00 - 250.00	-	400.00 - 430.00
Hambantota	120.00 - 160.00	120.00 - 150.00	550.00 - 600.00	300.00 - 350.00	-	450.00 - 550.00
Thambuththegama (DEC)	70.00 - 85.00	60.00 - 100.00	400.00 - 450.00	160.00 - 200.00	-	380.00 - 450.00
Tissamaharama	140.00 - 160.00	120.00 - 140.00	580.00 - 600.00	250.00 - 270.00	-	450.00 - 480.00
Jaffna	-	-	-	-	-	-
Bandarawela	80.00 - 90.00	120.00 - 130.00	500.00 - 540.00	220.00 - 240.00	-	400.00 - 430.00
Veyangoda	70.00 - 90.00	100.00 - 140.00	500.00 - 540.00	250.00 - 280.00	-	500.00 - 540.00

**Table 06 (Contd.)**

	<b>Long Beans</b>	<b>Ash Plantain</b>	<b>Green Chillies</b>	<b>Lime</b>	<b>Sweet Potatoe</b>	<b>Manioc</b>
Colombo	100.00 - 200.00	150.00 - 200.00	350.00 - 600.00	100.00 - 200.00	220.00 - 270.00	70.00 - 120.00
Meegoda (DEC)	240.00 - 280.00	170.00 - 190.00	450.00 - 500.00	120.00 - 140.00	200.00 - 220.00	100.00 - 110.00
Moneragala	120.00 - 150.00	100.00 - 120.00	500.00 - 550.00	150.00 - 160.00	-	80.00 - 100.00
Dambulla (DEC)	150.00 - 220.00	150.00 - 180.00	500.00 - 600.00	80.00 - 100.00	160.00 - 200.00	70.00 - 90.00
Keppetipola (DEC)	150.00 - 160.00	160.00 - 170.00	450.00 - 500.00	130.00 - 150.00	200.00 - 220.00	90.00 - 100.00
Norochhole (DEC)	280.00 - 300.00	180.00 - 200.00	600.00 - 700.00	200.00 - 250.00	-	120.00 - 150.00
Nuwara Eliya	160.00 - 180.00	170.00 - 180.00	500.00 - 550.00	140.00 - 160.00	210.00 - 230.00	110.00 - 130.00
Kandy	180.00 - 200.00	160.00 - 180.00	450.00 - 480.00	80.00 - 100.00	180.00 - 200.00	80.00 - 100.00
Hambantota	100.00 - 150.00	80.00 - 120.00	700.00 - 750.00	100.00 - 150.00	250.00 - 300.00	150.00 - 160.00
Thambuththegama (DEC)	150.00 - 220.00	90.00 - 120.00	500.00 - 580.00	80.00 - 100.00	160.00 - 210.00	80.00 - 100.00
Tissamaharama	120.00 - 140.00	150.00 - 160.00	640.00 - 660.00	180.00 - 200.00	260.00 - 280.00	140.00 - 160.00
Jaffna	-	-	-	-	-	-
Bandarawela	150.00 - 160.00	160.00 - 180.00	550.00 - 600.00	140.00 - 160.00	200.00 - 210.00	-
Veyangoda	240.00 - 280.00	180.00 - 220.00	450.00 - 500.00	100.00 - 120.00	180.00 - 220.00	120.00 - 130.00

<b>Locations</b>	<b>Leafy Vegetables (Rs/bundle)</b>			<b>Coconut (Rs/nut)</b>	
	<b>Mukunuwenna</b>	<b>Kankun</b>	<b>Gotukola</b>	<b>Large</b>	<b>Small</b>
Colombo	45.00 - 55.00	45.00 - 55.00	260.00 - 300.00	155.00 - 165.00	135.00 - 145.00
Meegoda (DEC)	60.00 - 70.00	60.00 - 70.00	210.00 - 240.00	170.00 - 180.00	150.00 - 160.00
Norochhole (DEC)	40.00 - 40.00	40.00 - 40.00	-	135.00 - 145.00	120.00 - 125.00
Nuwara Eliya	-	-	-	-	-
Dambulla (DEC)	25.00 - 30.00	25.00 - 35.00	125.00 - 150.00	115.00 - 120.00	85.00 - 90.00
Kandy	50.00 - 55.00	50.00 - 55.00	280.00 - 290.00	145.00 - 155.00	100.00 - 110.00
Hambantota	45.00 - 50.00	45.00 - 50.00	-	170.00 - 180.00	130.00 - 150.00
Thambuththegama (DEC)	-	-	-	120.00 - 140.00	90.00 - 100.00
Tissamaharama	35.00 - 40.00	35.00 - 40.00	-	-	-
Jaffna	-	-	-	-	-
Bandarawela	-	-	-	-	-
Veyangoda	-	-	-	-	-

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

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

Week 03:16 - 22 Jan 2026

LOCATIONS	Up Country Varieties																
	Butter Beans		Green Beans		Carrot		Leeks		Beetroot		Knol Khol		Raddish		Cabbage		Tomato
Colombo	-	450.00 - 700.00	400.00 - 600.00	350.00 - 600.00	580.00 - 800.00	300.00 - 650.00	180.00 - 400.00	250.00 - 500.00	450.00 - 700.00								
Gampaha	-	480.00 - 600.00	440.00 - 560.00	480.00 - 520.00	560.00 - 680.00	560.00 - 600.00	200.00 - 280.00	400.00 - 480.00	560.00 - 680.00								
Kurunegala	-	600.00 - 660.00	500.00 - 600.00	560.00 - 600.00	700.00 - 740.00	400.00 - 440.00	180.00 - 240.00	360.00 - 400.00	580.00 - 640.00								
Nikaweratiya	-	600.00 - 650.00	500.00 - 600.00	520.00 - 600.00	600.00 - 720.00	320.00 - 480.00	240.00 - 320.00	380.00 - 480.00	600.00 - 720.00								
Dambulla	-	680.00 - 700.00	480.00 - 500.00	480.00 - 520.00	560.00 - 600.00	380.00 - 440.00	200.00 - 260.00	360.00 - 400.00	600.00 - 650.00								
Anuradhapura	-	600.00 - 640.00	560.00 - 600.00	560.00 - 600.00	740.00 - 800.00	-	240.00 - 280.00	360.00 - 400.00	560.00 - 600.00								
Thambuththegama	-	600.00 - 750.00	560.00 - 600.00	520.00 - 600.00	650.00 - 750.00	-	200.00 - 240.00	320.00 - 400.00	560.00 - 680.00								
Polonnaruwa	-	700.00 - 750.00	480.00 - 520.00	500.00 - 550.00	700.00 - 800.00	-	240.00 - 280.00	300.00 - 350.00	550.00 - 600.00								
Kaluthara	-	580.00 - 600.00	400.00 - 480.00	520.00 - 600.00	600.00 - 800.00	-	200.00 - 320.00	400.00 - 480.00	480.00 - 600.00								
Badulla	-	-	-	-	-	-	-	-	-								
Keppetipola	-	460.00 - 520.00	350.00 - 380.00	350.00 - 380.00	420.00 - 460.00	280.00 - 320.00	120.00 - 140.00	220.00 - 250.00	350.00 - 360.00								
Moneragala	-	560.00 - 600.00	480.00 - 520.00	540.00 - 600.00	740.00 - 800.00	-	200.00 - 240.00	400.00 - 460.00	540.00 - 600.00								
Kegalle	-	680.00 - 720.00	550.00 - 580.00	580.00 - 600.00	650.00 - 680.00	450.00 - 480.00	400.00 - 450.00	400.00 - 400.00	450.00 - 480.00								
Ampara	-	580.00 - 620.00	480.00 - 520.00	400.00 - 480.00	500.00 - 600.00	360.00 - 400.00	240.00 - 300.00	360.00 - 400.00	520.00 - 560.00								
Dehiattakandiya	-	600.00 - 600.00	480.00 - 600.00	480.00 - 600.00	-	-	200.00 - 240.00	260.00 - 300.00	600.00 - 600.00								
Nuwaraeliya	-	540.00 - 560.00	450.00 - 460.00	400.00 - 420.00	450.00 - 460.00	350.00 - 360.00	200.00 - 220.00	340.00 - 350.00	400.00 - 450.00								
Kandy	-	750.00 - 800.00	550.00 - 600.00	480.00 - 500.00	600.00 - 650.00	480.00 - 500.00	200.00 - 240.00	260.00 - 300.00	480.00 - 520.00								
Puttalam	-	650.00 - 700.00	600.00 - 600.00	600.00 - 600.00	550.00 - 700.00	320.00 - 400.00	240.00 - 300.00	400.00 - 500.00	550.00 - 600.00								
Hambantota	-	700.00 - 720.00	450.00 - 520.00	520.00 - 600.00	600.00 - 700.00	520.00 - 600.00	250.00 - 350.00	400.00 - 480.00	480.00 - 520.00								
Rathnapura	-	600.00 - 680.00	420.00 - 500.00	460.00 - 530.00	780.00 - 800.00	-	240.00 - 300.00	300.00 - 360.00	580.00 - 660.00								
Matara	-	520.00 - 600.00	480.00 - 580.00	480.00 - 560.00	480.00 - 600.00	380.00 - 420.00	180.00 - 220.00	380.00 - 440.00	500.00 - 540.00								
Galle	-	600.00 - 600.00	440.00 - 500.00	480.00 - 580.00	480.00 - 600.00	400.00 - 480.00	260.00 - 320.00	380.00 - 480.00	480.00 - 600.00								
Tissamaharama	-	640.00 - 660.00	480.00 - 520.00	440.00 - 460.00	550.00 - 570.00	350.00 - 370.00	240.00 - 260.00	360.00 - 380.00	450.00 - 460.00								
Meegoda (DEC)	-	600.00 - 680.00	560.00 - 600.00	480.00 - 600.00	600.00 - 640.00	400.00 - 520.00	240.00 - 320.00	440.00 - 520.00	520.00 - 600.00								
Embilipitiya	-	520.00 - 600.00	500.00 - 600.00	520.00 - 600.00	650.00 - 720.00	350.00 - 400.00	180.00 - 240.00	400.00 - 480.00	420.00 - 450.00								
Jaffna	-	400.00 - 420.00	500.00 - 550.00	480.00 - 500.00	600.00 - 650.00	-	150.00 - 220.00	250.00 - 300.00	500.00 - 530.00								
Vavuniya	-	500.00 - 550.00	580.00 - 620.00	460.00 - 500.00	580.00 - 620.00	-	300.00 - 340.00	300.00 - 340.00	480.00 - 520.00								
Mannar	-	600.00 - 650.00	450.00 - 480.00	600.00 - 600.00	600.00 - 650.00	-	250.00 - 300.00	400.00 - 450.00	550.00 - 600.00								
Killinochchi	-	760.00 - 800.00	560.00 - 600.00	560.00 - 600.00	800.00 - 840.00	-	160.00 - 180.00	380.00 - 420.00	580.00 - 620.00								
Mullaittivu	-	700.00 - 750.00	580.00 - 620.00	550.00 - 600.00	800.00 - 850.00	-	270.00 - 300.00	380.00 - 420.00	580.00 - 620.00								
Batticaloa	-	500.00 - 550.00	400.00 - 450.00	400.00 - 450.00	600.00 - 650.00	-	240.00 - 300.00	400.00 - 400.00	500.00 - 500.00								
Trincomalee	-	750.00 - 800.00	600.00 - 640.00	580.00 - 600.00	800.00 - 850.00	-	300.00 - 340.00	400.00 - 440.00	580.00 - 620.00								
Hanguranketha	-	600.00 - 650.00	400.00 - 480.00	380.00 - 420.00	500.00 - 550.00	400.00 - 420.00	140.00 - 160.00	250.00 - 300.00	450.00 - 500.00								
Veyangoda	-	600.00 - 640.00	480.00 - 560.00	480.00 - 560.00	600.00 - 720.00	400.00 - 480.00	200.00 - 320.00	360.00 - 400.00	560.00 - 640.00								
Galenbindunuwewa	-	560.00 - 620.00	560.00 - 600.00	580.00 - 640.00	600.00 - 800.00	480.00 - 480.00	200.00 - 260.00	340.00 - 400.00	560.00 - 620.00								
Bandarawela	-	520.00 - 580.00	380.00 - 440.00	380.00 - 420.00	540.00 - 580.00	340.00 - 380.00	160.00 - 180.00	250.00 - 300.00	420.00 - 460.00								
Matale	-	640.00 - 720.00	480.00 - 640.00	480.00 - 640.00	600.00 - 720.00	360.00 - 440.00	200.00 - 320.00	360.00 - 440.00	600.00 - 640.00								

Table 07 (Contd.)

LOCATIONS	Low Country Varieties										
	Ladies Fingers	Brinjal	Capsicum	Pumpkin	Cucumber	Bitter Gourd	Snake Gourd	Drumstick	Luffa	Long Beans	
Colombo	300.00 - 480.00	200.00 - 480.00	550.00 - 1200.00	150.00 - 320.00	160.00 - 340.00	500.00 - 900.00	250.00 - 600.00	-	450.00 - 700.00	220.00 - 500.00	
Gampaha	400.00 - 460.00	320.00 - 360.00	900.00 - 1000.00	240.00 - 300.00	220.00 - 240.00	800.00 - 900.00	460.00 - 480.00	-	700.00 - 760.00	400.00 - 500.00	
Kurunegala	360.00 - 400.00	340.00 - 360.00	980.00 - 1100.00	200.00 - 220.00	200.00 - 240.00	680.00 - 700.00	360.00 - 400.00	-	700.00 - 740.00	300.00 - 360.00	
Nikaweratiya	380.00 - 460.00	400.00 - 480.00	900.00 - 1200.00	180.00 - 230.00	200.00 - 320.00	600.00 - 720.00	350.00 - 400.00	-	650.00 - 720.00	260.00 - 320.00	
Dambulla	340.00 - 400.00	300.00 - 380.00	900.00 - 1000.00	180.00 - 200.00	200.00 - 220.00	760.00 - 800.00	400.00 - 420.00	-	580.00 - 600.00	300.00 - 400.00	
Anuradhapura	360.00 - 400.00	360.00 - 400.00	1000.00 - 1200.00	160.00 - 200.00	200.00 - 240.00	680.00 - 720.00	320.00 - 360.00	-	600.00 - 640.00	320.00 - 360.00	
Thambuththegama	440.00 - 500.00	240.00 - 280.00	880.00 - 1000.00	150.00 - 180.00	160.00 - 220.00	600.00 - 720.00	320.00 - 380.00	-	660.00 - 780.00	300.00 - 360.00	
Polonnaruwa	320.00 - 350.00	350.00 - 400.00	900.00 - 1000.00	160.00 - 200.00	250.00 - 280.00	600.00 - 700.00	360.00 - 400.00	-	-	300.00 - 350.00	
Kaluthara	340.00 - 400.00	300.00 - 400.00	800.00 - 1000.00	200.00 - 240.00	200.00 - 300.00	600.00 - 800.00	400.00 - 480.00	-	600.00 - 640.00	300.00 - 400.00	
Badulla	-	-	-	-	-	-	-	-	-	-	
Keppetipola	250.00 - 280.00	250.00 - 280.00	700.00 - 850.00	150.00 - 160.00	180.00 - 220.00	450.00 - 460.00	280.00 - 300.00	-	460.00 - 480.00	230.00 - 250.00	
Moneragala	360.00 - 400.00	300.00 - 320.00	800.00 - 1000.00	160.00 - 200.00	200.00 - 240.00	700.00 - 750.00	320.00 - 360.00	-	560.00 - 600.00	200.00 - 240.00	
Kegalle	460.00 - 500.00	380.00 - 400.00	800.00 - 900.00	250.00 - 280.00	280.00 - 320.00	680.00 - 700.00	380.00 - 400.00	-	700.00 - 720.00	450.00 - 480.00	
Ampara	320.00 - 400.00	280.00 - 400.00	780.00 - 880.00	180.00 - 240.00	200.00 - 220.00	400.00 - 600.00	340.00 - 480.00	-	460.00 - 500.00	280.00 - 360.00	
Dehiattakandiya	350.00 - 400.00	300.00 - 400.00	800.00 - 1000.00	160.00 - 200.00	200.00 - 240.00	600.00 - 600.00	400.00 - 400.00	-	600.00 - 600.00	250.00 - 300.00	
Nuwaraeliya	300.00 - 320.00	300.00 - 320.00	800.00 - 820.00	200.00 - 220.00	240.00 - 250.00	480.00 - 500.00	320.00 - 340.00	-	480.00 - 500.00	260.00 - 280.00	
Kandy	320.00 - 360.00	280.00 - 300.00	900.00 - 1000.00	160.00 - 180.00	200.00 - 240.00	480.00 - 500.00	300.00 - 320.00	-	550.00 - 600.00	200.00 - 240.00	
Puttalam	400.00 - 400.00	400.00 - 480.00	800.00 - 1000.00	250.00 - 300.00	200.00 - 280.00	680.00 - 750.00	360.00 - 400.00	-	680.00 - 700.00	320.00 - 350.00	
Rathnapura	240.00 - 320.00	300.00 - 400.00	1000.00 - 1200.00	200.00 - 250.00	200.00 - 280.00	600.00 - 700.00	300.00 - 360.00	-	450.00 - 530.00	300.00 - 370.00	
Hambantota	320.00 - 400.00	240.00 - 320.00	1000.00 - 1100.00	240.00 - 300.00	200.00 - 240.00	750.00 - 800.00	400.00 - 480.00	-	600.00 - 720.00	160.00 - 240.00	
Matara	360.00 - 400.00	260.00 - 360.00	900.00 - 1000.00	180.00 - 240.00	160.00 - 200.00	600.00 - 640.00	360.00 - 400.00	-	600.00 - 620.00	200.00 - 260.00	
Galle	320.00 - 380.00	240.00 - 360.00	800.00 - 1000.00	160.00 - 200.00	180.00 - 240.00	600.00 - 680.00	360.00 - 400.00	-	480.00 - 600.00	280.00 - 340.00	
Tissamaharama	240.00 - 260.00	220.00 - 250.00	800.00 - 840.00	180.00 - 200.00	160.00 - 180.00	660.00 - 680.00	300.00 - 320.00	-	520.00 - 550.00	160.00 - 180.00	
Meegoda (DEC)	360.00 - 480.00	320.00 - 400.00	1000.00 - 1200.00	200.00 - 240.00	240.00 - 320.00	600.00 - 720.00	500.00 - 600.00	-	600.00 - 720.00	320.00 - 400.00	
Embilipitiya	280.00 - 320.00	180.00 - 240.00	800.00 - 1000.00	200.00 - 250.00	150.00 - 200.00	680.00 - 720.00	280.00 - 320.00	-	500.00 - 600.00	180.00 - 240.00	
Jaffna	300.00 - 350.00	350.00 - 400.00	700.00 - 800.00	100.00 - 130.00	180.00 - 200.00	800.00 - 900.00	350.00 - 400.00	-	-	600.00 - 680.00	
Vavuniya	400.00 - 450.00	200.00 - 240.00	800.00 - 850.00	140.00 - 180.00	200.00 - 240.00	800.00 - 850.00	400.00 - 460.00	-	580.00 - 620.00	400.00 - 500.00	
Mannar	300.00 - 400.00	400.00 - 400.00	800.00 - 850.00	180.00 - 200.00	-	800.00 - 850.00	450.00 - 480.00	-	-	500.00 - 600.00	
Killinochchi	340.00 - 360.00	560.00 - 600.00	800.00 - 840.00	170.00 - 200.00	140.00 - 160.00	800.00 - 840.00	360.00 - 400.00	-	-	580.00 - 620.00	
Mullaittivu	400.00 - 450.00	500.00 - 550.00	800.00 - 850.00	120.00 - 150.00	160.00 - 200.00	800.00 - 850.00	400.00 - 450.00	-	-	-	
Batticaloa	300.00 - 300.00	350.00 - 350.00	600.00 - 600.00	150.00 - 150.00	250.00 - 280.00	750.00 - 800.00	300.00 - 300.00	-	-	300.00 - 300.00	
Trincomalee	380.00 - 400.00	540.00 - 560.00	850.00 - 900.00	200.00 - 220.00	240.00 - 250.00	800.00 - 850.00	360.00 - 400.00	-	-	-	
Hanguranketha	340.00 380.00	400.00 450.00	880.00 920.00	140.00 180.00	200.00 220.00	520.00 600.00	280.00 320.00	-	500.00 540.00	260.00 300.00	
Veyangoda	440.00 - 480.00	320.00 - 400.00	1000.00 - 1200.00	160.00 - 240.00	240.00 - 320.00	720.00 - 800.00	360.00 - 400.00	-	680.00 - 720.00	400.00 - 480.00	
Galenbindunuwewa	280.00 - 340.00	280.00 - 340.00	800.00 - 1000.00	180.00 - 240.00	200.00 - 240.00	720.00 - 800.00	360.00 - 400.00	-	560.00 - 620.00	280.00 - 340.00	
Bandarawela	280.00 - 300.00	280.00 - 340.00	750.00 - 800.00	160.00 - 200.00	170.00 - 200.00	600.00 - 640.00	300.00 - 340.00	-	500.00 - 540.00	240.00 - 280.00	
Matale	400.00 - 440.00	320.00 - 440.00	800.00 - 1000.00	200.00 - 240.00	200.00 - 240.00	600.00 - 720.00	400.00 - 480.00	-	520.00 - 620.00	320.00 - 360.00	

**Table 07 (Contd.)**

LOCATIONS	Low Country Varieties					Leafy Vegetable			Coconut (Rs/nut)	
	Ash Plantain	Green Chillies	Lime	Sweet Potato	Manioc	Mukunuwenna	Kankun	Gotukola	Large	Small
Colombo	200.00 - 450.00	560.00 - 1200.00	180.00 - 600.00	300.00 - 450.00	150.00 - 240.00	60.00 - 100.00	60.00 - 100.00	200.00 - 320.00	175.00 - 200.00	140.00 - 185.00
Gampaha	300.00 - 360.00	900.00 - 1000.00	320.00 - 400.00	400.00 - 440.00	160.00 - 180.00	70.00 - 70.00	70.00 - 70.00	40.00 - 50.00	160.00 - 180.00	100.00 - 140.00
Kurunegala	300.00 - 340.00	800.00 - 1000.00	280.00 - 340.00	340.00 - 360.00	200.00 - 200.00	60.00 - 60.00	60.00 - 60.00	40.00 - 60.00	165.00 - 180.00	120.00 - 140.00
Nikaweratiya	240.00 - 320.00	1000.00 - 1250.00	300.00 - 400.00	260.00 - 350.00	160.00 - 180.00	50.00 - 60.00	50.00 - 60.00	150.00 - 160.00	150.00 - 170.00	120.00 - 140.00
Dambulla	250.00 - 300.00	900.00 - 1000.00	300.00 - 350.00	300.00 - 320.00	180.00 - 200.00	60.00 - 80.00	60.00 - 80.00	60.00 - 80.00	145.00 - 160.00	110.00 - 125.00
Anuradhapura	240.00 - 280.00	800.00 - 1000.00	250.00 - 400.00	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 - 130.00
Thambuththegama	180.00 - 250.00	800.00 - 1000.00	180.00 - 250.00	300.00 - 330.00	160.00 - 220.00	-	-	-	140.00 - 160.00	110.00 - 120.00
Polonnaruwa	300.00 - 320.00	770.00 - 800.00	500.00 - 550.00	300.00 - 320.00	200.00 - 240.00	50.00 - 50.00	50.00 - 50.00	50.00 - 50.00	150.00 - 160.00	120.00 - 140.00
Kaluthara	260.00 - 320.00	1000.00 - 1000.00	400.00 - 500.00	260.00 - 320.00	150.00 - 200.00	80.00 - 80.00	80.00 - 100.00	100.00 - 120.00	200.00 - 220.00	160.00 - 180.00
Badulla	-	-	-	-	-	-	-	-	-	-
Keppetipola	230.00 - 250.00	600.00 - 650.00	280.00 - 300.00	250.00 - 260.00	130.00 - 140.00	60.00 - 80.00	60.00 - 80.00	80.00 - 100.00	180.00 - 200.00	160.00 - 170.00
Moneragala	160.00 - 200.00	700.00 - 800.00	300.00 - 320.00	-	120.00 - 160.00	50.00 - 60.00	50.00 - 60.00	60.00 - 80.00	140.00 - 160.00	100.00 - 120.00
Kegalle	350.00 - 360.00	850.00 - 900.00	400.00 - 420.00	340.00 - 360.00	180.00 - 200.00	80.00 - 80.00	80.00 - 80.00	50.00 - 50.00	200.00 - 210.00	180.00 - 190.00
Ampara	280.00 - 300.00	600.00 - 680.00	400.00 - 600.00	280.00 - 320.00	150.00 - 160.00	60.00 - 70.00	60.00 - 70.00	-	150.00 - 180.00	-
Dehiattakandiya	200.00 - 300.00	600.00 - 1000.00	200.00 - 300.00	-	200.00 - 200.00	50.00 - 50.00	50.00 - 50.00	50.00 - 50.00	-	120.00 - 140.00
Nuwaraeliya	280.00 - 300.00	700.00 - 750.00	300.00 - 350.00	340.00 - 350.00	240.00 - 250.00	60.00 - 70.00	60.00 - 70.00	70.00 - 80.00	190.00 - 200.00	150.00 - 180.00
Kandy	240.00 - 260.00	750.00 - 800.00	200.00 - 240.00	300.00 - 320.00	180.00 - 200.00	70.00 - 80.00	70.00 - 80.00	60.00 - 70.00	160.00 - 180.00	110.00 - 130.00
Puttalam	200.00 - 240.00	700.00 - 800.00	280.00 - 320.00	400.00 - 400.00	200.00 - 200.00	50.00 - 60.00	50.00 - 60.00	50.00 - 60.00	170.00 - 200.00	150.00 - 160.00
Rathnapura	220.00 - 280.00	1000.00 - 1100.00	300.00 - 400.00	300.00 - 400.00	120.00 - 160.00	80.00 - 80.00	80.00 - 80.00	100.00 - 100.00	170.00 - 190.00	130.00 - 160.00
Hambanthota	150.00 - 160.00	1000.00 - 1200.00	200.00 - 300.00	400.00 - 400.00	200.00 - 240.00	60.00 - 70.00	60.00 - 70.00	80.00 - 100.00	200.00 - 230.00	160.00 - 180.00
Matara	200.00 - 240.00	600.00 - 800.00	200.00 - 260.00	260.00 - 300.00	160.00 - 200.00	50.00 - 60.00	50.00 - 60.00	80.00 - 100.00	190.00 - 220.00	160.00 - 170.00
Galle	280.00 - 320.00	800.00 - 1000.00	280.00 - 400.00	280.00 - 360.00	180.00 - 240.00	60.00 - 70.00	50.00 - 60.00	80.00 - 100.00	180.00 - 200.00	160.00 - 170.00
Tissamaharama	180.00 - 220.00	700.00 - 750.00	240.00 - 260.00	320.00 - 340.00	180.00 - 200.00	45.00 - 50.00	45.00 - 50.00	70.00 - 80.00	180.00 - 190.00	150.00 - 160.00
Meegoda (DEC)	320.00 - 400.00	800.00 - 1000.00	300.00 - 400.00	360.00 - 400.00	160.00 - 200.00	80.00 - 80.00	80.00 - 80.00	100.00 - 120.00	180.00 - 210.00	160.00 - 170.00
Embilipitiya	150.00 - 200.00	700.00 - 800.00	300.00 - 350.00	350.00 - 400.00	150.00 - 180.00	60.00 - 80.00	50.00 - 70.00	100.00 - 120.00	150.00 - 180.00	100.00 - 140.00
Jaffna	140.00 - 160.00	500.00 - 580.00	150.00 - 200.00	280.00 - 320.00	160.00 - 190.00	-	80.00 - 80.00	100.00 - 100.00	200.00 - 210.00	110.00 - 120.00
Vavuniya	300.00 - 350.00	600.00 - 700.00	120.00 - 150.00	280.00 - 320.00	100.00 - 140.00	60.00 - 70.00	50.00 - 60.00	80.00 - 90.00	140.00 - 180.00	70.00 - 90.00
Mannar	200.00 - 220.00	800.00 - 850.00	300.00 - 350.00	280.00 - 300.00	180.00 - 200.00	80.00 - 85.00	60.00 - 60.00	90.00 - 100.00	180.00 - 190.00	100.00 - 110.00
Killinochchi	230.00 - 250.00	780.00 - 820.00	200.00 - 240.00	230.00 - 250.00	180.00 - 200.00	70.00 - 75.00	50.00 - 60.00	70.00 - 80.00	140.00 - 160.00	80.00 - 100.00
Mullaittivu	130.00 - 160.00	800.00 - 850.00	200.00 - 250.00	280.00 - 320.00	180.00 - 200.00	80.00 - 80.00	60.00 - 60.00	50.00 - 50.00	140.00 - 150.00	70.00 - 80.00
Batticaloa	180.00 - 200.00	550.00 - 650.00	200.00 - 200.00	250.00 - 250.00	150.00 - 160.00	80.00 - 80.00	80.00 - 80.00	80.00 - 80.00	170.00 - 180.00	85.00 - 100.00
Trincomalee	220.00 240.00	1200.00 1300.00	280.00 300.00	260.00 280.00	180.00 200.00	75.00 80.00	70.00 75.00	50.00 55.00	160.00 170.00	100.00 110.00
Hanguranketha	275.00 - 300.00	750.00 - 850.00	200.00 - 280.00	260.00 - 300.00	150.00 - 180.00	50.00 - 50.00	50.00 - 50.00	50.00 - 50.00	150.00 - 160.00	100.00 - 145.00
Veyangoda	280.00 - 360.00	720.00 - 900.00	320.00 - 400.00	320.00 - 360.00	180.00 - 240.00	65.00 - 70.00	65.00 - 70.00	90.00 - 100.00	200.00 - 220.00	170.00 - 190.00
Galenbindunuwewa	160.00 - 200.00	980.00 - 1200.00	220.00 - 260.00	300.00 - 320.00	200.00 - 240.00	50.00 - 60.00	50.00 - 60.00	50.00 - 60.00	140.00 - 150.00	120.00 - 130.00
Bandarawela	200.00 - 220.00	700.00 - 750.00	300.00 - 350.00	260.00 - 280.00	170.00 - 180.00	70.00 - 80.00	70.00 - 80.00	80.00 - 100.00	170.00 - 180.00	130.00 - 150.00
Matale	240.00 - 320.00	1000.00 - 1200.00	300.00 - 400.00	280.00 - 320.00	160.00 - 200.00	80.00 - 90.00	70.00 - 80.00	70.00 - 80.00	160.00 - 170.00	110.00 - 130.00

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

Week 03:16 - 22 Jan 2026

18

LOCATIONS	Banana					Pineapple			Mango	
	Ambul (Rs/kg)	Kolikuttu (Rs/kg)	Seeni (Rs/kg)	Anamalu	Ambun	Large	Medium	Small	Betti	Karthakolomban
Colombo	160.00 - 250.00	250.00 - 380.00	180.00 - 250.00	36.00 - 50.00	50.00 - 70.00	380.00 - 500.00	300.00 - 380.00	240.00 - 300.00	-	100.00 - 200.00
Gampaha	200.00 - 220.00	280.00 - 300.00	200.00 - 200.00	-	-	350.00 - 400.00	250.00 - 300.00	200.00 - 200.00	-	105.00 - 113.00
Kurunegala	220.00 - 240.00	320.00 - 350.00	180.00 - 200.00	-	70.00 - 74.00	400.00 - 400.00	-	-	-	88.00 - 100.00
Nikaweratiya	200.00 - 250.00	380.00 - 430.00	180.00 - 220.00	-	70.00 - 80.00	500.00 - 550.00	400.00 - 480.00	350.00 - 350.00	-	60.00 - 70.00
Dambulla	200.00 - 220.00	300.00 - 360.00	180.00 - 200.00	-	60.00 - 65.00	500.00 - 550.00	350.00 - 400.00	180.00 - 200.00	60.00 - 80.00	100.00 - 120.00
Anuradhapura	200.00 - 240.00	350.00 - 400.00	180.00 - 220.00	28.00 - 35.00	43.00 - 47.00	550.00 - 650.00	380.00 - 450.00	280.00 - 320.00	-	60.00 - 100.00
Thambuththegama	180.00 - 250.00	350.00 - 400.00	150.00 - 200.00	-	64.00 - 70.00	350.00 - 400.00	250.00 - 280.00	-	-	-
Polonnaruwa	250.00 - 280.00	350.00 - 400.00	180.00 - 200.00	45.00 - 50.00	75.00 - 80.00	450.00 - 550.00	350.00 - 400.00	250.00 - 300.00	-	100.00 - 117.00
Kaluthara	180.00 - 240.00	340.00 - 380.00	200.00 - 240.00	34.00 - 36.00	40.00 - 45.00	450.00 - 460.00	350.00 - 360.00	280.00 - 290.00	-	75.00 - 80.00
Badulla	-	-	-	-	-	-	-	-	-	-
Keppetipola	200.00 - 230.00	320.00 - 330.00	170.00 - 190.00	36.00 - 38.00	55.00 - 56.00	430.00 - 450.00	380.00 - 400.00	240.00 - 250.00	34.00 - 35.00	90.00 - 100.00
Moneragala	100.00 - 140.00	280.00 - 320.00	80.00 - 100.00	23.00 - 25.00	30.00 - 33.00	630.00 - 660.00	525.00 - 550.00	-	-	60.00 - 70.00
Kegalle	200.00 - 220.00	300.00 - 320.00	220.00 - 240.00	58.00 - 60.00	68.00 - 70.00	600.00 - 650.00	350.00 - 400.00	100.00 - 150.00	-	150.00 - 200.00
Ampara	160.00 - 170.00	280.00 - 300.00	140.00 - 140.00	35.00 - 37.00	46.00 - 50.00	370.00 - 400.00	-	-	-	50.00 - 60.00
Dehiattakandiya	220.00 - 250.00	350.00 - 400.00	200.00 - 220.00	-	50.00 - 80.00	450.00 - 550.00	300.00 - 350.00	-	-	120.00 - 150.00
Nuwaraeliya	230.00 - 240.00	330.00 - 340.00	180.00 - 200.00	40.00 - 42.00	58.00 - 60.00	440.00 - 460.00	360.00 - 380.00	240.00 - 260.00	35.00 - 36.00	100.00 - 130.00
Kandy	200.00 - 230.00	360.00 - 380.00	180.00 - 220.00	33.00 - 35.00	50.00 - 60.00	520.00 - 580.00	320.00 - 350.00	250.00 - 280.00	-	100.00 - 120.00
Puttalam	150.00 - 200.00	320.00 - 400.00	150.00 - 200.00	24.00 - 26.00	-	420.00 - 460.00	270.00 - 320.00	180.00 - 220.00	-	90.00 - 100.00
Rathnapura	150.00 - 200.00	250.00 - 350.00	120.00 - 160.00	31.00 - 35.00	50.00 - 58.00	420.00 - 490.00	300.00 - 350.00	240.00 - 280.00	-	150.00 - 200.00
Hambantota	130.00 - 150.00	230.00 - 280.00	130.00 - 180.00	-	-	560.00 - 600.00	420.00 - 450.00	280.00 - 300.00	36.00 - 36.00	70.00 - 70.00
Matara	200.00 - 230.00	300.00 - 350.00	130.00 - 150.00	25.00 - 27.00	37.00 - 39.00	520.00 - 580.00	400.00 - 500.00	230.00 - 250.00	-	100.00 - 130.00
Galle	180.00 - 240.00	300.00 - 340.00	180.00 - 230.00	34.00 - 36.00	34.00 - 37.00	560.00 - 600.00	450.00 - 480.00	300.00 - 380.00	50.00 - 50.00	58.00 - 80.00
Tissamaharama	160.00 - 180.00	250.00 - 280.00	120.00 - 150.00	-	-	370.00 - 400.00	280.00 - 320.00	230.00 - 250.00	40.00 - 42.00	88.00 - 95.00
Meegoda (DEC)	170.00 - 200.00	260.00 - 300.00	160.00 - 180.00	47.00 - 56.00	56.00 - 60.00	480.00 - 480.00	350.00 - 360.00	270.00 - 280.00	-	65.00 - 90.00
Embilipitiya	80.00 - 120.00	200.00 - 240.00	100.00 - 120.00	25.00 - 40.00	35.00 - 50.00	400.00 - 450.00	300.00 - 360.00	200.00 - 280.00	50.00 - 70.00	100.00 - 140.00
Jaffna	160.00 - 170.00	290.00 - 320.00	140.00 - 150.00	-	-	580.00 - 620.00	480.00 - 520.00	400.00 - 430.00	-	100.00 - 120.00
Vavuniya	180.00 - 200.00	250.00 - 280.00	160.00 - 180.00	32.00 - 35.00	34.00 - 36.00	550.00 - 600.00	400.00 - 500.00	350.00 - 400.00	-	130.00 - 140.00
Mannar	180.00 - 200.00	350.00 - 350.00	150.00 - 150.00	35.00 - 37.00	40.00 - 41.00	500.00 - 580.00	450.00 - 480.00	380.00 - 400.00	-	130.00 - 135.00
Killinochchi	180.00 - 200.00	300.00 - 330.00	140.00 - 160.00	32.00 - 34.00	35.00 - 36.00	360.00 - 400.00	300.00 - 340.00	250.00 - 280.00	-	130.00 - 150.00
Mullaittivu	180.00 - 200.00	340.00 - 360.00	150.00 - 160.00	28.00 - 33.00	32.00 - 36.00	540.00 - 560.00	450.00 - 480.00	340.00 - 350.00	-	90.00 - 100.00
Batticaloa	150.00 - 160.00	280.00 - 300.00	130.00 - 150.00	35.00 - 36.00	40.00 - 44.00	400.00 - 400.00	340.00 - 350.00	250.00 - 300.00	-	80.00 - 100.00
Trincomalee	200.00 - 220.00	400.00 - 440.00	170.00 - 180.00	-	-	560.00 - 580.00	460.00 - 480.00	350.00 - 360.00	-	150.00 - 170.00
Veyangoda	220.00 - 240.00	300.00 - 320.00	200.00 - 220.00	32.00 - 35.00	52.00 - 56.00	440.00 - 510.00	330.00 - 390.00	260.00 - 300.00	-	110.00 - 130.00
Galenbindunuwewa	160.00 - 200.00	350.00 - 380.00	130.00 - 170.00	35.00 - 40.00	-	400.00 - 440.00	300.00 - 340.00	250.00 - 280.00	-	70.00 - 80.00
Bandarawela	200.00 - 220.00	330.00 - 350.00	180.00 - 200.00	31.00 - 35.00	45.00 - 46.00	420.00 - 450.00	350.00 - 360.00	300.00 - 320.00	-	100.00 - 120.00
Matale	180.00 - 220.00	350.00 - 380.00	180.00 - 220.00	30.00 - 32.00	50.00 - 56.00	540.00 - 600.00	300.00 - 380.00	250.00 - 280.00	-	60.00 - 80.00

**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	-	-	-	-	300.00 - 500.00	70.00 - 140.00	60.00 - 130.00	60.00 - 135.00	570.00 - 670.00	50.00 - 140.00	1700.00 - 2600.00	150.00 - 200.00
Gampaha	-	-	-	-	320.00 - 350.00	-	80.00 - 110.00	130.00 - 130.00	-	50.00 - 58.00	2200.00 - 2200.00	130.00 - 150.00
Kurunegala	-	-	-	-	300.00 - 340.00	-	100.00 - 100.00	-	-	57.00 - 59.00	2200.00 - 2200.00	150.00 - 160.00
Nikaweratiya	-	-	-	-	230.00 - 280.00	40.00 - 60.00	-	120.00 - 150.00	-	-	2000.00 - 2300.00	150.00 - 200.00
Dambulla	80.00 - 100.00	50.00 - 60.00	-	-	280.00 - 300.00	50.00 - 60.00	80.00 - 120.00	100.00 - 120.00	500.00 - 600.00	100.00 - 120.00	2700.00 - 2800.00	160.00 - 180.00
Anuradhapura	-	-	-	-	260.00 - 300.00	-	60.00 - 90.00	80.00 - 100.00	-	100.00 - 130.00	2200.00 - 2500.00	180.00 - 220.00
Thambuththegama	-	-	-	-	260.00 - 380.00	90.00 - 100.00	-	-	-	-	-	150.00 - 200.00
Polonnaruwa	-	-	-	-	300.00 - 360.00	50.00 - 55.00	70.00 - 75.00	-	-	-	2800.00 - 3000.00	150.00 - 180.00
Kaluthara	-	-	-	-	320.00 - 360.00	-	80.00 - 100.00	-	-	70.00 - 100.00	2000.00 - 2400.00	150.00 - 180.00
Badulla	-	-	-	-	-	-	-	-	-	-	-	-
Keppetipola	36.00 - 38.00	23.00 - 25.00	-	-	300.00 - 320.00	70.00 - 90.00	60.00 - 65.00	80.00 - 90.00	-	70.00 - 80.00	2200.00 - 2500.00	180.00 - 200.00
Moneragala	-	-	-	-	250.00 - 300.00	35.00 - 40.00	-	80.00 - 100.00	-	50.00 - 60.00	2000.00 - 2400.00	130.00 - 150.00
Kegalle	-	-	-	-	350.00 - 400.00	-	100.00 - 120.00	-	-	100.00 - 120.00	2000.00 - 2100.00	150.00 - 160.00
Ampara	-	-	-	-	230.00 - 250.00	-	-	-	-	-	2000.00 - 2200.00	140.00 - 150.00
Dehiattakandiya	-	-	-	-	250.00 - 300.00	-	60.00 - 60.00	80.00 - 80.00	-	-	2700.00 - 2800.00	120.00 - 150.00
Nuwareliya	38.00 - 40.00	24.00 - 25.00	-	-	320.00 - 340.00	90.00 - 100.00	65.00 - 68.00	90.00 - 100.00	-	80.00 - 90.00	2400.00 - 2500.00	180.00 - 200.00
Kandy	-	-	-	-	290.00 - 300.00	70.00 - 80.00	80.00 - 100.00	140.00 - 150.00	400.00 - 500.00	70.00 - 90.00	2000.00 - 2500.00	170.00 - 180.00
Puttalam	60.00 - 70.00	-	-	-	250.00 - 300.00	55.00 - 60.00	-	45.00 - 60.00	-	-	2500.00 - 3000.00	150.00 - 150.00
Hambantota	-	-	-	-	-	50.00 - 60.00	60.00 - 70.00	80.00 - 80.00	-	70.00 - 70.00	2000.00 - 2300.00	130.00 - 150.00
Rathnapura	75.00 - 100.00	-	-	-	250.00 - 300.00	-	80.00 - 100.00	-	-	150.00 - 160.00	2000.00 - 2400.00	120.00 - 150.00
Matara	-	-	-	-	270.00 - 280.00	95.00 - 110.00	80.00 - 90.00	-	-	60.00 - 70.00	2000.00 - 2100.00	130.00 - 150.00
Galle	50.00 - 60.00	-	-	-	300.00 - 360.00	90.00 - 120.00	100.00 - 120.00	-	-	96.00 - 120.00	2000.00 - 2000.00	180.00 - 200.00
Tissamaharama	-	-	-	-	300.00 - 330.00	-	75.00 - 80.00	-	-	65.00 - 70.00	1800.00 - 2000.00	150.00 - 160.00
Meegoda (DEC)	-	-	-	-	270.00 - 320.00	-	60.00 - 80.00	-	-	50.00 - 60.00	2000.00 - 2300.00	120.00 - 140.00
Embilipitiya	50.00 - 70.00	15.00 - 30.00	-	-	240.00 - 270.00	15.00 - 25.00	80.00 - 100.00	100.00 - 130.00	-	-	1850.00 - 2250.00	160.00 - 180.00
Jaffna	60.00 - 80.00	-	-	-	150.00 - 170.00	70.00 - 80.00	50.00 - 60.00	50.00 - 60.00	700.00 - 800.00	-	2400.00 - 2600.00	200.00 - 220.00
Vavuniya	-	-	-	-	240.00 - 250.00	90.00 - 100.00	55.00 - 60.00	-	-	-	2200.00 - 2350.00	180.00 - 220.00
Mannar	-	-	-	-	250.00 - 300.00	80.00 - 90.00	50.00 - 60.00	45.00 - 50.00	500.00 - 550.00	-	2400.00 - 2500.00	160.00 - 200.00
Killinochchi	50.00 - 60.00	-	-	-	200.00 - 240.00	65.00 - 70.00	50.00 - 55.00	-	-	-	2900.00 - 2950.00	200.00 - 220.00
Mullaittivu	-	-	-	-	100.00 - 120.00	45.00 - 55.00	50.00 - 55.00	-	-	-	2150.00 - 2200.00	150.00 - 160.00
Batticaloa	30.00 - 30.00	-	-	-	240.00 - 250.00	35.00 - 40.00	-	45.00 - 50.00	-	-	2400.00 - 2500.00	200.00 - 200.00
Trincomalee	75.00 - 80.00	-	-	-	180.00 - 200.00	75.00 - 80.00	50.00 - 55.00	80.00 - 85.00	-	-	2400.00 - 2500.00	190.00 - 200.00
Veyangoda	-	-	-	-	280.00 - 300.00	62.00 - 70.00	50.00 - 55.00	75.00 - 80.00	-	-	1800.00 - 2000.00	120.00 - 150.00
Galenbindunuwewa	-	-	-	-	180.00 - 250.00	35.00 - 40.00	-	-	-	-	2300.00 - 2600.00	140.00 - 160.00
Bandarawela	60.00 - 60.00	20.00 - 20.00	-	-	250.00 - 260.00	70.00 - 80.00	80.00 - 100.00	-	-	60.00 - 70.00	2500.00 - 2800.00	160.00 - 200.00
Matale	-	25.00 - 30.00	-	-	260.00 - 280.00	50.00 - 60.00	70.00 - 80.00	-	-	60.00 - 80.00	1600.00 - 1800.00	140.00 - 160.00

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

Week 03:16 - 22 Jan 2026

Locations	Sea Fish					
	Salaya	Hurulla	Balaya	Kelawalla	Thora	Paraw
Colombo	250.00 – 500.00	800.00 – 950.00	800.00 – 900.00	1200.00 – 1400.00	2200.00 – 2600.00	1000.00 – 1400.00
Kandy	500.00 – 550.00	1000.00 – 1100.00	1000.00 – 1200.00	1450.00 – 1600.00	2400.00 – 2600.00	1300.00 – 1400.00
Kaluthara	450.00 – 500.00	800.00 – 900.00	1200.00 – 1300.00	1400.00 – 1700.00	2300.00 – 2300.00	1500.00 – 1600.00
Puttalam	300.00 – 350.00	650.00 – 750.00	650.00 – 700.00	1300.00 – 1400.00	2100.00 – 2350.00	1300.00 – 1350.00
Matara	400.00 – 450.00	800.00 – 900.00	1100.00 – 1200.00	-	-	-
Hambantota	400.00 – 400.00	800.00 – 1000.00	1000.00 – 1200.00	1500.00 – 1500.00	-	1100.00 – 1200.00
Galle	-	-	800.00 – 900.00	1200.00 – 1400.00	2400.00 – 2600.00	1000.00 – 1400.00
Batticaloa	300.00 – 350.00	-	800.00 – 900.00	1200.00 – 1200.00	1500.00 – 1500.00	1100.00 – 1250.00
Trincomalee	-	-	-	-	-	-
Mannar	550.00 – 600.00	-	900.00 – 1000.00	-	-	1200.00 – 1300.00

Locations	Sea Fish				Eggs	
	Mora	Shrimps	Thalapath	Teppeli	Brown	White
Colombo	1300.00 – 1600.00	2200.00 – 2500.00	2000.00 – 3000.00	-	28.00 – 33.00	26.00 – 32.00
Kandy	1400.00 – 1500.00	2200.00 – 2350.00	2300.00 – 2400.00	-	32.00 – 33.00	30.00 – 32.00
Kaluthara	1100.00 – 1300.00	-	2200.00 – 2200.00	-	-	-
Puttalam	1250.00 – 1400.00	1350.00 – 1450.00	2300.00 – 2350.00	-	34.00 – 34.00	31.00 – 33.00
Matara	900.00 – 1000.00	2700.00 – 2800.00	2000.00 – 2100.00	-	32.00 – 33.00	28.00 – 29.00
Hambantota	900.00 – 1000.00	2200.00 – 2300.00	-	-	-	31.00 – 31.00
Galle	-	-	1800.00 – 2000.00	-	29.00 – 31.00	27.00 – 30.00
Batticaloa	1000.00 – 1000.00	1300.00 – 1400.00	1500.00 – 1600.00	-	30.00 – 30.00	28.00 – 28.00
Trincomalee	-	-	-	-	-	-
Mannar	1550.00 – 1600.00	1350.00 – 1400.00	-	-	32.00 – 33.00	29.00 – 30.00

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

Week 03:16 - 22 Jan 2026

Locations	Local Dried Fish					
	Sprats	Kattawa	Thora	Mora	Balaya	Anguluwa
Colombo	67500 – 82500	80000 – 110000	140000 – 180000	120000 – 135000	57500 – 67500	85000 – 110000
Kandy	60000 – 65000	100000 – 110000	-	122500 – 125000	60000 – 70000	-
Batticaloa	50000 – 50000	100000 – 112500	-	-	80000 – 90000	-
Trincomalee	-	-	-	-	-	-
Mannar	-	90500 – 110000	-	120000 – 122500	72500 – 75000	77500 – 80000

Locations	Local Dried Fish			Imported Dried Fish		
	Maduwa	Koduwa	Salaya	Sprats	Kattawa	Thora
Colombo	65000 – 85000	-	32500 – 35000	42500 – 47500	72500 – 90000	117500 – 135000
Kandy	-	-	40000 – 42500	42500 – 47500	85000 – 87500	-
Batticaloa	-	-	35000 – 35000	42500 – 45000	-	-
Trincomalee	-	-	-	-	-	-
Mannar	80000 – 82500	-	-	62000 – 65250	-	-

Locations	Imported Dried Fish					
	Mora	Balaya	Anguluwa	Maduwa	Koduwa	Salaya
Colombo	100000 – 125000	-	80000 – 100000	35000 – 42500	-	-
Kandy	-	-	-	-	-	-
Batticaloa	-	-	-	-	-	-
Trincomalee	-	-	-	-	-	-
Mannar	-	-	-	-	-	-

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

Week 03:16 - 22 Jan 2026

LOCATIONS	Sea Fish									Eggs									
	Salaya		Hurulla		Balaya		Kelawalla		Thora		Paraw		Mora		Thalapath		Brown		White
Colombo	500.00 - 800.00	950.00 - 1400.00	1000.00 - 1600.00	1800.00 - 3000.00	3000.00 - 4400.00	2000.00 - 2700.00	1700.00 - 2400.00	3000.00 - 3500.00	31.00 - 35.00	28.00 - 34.00									
Gampaha	600.00 - 650.00	1000.00 - 1000.00	-	2000.00 - 2000.00	-	2000.00 - 2000.00	-	2800.00 - 2800.00	33.00 - 36.00	28.00 - 35.00									
Kurunegala	580.00 - 600.00	1100.00 - 1100.00	1100.00 - 1200.00	2000.00 - 2000.00	-	1800.00 - 1800.00	-	2700.00 - 2700.00	32.00 - 33.00	31.00 - 33.00									
Nikaweratiya	500.00 - 700.00	1100.00 - 1250.00	1100.00 - 1300.00	2500.00 - 2600.00	-	1300.00 - 1400.00	-	-	32.00 - 34.00	32.00 - 34.00									
Dambulla	500.00 - 600.00	1100.00 - 1200.00	1100.00 - 1200.00	2200.00 - 2300.00	-	1700.00 - 1800.00	1700.00 - 1800.00	2600.00 - 2700.00	33.00 - 34.00	30.00 - 32.00									
Anuradhapura	600.00 - 700.00	1100.00 - 1200.00	1100.00 - 1300.00	2400.00 - 2600.00	-	1400.00 - 1600.00	1600.00 - 1800.00	2600.00 - 2800.00	-	32.00 - 35.00									
Thambuththegama	-	-	-	-	-	-	-	-	32.00 - 35.00	32.00 - 34.00									
Polonnaruwa	600.00 - 650.00	1200.00 - 1250.00	1750.00 - 1800.00	2400.00 - 2500.00	-	1600.00 - 1700.00	1800.00 - 1800.00	2500.00 - 2600.00	33.00 - 33.00	30.00 - 32.00									
Kaluthara	700.00 - 800.00	1200.00 - 1300.00	1600.00 - 2000.00	2400.00 - 2800.00	3200.00 - 3200.00	2400.00 - 2800.00	2000.00 - 2000.00	2800.00 - 3000.00	30.00 - 32.00	26.00 - 30.00									
Badulla	-	-	-	-	-	-	-	-	-	-									
Keppetipola	600.00 - 650.00	1100.00 - 1200.00	1200.00 - 1300.00	2400.00 - 2500.00	-	1600.00 - 1700.00	1700.00 - 1800.00	2600.00 - 2700.00	35.00 - 37.00	34.00 - 35.00									
Moneragala	600.00 - 650.00	1200.00 - 1400.00	1100.00 - 1200.00	2600.00 - 2800.00	-	1400.00 - 1600.00	-	2700.00 - 2800.00	33.00 - 35.00	31.00 - 33.00									
Kegalle	880.00 - 900.00	1180.00 - 1200.00	1200.00 - 1250.00	2700.00 - 2800.00	-	-	2000.00 - 2000.00	2900.00 - 3000.00	32.00 - 34.00	28.00 - 30.00									
Ampara	600.00 - 600.00	1200.00 - 1400.00	2200.00 - 2400.00	2800.00 - 3000.00	-	-	-	-	-	29.00 - 33.00									
Dehiattakandiya	600.00 - 700.00	980.00 - 1200.00	1400.00 - 1600.00	2400.00 - 2400.00	2900.00 - 2900.00	1600.00 - 1600.00	-	2400.00 - 2800.00	32.00 - 33.00	28.00 - 31.00									
Nuwaraeliya	650.00 - 680.00	1300.00 - 1400.00	1300.00 - 1400.00	2500.00 - 2600.00	-	1700.00 - 1800.00	1800.00 - 1900.00	2700.00 - 2800.00	35.00 - 37.00	33.00 - 35.00									
Kandy	700.00 - 750.00	1200.00 - 1300.00	1300.00 - 1400.00	2500.00 - 2600.00	3400.00 - 3500.00	1700.00 - 1800.00	1800.00 - 1900.00	2500.00 - 2600.00	35.00 - 37.00	33.00 - 35.00									
Puttalam	400.00 - 450.00	800.00 - 800.00	750.00 - 800.00	1450.00 - 1600.00	-	1400.00 - 1500.00	1500.00 - 1700.00	2500.00 - 2500.00	35.00 - 35.00	33.00 - 34.00									
Hambantota	500.00 - 500.00	1000.00 - 1200.00	1200.00 - 1400.00	1700.00 - 1700.00	-	1300.00 - 1500.00	-	-	-	32.00 - 33.00									
Rathnapura	500.00 - 600.00	1100.00 - 1200.00	1300.00 - 1500.00	2500.00 - 2600.00	3850.00 - 4000.00	1600.00 - 1800.00	1600.00 - 1800.00	2500.00 - 2600.00	35.00 - 36.00	31.00 - 33.00									
Matara	550.00 - 600.00	1000.00 - 1100.00	1500.00 - 1600.00	2800.00 - 2900.00	-	2000.00 - 2100.00	1400.00 - 1500.00	2600.00 - 2700.00	34.00 - 35.00	30.00 - 33.00									
Galle	500.00 - 580.00	1000.00 - 1100.00	1400.00 - 1600.00	2600.00 - 2700.00	2800.00 - 3000.00	1800.00 - 2000.00	1800.00 - 2000.00	2600.00 - 2800.00	30.00 - 32.00	26.00 - 30.00									
Tissamaharama	600.00 - 600.00	800.00 - 900.00	1100.00 - 1300.00	-	-	-	-	2600.00 - 2600.00	-	30.00 - 33.00									
Meegoda	600.00 - 600.00	1200.00 - 1300.00	1000.00 - 1100.00	2800.00 - 2800.00	-	1800.00 - 1800.00	-	3300.00 - 3500.00	33.00 - 35.00	30.00 - 35.00									
Embilipitiya	600.00 - 700.00	900.00 - 1000.00	1600.00 - 1700.00	2600.00 - 2650.00	2950.00 - 3000.00	-	-	2700.00 - 2800.00	30.00 - 32.00	28.00 - 30.00									
Jaffna	600.00 - 650.00	900.00 - 1000.00	1500.00 - 1700.00	-	-	1800.00 - 2200.00	2200.00 - 2500.00	-	32.00 - 32.00	30.00 - 34.00									
Vavuniya	600.00 - 700.00	1200.00 - 1300.00	1200.00 - 1300.00	1800.00 - 1900.00	-	1600.00 - 1700.00	-	2400.00 - 2500.00	37.00 - 39.00	36.00 - 38.00									
Mannar	550.00 - 600.00	-	1100.00 - 1200.00	-	-	2000.00 - 2400.00	2000.00 - 2300.00	-	34.00 - 35.00	32.00 - 33.00									
Killinochchi	450.00 - 500.00	900.00 - 950.00	1000.00 - 1100.00	-	-	1450.00 - 1500.00	2000.00 - 2200.00	-	34.00 - 35.00	32.00 - 33.00									
Mullaittivu	450.00 - 550.00	950.00 - 1000.00	1200.00 - 1300.00	1850.00 - 1950.00	-	1550.00 - 1650.00	1950.00 - 2200.00	-	33.00 - 35.00	30.00 - 32.00									
Batticaloa	600.00 - 600.00	-	1400.00 - 1450.00	2300.00 - 2300.00	-	2300.00 - 2300.00	-	2400.00 - 2500.00	32.00 - 33.00	30.00 - 30.00									
Trincomalee	500.00 - 550.00	1100.00 - 1150.00	1200.00 - 1250.00	2250.00 - 2300.00	-	1700.00 - 1750.00	1950.00 - 2000.00	-	36.00 - 38.00	34.00 - 35.00									
Veyangoda	600.00 - 650.00	900.00 - 1000.00	1900.00 - 2000.00	2200.00 - 2400.00	-	2400.00 - 2600.00	-	2500.00 - 2700.00	30.00 - 34.00	28.00 - 32.00									
Galenbindunuwewa	500.00 - 600.00	1100.00 - 1200.00	1000.00 - 2000.00	2500.00 - 2600.00	2900.00 - 3000.00	1480.00 - 1550.00	2200.00 - 2300.00	2700.00 - 3000.00	32.00 - 35.00	29.00 - 32.00									
Bandarawela	550.00 - 600.00	-	1600.00 - 1600.00	2500.00 - 2600.00	-	2000.00 - 2100.00	1500.00 - 1600.00	2700.00 - 2800.00	32.00 - 33.00	30.00 - 32.00									
Matale	700.00 - 800.00	1200.00 - 1300.00	1100.00 - 1200.00	2400.00 - 2500.00	3000.00 - 3200.00	1700.00 - 1800.00	2000.00 - 2200.00	2600.00 - 2800.00	32.00 - 33.00	30.00 - 31.00									

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

Week 03:16 - 22 Jan 2026

LOCATIONS	Dried Fish													
	Sprats-Imported		Kattawa		Thora		Mora		Balaya		Anguluwa		Salaya	
Colombo	1100.00	1500.00	2200.00	2800.00	3200.00	4000.00	2500.00	3000.00	1400.00	2400.00	2400.00	3000.00	900.00	1200.00
Gampaha	1400.00	1500.00	2700.00	2800.00	3800.00	3800.00	2800.00	2800.00	2000.00	2000.00	2400.00	2400.00	-	-
Kurunegala	1380.00	1400.00	2200.00	2300.00	-	-	2600.00	2600.00	1600.00	1700.00	2200.00	2200.00	-	-
Nikaweratiya	1200.00	1400.00	2200.00	2400.00	-	-	2000.00	2150.00	1500.00	1650.00	2200.00	2400.00	800.00	1000.00
Dambulla	1000.00	1200.00	2500.00	2600.00	-	-	2900.00	3000.00	1400.00	1500.00	2200.00	2300.00	-	-
Anuradhapura	1200.00	1400.00	2400.00	2600.00	-	-	2600.00	2800.00	1600.00	2000.00	2000.00	2400.00	800.00	1000.00
Thambuththegama	1100.00	1300.00	2200.00	2250.00	-	-	-	-	1600.00	1750.00	1200.00	1400.00	1000.00	1100.00
Polonnaruwa	1200.00	1300.00	2100.00	2200.00	-	-	2800.00	2950.00	1600.00	1650.00	-	-	-	-
Kaluthara	1120.00	1200.00	2200.00	2600.00	-	-	2700.00	2900.00	1300.00	1600.00	2400.00	2600.00	-	-
Badulla	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Keppetipola	1200.00	1300.00	2300.00	2400.00	3200.00	3300.00	2600.00	3000.00	1400.00	1500.00	1700.00	1800.00	1200.00	1300.00
Moneragala	1200.00	1400.00	2200.00	2400.00	-	-	2600.00	2800.00	1600.00	1700.00	2000.00	2200.00	800.00	1000.00
Kegalle	1120.00	1200.00	2600.00	2600.00	3200.00	3200.00	2700.00	2800.00	1800.00	1800.00	-	-	-	-
Ampara	-	-	1800.00	2600.00	-	-	2500.00	2800.00	1600.00	1800.00	1200.00	1300.00	600.00	600.00
Dehiattakandiya	1100.00	1200.00	2200.00	2800.00	-	-	2800.00	3000.00	1600.00	1800.00	1500.00	1800.00	600.00	800.00
Nuwaraeliya	1250.00	1300.00	2500.00	2600.00	3500.00	3600.00	2800.00	3000.00	1500.00	1700.00	1900.00	2000.00	1200.00	1250.00
Kandy	1200.00	1400.00	2700.00	2800.00	3400.00	3500.00	2800.00	2900.00	1900.00	2000.00	2200.00	2400.00	1000.00	1100.00
Puttalam	1120.00	1200.00	1700.00	1800.00	-	-	2600.00	2800.00	1400.00	1600.00	1200.00	1300.00	1000.00	1100.00
Hambantota	1200.00	1300.00	2400.00	2400.00	4500.00	4500.00	-	-	2000.00	2200.00	2400.00	2500.00	-	-
Rathnapura	1040.00	1200.00	2200.00	2400.00	3200.00	3600.00	2880.00	2980.00	1400.00	1760.00	2350.00	2400.00	720.00	800.00
Matara	1250.00	1400.00	2000.00	2200.00	-	-	-	-	1500.00	1600.00	2000.00	2100.00	-	-
Galle	1000.00	1500.00	2000.00	2400.00	2800.00	3200.00	2000.00	2800.00	1400.00	2000.00	2000.00	2200.00	-	-
Tissamaharama	1200.00	1350.00	-	-	-	-	2500.00	2700.00	1750.00	1900.00	2400.00	2500.00	-	-
Meegoda	1120.00	1200.00	2000.00	2400.00	-	-	2800.00	2800.00	1600.00	1800.00	2000.00	2400.00	800.00	920.00
Embilipitiya	1200.00	1400.00	2400.00	2500.00	-	-	2850.00	3000.00	1800.00	2000.00	2400.00	2500.00	950.00	1100.00
Jaffna	1600.00	1700.00	2600.00	2800.00	3100.00	3250.00	3000.00	3300.00	1800.00	2000.00	1000.00	1200.00	800.00	1200.00
Vavuniya	-	-	2100.00	2200.00	-	-	2100.00	2200.00	1300.00	1400.00	1200.00	1300.00	600.00	700.00
Mannar	-	-	2800.00	2800.00	-	-	2800.00	3000.00	1800.00	2000.00	1900.00	1950.00	-	-
Killinochchi	1300.00	1400.00	2400.00	2500.00	-	-	2400.00	2500.00	1200.00	1300.00	1100.00	1200.00	950.00	1000.00
Mullaittivu	1100.00	1250.00	2400.00	2500.00	-	-	2450.00	2600.00	1450.00	1550.00	1000.00	1150.00	850.00	960.00
Batticaloa	1100.00	1200.00	2500.00	2800.00	-	-	-	-	2000.00	2000.00	-	-	600.00	650.00
Trincomalee	1200.00	1250.00	2200.00	2300.00	-	-	-	-	1350.00	1400.00	1250.00	1300.00	700.00	750.00
Veyangoda	1000.00	1400.00	2000.00	2400.00	-	-	2400.00	2700.00	1500.00	1800.00	2000.00	2200.00	900.00	1000.00
Galenbindunuwewa	1100.00	1500.00	1900.00	2100.00	2800.00	3000.00	2600.00	3000.00	1400.00	1600.00	1200.00	2400.00	900.00	1000.00
Bandarawela	1200.00	1300.00	2200.00	2400.00	-	-	2800.00	3000.00	1600.00	1800.00	2300.00	2400.00	800.00	900.00
Matale	1200.00	1300.00	2500.00	2600.00	-	-	2800.00	3000.00	1600.00	1800.00	2600.00	2700.00	800.00	900.00

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

Week 03:16 - 22 Jan 2026

LOCATIONS	Meat		Meat (Chicken)		Meat					
	Beef		Broiler	Curry	Mutton	Pork				
Colombo	2700.00	- 2900.00	1150.00	- 1300.00	1050.00	- 1380.00	3800.00	- 4200.00	2700.00	- 2800.00
Gampaha	-		1250.00	- 1250.00	1400.00	- 1400.00	4000.00	- 4000.00	2650.00	- 2650.00
Kurunegala	2600.00	- 2600.00	1150.00	- 1250.00	-		-		2750.00	- 2800.00
Nikaweratiya	2400.00	- 2600.00	1150.00	- 1250.00	-		-		-	
Dambulla	-		1150.00	- 1200.00	1300.00	- 1350.00	-		2500.00	- 2600.00
Anuradhapura	2500.00	- 2600.00	1200.00	- 1300.00	1400.00	- 1450.00	-		2200.00	- 2500.00
Thambuththegama	-		1180.00	- 1250.00	-		-		2600.00	- 3000.00
Polonnaruwa	-		1350.00	- 1400.00	-		3500.00	- 3550.00	-	
Kaluthara	2600.00	- 2600.00	1100.00	- 1200.00	1100.00	- 1300.00	-		2600.00	- 2600.00
Badulla	-		-		-		-		-	
Keppetipola	2400.00	- 2400.00	1200.00	- 1250.00	1300.00	- 1350.00	3200.00	- 3200.00	-	
Moneragala	2400.00	- 2400.00	1190.00	- 1300.00	1500.00	- 1550.00	-		2800.00	- 2900.00
Kegalle	2450.00	- 2600.00	1250.00	- 1280.00	1150.00	- 1150.00	3600.00	- 3600.00	2800.00	- 3000.00
Ampara	2400.00	- 2500.00	1200.00	- 1300.00	-		-		2800.00	- 3000.00
Dehiattakandiya	-		1200.00	- 1250.00	-		-		2700.00	- 2850.00
Nuwaraeliya	2300.00	- 2400.00	1250.00	- 1280.00	1350.00	- 1400.00	3800.00	- 4000.00	2800.00	- 2900.00
Kandy	2500.00	- 2500.00	1000.00	- 1020.00	1290.00	- 1300.00	3500.00	- 3600.00	2800.00	- 2900.00
Puttalam	2450.00	- 2500.00	1200.00	- 1250.00	1500.00	- 1600.00	4200.00	- 4200.00	-	
Hambantota	-		1200.00	- 1200.00	-		-		-	
Rathnapura	2600.00	- 2600.00	1100.00	- 1200.00	1200.00	- 1270.00	3700.00	- 3700.00	2700.00	- 2700.00
Matara	-		1180.00	- 1200.00	-		-		-	
Galle	2600.00	- 2700.00	1150.00	- 1200.00	1250.00	- 1250.00	3500.00	- 3600.00	-	
Tissamaharama	-		1200.00	- 1350.00	-		-		-	
Meegoda	-		1180.00	- 1250.00	1200.00	- 1250.00	-		2800.00	- 3000.00
Embilipitiya	2450.00	- 2500.00	1050.00	- 1200.00	1150.00	- 1250.00	3350.00	- 3500.00	2600.00	- 2800.00
Jaffna	2200.00	- 2300.00	1300.00	- 1500.00	1600.00	- 1800.00	3500.00	- 3600.00	-	
Vavuniya	2200.00	- 2300.00	1340.00	- 1400.00	1450.00	- 1600.00	3150.00	- 3200.00	-	
Mannar	2200.00	- 2300.00	1450.00	- 1500.00	1550.00	- 1600.00	-		-	
Killinochchi	2450.00	- 2500.00	1400.00	- 1450.00	1600.00	- 1650.00	3900.00	- 4000.00	-	
Mullaittivu	2200.00	- 2200.00	1400.00	- 1400.00	1550.00	- 1600.00	-		-	
Batticaloa	2100.00	- 2200.00	1400.00	- 1400.00	1600.00	- 1600.00	3800.00	- 4000.00	-	
Trincomalee	2250.00	- 2300.00	1360.00	- 1400.00	1550.00	- 1600.00	3400.00	- 3500.00	-	
Veyangoda	2600.00	- 2600.00	1050.00	- 1150.00	-		-		2500.00	- 2500.00
Galenbindunuwewa	2400.00	- 2400.00	1030.00	- 1050.00	1400.00	- 1400.00	3500.00	- 3500.00	2200.00	- 2200.00
Bandarawela	2400.00	- 2500.00	1000.00	- 1200.00	-		3500.00	- 3600.00	-	
Matale	2500.00	- 2600.00	1100.00	- 1150.00	1250.00	- 1300.00	3500.00	- 3600.00	2600.00	- 2700.00

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

Week 03:16 - 22 Jan 2026

COMMODITY	Range	Average Price			Change Compared to		COMMODITY	Range	Average Price			Change Compared to	
		This Week	Last Week	Last Year	Last Week (%)	Last Year (%)			This Week	Last Week	Last Year	Last Week (%)	Last Year (%)
<b>Rice</b>							<b>Coconut</b>						
<b>Local</b>							Large	155.00 - 165.00	160.00	165.00	193.00	-3.03	-17.10
Samba 1	260.00 - 265.00	261.40	265.88	236.67	-1.68	10.45	Small	135.00 - 145.00	141.67	145.00	169.00	-2.30	-16.17
Samba 2	255.00 - 258.00	256.29	260.00	231.50	-1.43	10.71							
Keeri Samba	340.00 - 360.00	350.00	350.00	255.00	0.00	37.25	<b>Fruits (Rs/fruit)</b>						
Nadu 1	222.00 - 225.00	224.33	225.44	227.50	-0.49	-1.39	<b>Plantain</b>						
Nadu 2	218.00 - 220.00	219.43	220.00	221.00	-0.26	-0.71	Ambul (Rs/kg)	140.00 - 180.00	152.73	182.00	130.00	-16.08	17.48
Raw (Red)	205.00 - 210.00	207.78	210.75		-1.41		Kolikuttu (Rs/kg)	200.00 - 250.00	214.17	218.00	190.00	-1.76	12.72
Raw (White)	205.00 - 215.00	210.00	213.60	232.00	-1.69	-9.48	Seeni (Rs/kg)	100.00 - 150.00	126.67	119.00	129.00	6.44	-1.81
<b>Imported</b>							Anamalu	29.00 - 37.00	33.42	34.60	29.20	-3.42	14.44
Samba	230.00 - 240.00	234.17	231.00	228.00	1.37	2.70	Ambun	40.00 - 52.00	47.67	50.40	40.80	-5.42	16.83
Nadu	-	-	-	-	-	-	Papaw(Rs/kg)	260.00 - 380.00	303.00	256.67	123.33	18.05	145.68
Raw (Red)	-	-	-	-	-	-	Passion Fruit	60.00 - 100.00	85.00	63.29	55.56	34.31	53.00
Raw (White)	-	-	-	-	-	-	Pineapple Large	290.00 - 330.00	313.57	308.57	494.44	1.62	-36.58
<b>Dried Chillies</b>							Pineapple Medium	250.00 - 280.00	263.75	254.29	357.78	3.72	-26.28
Imported	700.00 - 780.00	769.00	762.86	700.00	0.81	9.86	Pineapple Small	200.00 - 220.00	215.45	214.29	271.00	0.55	-20.50
<b>Onion</b>							<b>Mango</b>						
Sinnan	170.00 - 200.00	183.33	175.83		4.27		Betti	-	-	-	-	-	-
Vedalan	-	-	-	-	-	-	Karthakolomban	85.00 - 135.00	114.38	101.67	159.44	12.50	-28.27
Imported	280.00 - 300.00	291.25	302.14	491.67	-3.61	-40.76	Vilad	-	-	-	-	-	-
<b>Big Onion</b>							Kohu	-	-	-	-	-	-
Imported	100.00 - 150.00	128.00	146.82	211.43	-12.82	-39.46	<b>Other</b>						
Local	-	-	-	-	-	-	Wood Apple	40.00 - 60.00	47.75	50.00	52.60	-4.50	-9.22
<b>Potato</b>							Orange	35.00 - 50.00	43.11	60.63	83.00	-28.89	-48.06
Welimada	-	-	-	-	-	-	Avocado	400.00 - 500.00	462.14	470.71	240.50	-1.82	92.16
N'Eliya	400.00 - 430.00	425.56	423.33	347.50	0.52	22.46	Slime Apple	30.00 - 50.00	40.00	40.29	32.00	-0.71	25.00
Imported	130.00 - 290.00	207.78	187.78	172.50	10.65	20.45	Grapes (Imp., Rs/kg)	1300.00 - 1600.00	1450.00	1356.00	1808.33	6.93	-19.82
<b>Pulses</b>							King Coconut	120.00 - 150.00	140.00	146.67	158.75	-4.55	-11.81
Green Gram	600.00 - 700.00	638.57	650.00	573.33	-1.76	11.38	<b>Sea Fish</b>						
Cowpea (White)	750.00 - 800.00	775.00	756.00	550.00	2.51	40.91	Salaya	250.00 - 500.00	375.00	458.33	313.33	-18.18	19.68
Cowpea (Red)	800.00 - 850.00	825.00	796.00	519.17	3.64	58.91	Hurulla	800.00 - 950.00	857.14	650.00	1020.00	31.87	-15.97
Red Dhal	245.00 - 255.00	249.38	250.00	273.33	-0.25	-8.77	Balaya	800.00 - 900.00	833.33	866.67	870.00	-3.85	-4.21
<b>Vegetable</b>							Kelawalla	1200.00 - 1400.00	1266.67	1500.00	1517.50	-15.56	-16.53
Beans (Butter)	-	-	-	-	-	-	Thora	2200.00 - 2600.00	2416.67	3016.67	2361.54	-19.89	2.33
Beans(Green)	350.00 - 450.00	400.00	404.55	271.00	-1.12	47.60	Paraw	1000.00 - 1400.00	1183.33	1533.33	1396.67	-22.83	-15.27
Carrot	280.00 - 350.00	308.89	318.00	223.00	-2.87	38.52	Mora	1300.00 - 1600.00	1450.00		964.17		50.39
Leeks	260.00 - 380.00	308.00	322.00	207.00	-4.35	48.79	Shrimps	2200.00 - 2500.00	2350.00	1983.33	1919.09	18.49	22.45
Beetroot	450.00 - 650.00	538.89	685.71	430.00	-21.41	25.32	Thalapat	2000.00 - 3000.00	2383.33	2400.00	2072.73	-0.69	14.99
Knolkhol	250.00 - 350.00	292.86	301.67	214.00	-2.92	36.85	<b>Eggs</b>						
Raddish	80.00 - 130.00	106.15	127.27	100.00	-16.59	6.15	Brown	28.00 - 33.00	30.67	30.17	33.94	1.66	-9.64
Cabbage	150.00 - 250.00	194.55	200.00	140.00	-2.73	38.96	White	26.00 - 32.00	29.33	27.80	31.63	5.52	-7.25
Tomato	350.00 - 450.00	396.00	450.00	237.00	-12.00	67.09	<b>Dried Fish</b>						
Ladies Fingers	200.00 - 250.00	214.17	212.73	158.00	0.68	35.55	Sprats	1350.00 - 1650.00	1456.25	1477.78	1129.23	-1.46	28.96
Brinjal	100.00 - 250.00	172.00	255.83	280.00	-32.77	-38.57	Sprats (Imported)	850.00 - 950.00	897.14	931.11	707.50	-3.65	26.80
Capsicum	500.00 - 600.00	550.00	633.33	515.00	-13.16	6.80	Kattawa	1600.00 - 2200.00	1821.43	1600.00	1256.67	13.84	44.94
Pumpkin	80.00 - 120.00	94.55	118.18	118.00	-20.00	-19.88	Kattawa (Imported)	1450.00 - 1800.00	1608.33	1600.00	1256.67	0.52	27.98
Cucumber	80.00 - 150.00	115.56	134.55	116.00	-14.11	-0.38	Thora	2800.00 - 3600.00	3242.86	2370.00		36.83	
Bitter Gourd	450.00 - 550.00	490.00	460.00	276.00	6.52	77.54	Thora (Imported)	2350.00 - 2700.00	2541.67	2270.00		11.97	
Snake Gourd	180.00 - 300.00	234.00	273.00	137.00	-14.29	70.80	Mora	2400.00 - 2700.00	2500.00	2533.33	1775.00	-1.32	40.85
Drumstick	-	-	-	-	-	-	Mora (Imported)	2000.00 - 2500.00	2250.00	1191.67	732.50	88.81	207.17
Luffa	350.00 - 500.00	425.00	400.00	265.00	6.25	60.38	Balaya	1150.00 - 1350.00	1250.00	1191.67		4.90	
Long Beans	100.00 - 200.00	155.45	186.00	224.00	-16.42	-30.60	Balaya (Imported)	-	-	1858.33	1260.83		
Ash Plantain	150.00 - 200.00	172.22	182.22	136.00	-5.49	26.63	Anguluwa	1700.00 - 2200.00	1878.57	1550.00	1260.83	21.20	48.99
Green Chillies	350.00 - 600.00	455.56	627.27	1055.00	-27.38	-56.82	Anguluwa (Imported)	1600.00 - 2000.00	1758.33	1533.33	1445.83	14.67	21.61
Lime	100.00 - 200.00	149.00	172.22	194.55	-13.48	-23.41	Maduwa	1300.00 - 1700.00	1485.71	1550.00	1260.83	-4.15	17.84
<b>Root Crops</b>							Maduwa (Imported)	700.00 - 850.00	783.33				
Sweet Potato	220.00 - 270.00	244.55	241.11	160.00	1.42	52.84	Koduwa	-	-	612.50	808.33		
Manioc	70.00 - 120.00	99.00	100.00	107.00	-1.00	-7.48	Koduwa (Imported)	-	-	-	-	-	-
<b>Leafy Vegetable</b>							Salaya	650.00 - 700.00	675.00	612.50	808.33	10.20	-16.49
Mukunuwenna	45.00 - 55.00	50.00	47.50	33.00	5.26	51.52	Salaya (Imported)	-	-	-	-	-	-
Kankun	45.00 - 55.00	50.00	47.50	33.00	5.26	51.52							
Gotukola (Rs/kg)	260.00 - 300.00	285.00	290.00	310.00	-1.72	-8.06							

This Week: Week 03:16 - 22 Jan 2026  
 Last Week: Week 02:09 - 15 Jan 2026

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

Week 03:16 - 22 Jan 2026

COMMODITY	Range	Average Price			Change Compared to		COMMODITY	Range	Average Price			Change Compared to	
		This Week	Last Week	Last Year	Last Week (%)	Last Year (%)			This Week	Last Week	Last Year	Last Week (%)	Last Year (%)
<b><u>Rice</u></b>													
<b>Local</b>													
Samba 1	270.00 - 280.00	274.32	277.86	258.27	-3.54	6.21	Large	175.00 - 200.00	189.25	190.28	203.33	-1.03	-6.93
Samba 2	-	-	-	-	-	-	Small	140.00 - 185.00	166.47	170.00	173.04	-3.53	-3.80
Keeri Samba	360.00 - 380.00	371.05	368.67	267.94	2.39	38.48	<b><u>Fruits (Rs/fruit)</u></b>						
Nadu 1	230.00 - 240.00	233.04	233.04	252.06	0.00	-7.54	<b>Plantain</b>						
Nadu 2	-	-	-	-	-	-	Ambul (Rs/kg)	160.00 - 250.00	215.87	231.61	198.84	-15.74	8.57
Raw (Red)	220.00 - 220.00	220.00	220.45	301.47	-0.45	-27.02	Kolikuttu (Rs/kg)	250.00 - 380.00	315.45	324.58	326.43	-9.13	-3.36
Raw (White)	220.00 - 230.00	224.23	223.18	265.22	1.05	-15.45	Seeni (Rs/kg)	180.00 - 250.00	204.09	193.46	202.50	10.63	0.79
<b>Imported</b>													
Samba	240.00 - 260.00	251.52	253.81	249.11	-2.29	0.97	Anamalu	36.00 - 50.00	43.40	48.22	42.19	-4.82	2.88
Nadu	-	-	-	-	-	-	Ambun	50.00 - 70.00	61.13	66.00	63.64	-4.87	-3.94
Raw (Red)	-	-	-	-	-	-	Papaw(Rs/kg)	300.00 - 500.00	376.52	331.58	218.18	44.94	72.57
Raw (White)	-	-	-	-	-	-	Passion Fruit	70.00 - 140.00	111.82	90.00	84.32	21.82	32.61
<b><u>Dried Chillies</u></b>													
Imported	900.00 - 1200.00	1065.22	1037.50	908.14	27.72	17.30	Pineapple Large	380.00 - 500.00	423.64	418.26	573.89	5.38	-26.18
<b><u>Onion</u></b>													
Sinnan	-	-	-	-	-	-	Pineapple Medium	300.00 - 380.00	334.76	323.04	441.89	11.72	-24.24
Vedalan	-	-	-	-	-	-	Pineapple Small	240.00 - 300.00	262.73	261.36	352.97	1.36	-25.57
Imported	400.00 - 600.00	471.92	479.60	604.13	-7.68	-21.88	<b>Mango</b>						
<b><u>Big Onion</u></b>													
Imported	180.00 - 260.00	222.31	223.60	279.13	-1.29	-20.36	Betti	-	-	-	-	-	-
Local	-	-	-	-	-	-	Karthakolomban	100.00 - 200.00	141.00	130.00	192.86	11.00	-26.89
<b><u>Potato</u></b>													
Welimada	-	-	-	-	-	-	Vilad	-	-	-	-	-	-
N'Elia	440.00 - 560.00	496.88	477.22	463.75	19.65	7.14	Kohu	-	-	-	-	-	-
Imported	180.00 - 280.00	244.00	242.08	249.57	1.92	-2.23	<b><u>Other</u></b>						
<b><u>Pulses</u></b>													
Green Gram	750.00 - 1100.00	931.67	852.61	777.37	79.06	19.85	Wood Apple	60.00 - 130.00	94.35	98.10	100.61	-3.75	-6.22
Cowpea (White)	900.00 - 1300.00	1099.09	1072.73	811.72	26.36	35.40	Orange	60.00 - 135.00	90.00	121.07	126.21	-31.07	-28.69
Cowpea (Red)	900.00 - 1300.00	1093.18	1081.82	809.03	11.36	35.12	Avocado	570.00 - 670.00	635.63	611.25	311.76	24.38	103.88
Red Dhal	260.00 - 320.00	292.00	292.17	311.52	-0.17	-6.27	Slime Apple	50.00 - 140.00	78.82	82.86	80.71	-4.03	-2.34
<b><u>Vegetable</u></b>													
Beans (Butter)	-	-	-	-	-	-	Grapes (Imp., Rs/kg)	1700.00 - 2600.00	2106.67	2005.88	2366.67	100.78	-10.99
Beans(Green)	450.00 - 700.00	581.48	617.83	513.94	-36.34	13.14	King Coconut	150.00 - 200.00	173.33	175.26	192.90	-1.93	-10.14
Carrot	400.00 - 600.00	490.37	511.30	378.18	-20.93	29.67	<b><u>Sea Fish</u></b>						
Leeks	350.00 - 600.00	496.79	504.78	394.24	-8.00	26.01	Salaya	500.00 - 800.00	622.50	625.38	452.86	-2.88	37.46
Beetroot	580.00 - 800.00	726.00	872.00	533.64	-146.00	36.05	Hurulla	950.00 - 1400.00	1171.43	1200.00	1215.00	-28.57	-3.59
Knolkhol	300.00 - 650.00	516.36	549.38	386.13	-33.01	33.73	Balaya	1000.00 - 1600.00	1288.89	1250.00	1012.22	38.89	27.33
Raddish	180.00 - 400.00	301.85	325.50	248.13	-23.65	21.65	Kelawalla	1800.00 - 3000.00	2438.46	2472.73	2129.05	-34.27	14.53
Cabbage	250.00 - 500.00	384.29	402.27	289.70	-17.99	32.65	Thora	3000.00 - 4400.00	3625.00	4185.71	3195.24	-560.71	13.45
Tomato	450.00 - 700.00	578.15	652.17	393.75	-74.03	46.83	Paraw	2000.00 - 2700.00	2306.67	2200.00	2097.22	106.67	9.99
Ladies Fingers	300.00 - 480.00	388.85	407.73	302.81	-18.88	28.41	Mora	1700.00 - 2400.00	1980.00	-	-	-	-
Brijjal	200.00 - 480.00	362.07	467.92	412.12	-105.85	-12.15	Shrimps	2600.00 - 3500.00	2930.77	2804.17	2279.52	126.60	28.57
Capsicum	550.00 - 1200.00	861.03	871.25	799.38	-10.22	7.71	Thalalpath	3000.00 - 3500.00	3233.33	3325.00	2773.81	-91.67	16.57
Pumpkin	150.00 - 320.00	241.72	247.08	261.52	-5.36	-7.57	<b><u>Eggs</u></b>						
Cucumber	160.00 - 340.00	268.97	270.43	245.45	-1.47	9.58	Brown	31.00 - 35.00	33.00	32.29	36.00	0.71	-8.33
Bitter Gourd	500.00 - 900.00	717.31	719.55	494.52	-2.24	45.05	White	28.00 - 34.00	30.33	29.57	34.35	0.76	-11.69
Snake Gourd	250.00 - 600.00	439.63	481.82	302.50	-42.19	45.33	<b><u>Dried Fish</u></b>						
Drumstick	-	-	-	-	-	-	Sprats	1800.00 - 2400.00	2146.67	2290.91	1880.00	-144.24	14.18
Luffa	450.00 - 700.00	599.17	585.00	425.17	14.17	40.92	Sprats (Imported)	1100.00 - 1500.00	1300.00	1362.50	1250.00	-62.50	4.00
Long Beans	220.00 - 500.00	371.85	435.24	361.03	-63.39	3.00	Kattawa	2200.00 - 2800.00	2460.00	2438.46	1995.45	21.54	23.28
Ash Plantain	200.00 - 450.00	321.72	326.36	256.92	-4.64	25.22	Thora	3200.00 - 4000.00	4000.00	3875.00	125.00	-	
Green Chillies	560.00 - 1200.00	901.72	997.08	1581.25	-95.36	-42.97	Mora	2500.00 - 3000.00	2878.57	2935.71	2394.74	-57.14	20.20
Lime	180.00 - 600.00	408.33	492.38	468.44	-84.05	-12.83	Balaya	1400.00 - 2400.00	1883.33	1862.50	1660.00	20.83	13.45
<b><u>Root Crops</u></b>													
Sweet Potato	300.00 - 450.00	371.54	357.50	268.97	14.04	38.14	Anguluwa	2400.00 - 3000.00	2716.67	2708.33	2266.67	8.33	19.85
Manioc	150.00 - 240.00	204.07	210.00	212.19	-5.93	-3.82	Maduwa	-	-	-	-	-	-
<b><u>Leafy Vegetable(Rs/bundle)</u></b>													
Mukunuwenna	60.00 - 100.00	78.81	76.11	76.50	2.70	3.02	Koduwa	-	-	-	-	-	-
Kankun	60.00 - 100.00	78.81	76.11	76.50	2.70	3.02	Salaya	900.00 - 1200.00	1047.06	1026.67	1072.22	20.39	-2.35
Gotukola	200.00 - 320.00	291.00	308.89	170.63	-17.89	70.55	<b><u>Meat</u></b>						
<b>Beef (without Bones)</b>													
<b>Chicken (Broiler)</b>													
<b>Chicken (Curry)</b>													
<b>Mutton</b>													
<b>Pork</b>													

This Week: Week 03:16 - 22 Jan 2026  
 Last Week: Week 02:09 - 15 Jan 2026

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

Week 03:16 - 22 Jan 2026

COMMODITY	Range	Average Price	COMMODITY	Range	Average Price	COMMODITY	Range	Average Price
<b><u>Paddy</u></b>			<b><u>Vegetable (Up Country)</u></b>			<b><u>Snake Gourd</u></b>		
<b>Short Grain</b>			<b>Beans</b>			Dambulla	190.00 – 200.00	192.50
A'pura	140.00 – 145.00	142.00	Dambulla	390.00 – 420.00	402.50	Hambantota	-	
P'narawa	148.00 – 156.00	151.00	Welimada	385.00 – 435.00	412.00	Embilipitiya	200.00 – 220.00	212.50
Kalawewa	142.00 – 145.00	143.40	Badulla	-		Matara	-	
Kurunegala	140.00 – 144.00	142.00	<b>Carrot</b>			A'pura	180.00 – 200.00	188.00
Dehiattakandiya	135.00 – 135.00	135.00	N'Eliya	320.00 – 330.00	324.00	<b>Luffa</b>		
Nikaweratiya	140.00 – 145.00	142.60	Welimada	265.00 – 290.00	277.00	Dambulla	360.00 – 380.00	370.00
Ampara	140.00 – 145.00	142.50	Hanguranketha	250.00 – 300.00	276.67	Hambantota	-	
<b>Long Grain (White)</b>			<b>Leeks</b>			Embilipitiya	360.00 – 400.00	377.50
A'pura	118.00 – 123.00	120.00	N'Eliya	250.00 – 270.00	262.00	Matara	-	
P'narawa	124.00 – 129.00	126.40	Welimada	270.00 – 300.00	287.00	A'pura	460.00 – 480.00	468.00
Kalawewa	118.00 – 122.00	120.00	<b>Beetroot</b>			<b>Green Chillies</b>		
Kurunegala	120.00 – 120.00	120.00	N'Eliya	330.00 – 340.00	335.00	Dambulla	490.00 – 550.00	518.00
Dehiattakandiya	121.00 – 125.00	122.33	Dambulla	-		Hambantota	-	
Embilipitiya	-		Kurunegala	-		Embilipitiya	550.00 – 580.00	565.00
Nikaweratiya	114.00 – 120.00	116.60	Welimada	340.00 – 380.00	362.00	Puttalam	380.00 – 380.00	380.00
Hambantota	-		Hanguranketha	-		A'pura	500.00 – 550.00	520.00
Ampara	110.00 – 120.00	115.00	<b>Knol Khol</b>			<b>Pumpkin</b>		
<b>Long Grain (Red)</b>			N'Eliya	220.00 – 230.00	225.00	Dambulla	67.00 – 76.00	70.80
Matara	115.00 – 118.00	115.75	Welimada	185.00 – 230.00	211.00	Hambantota	-	
Hambantota	115.00 – 120.00	117.50	Hanguranketha	-		Embilipitiya	80.00 – 100.00	92.50
Embilipitiya	117.00 – 120.00	118.50	<b>Raddish</b>			Matara	50.00 – 55.00	51.67
<b>Keeri Samba</b>			N'Eliya	50.00 – 60.00	55.00	A'pura	60.00 – 70.00	64.00
A'pura	165.00 – 170.00	167.00	Welimada	50.00 – 65.00	60.00	Moneragala	70.00 – 75.00	72.00
P'narawa	-		Hambantota	-		<b>Cucumber</b>		
Kalawewa	165.00 – 168.00	166.00	Hanguranketha	60.00 – 70.00	65.00	A'pura	70.00 – 90.00	78.00
Kurunegala	160.00 – 165.00	162.50	<b>Cabbage</b>			Dambulla	95.00 – 110.00	101.00
Dehiattakandiya	165.00 – 175.00	170.00	N'Eliya	210.00 – 220.00	215.00	Hambantota	-	
<b>Red Onion</b>			Welimada	135.00 – 165.00	150.00	Matara	50.00 – 60.00	55.00
Puttalam	-		Badulla	-		<b>Long Beans</b>		
Jaffna	240.00 – 260.00	248.00	Hanguranketha	160.00 – 200.00	182.50	Dambulla	162.50 – 182.50	169.50
<b>Big Onion</b>			<b>Tomato</b>			Hambantota	-	
Dambulla	-		Welimada	265.00 – 285.00	276.00	Embilipitiya	120.00 – 140.00	127.50
Kalawewa	-		Hambantota	-		Matara	90.00 – 110.00	100.00
A'pura	-		Dambulla	300.00 – 330.00	316.00	A'pura	180.00 – 200.00	188.00
<b>Potato</b>			Hanguranketha	350.00 – 400.00	376.67	<b>Ash Plantain</b>		
N'Eliya	320.00 – 330.00	323.00	<b>Vegetable (Low Country)</b>			Hambantota	-	
Badulla	-		<b>Ladies Fingers</b>			Embilipitiya	100.00 – 120.00	107.50
Welimada	285.00 – 330.00	311.00	A'pura	240.00 – 260.00	248.00	Matara	90.00 – 100.00	96.67
<b>Pulses</b>			Dambulla	190.00 – 210.00	200.00	<b>Lime</b>		
<b>Green Gram</b>			Hambantota	-		Hambantota	-	
Hambantota	-		Embilipitiya	200.00 – 220.00	207.50	Embilipitiya	130.00 – 150.00	140.00
Moneragala	480.00 – 500.00	488.00	Matara	100.00 – 125.00	115.00	Moneragala	80.00 – 100.00	88.00
Embilipitiya	510.00 – 520.00	515.00	<b>Brinjal</b>			<b>Fruits (Rs/kg)</b>		
Nikaweratiya	430.00 – 450.00	438.75	A'pura	160.00 – 180.00	168.00	<b>Banana</b>		
A'pura	480.00 – 500.00	488.00	Dambulla	145.00 – 1725.00	471.50	<b>Ambul</b>		
<b>Cowpea</b>			Hambantota	100.00 – 125.00	112.50	Moneragala	50.00 – 60.00	54.00
Hambantota	-		Embilipitiya	100.00 – 120.00	107.50	Embilipitiya	50.00 – 80.00	64.00
Nikaweratiya	480.00 – 540.00	510.00	Matara	100.00 – 120.00	110.00	Hambantota	100.00 – 100.00	100.00
Moneragala	-		Welimada	165.00 – 185.00	174.00	<b>Kolikuttu</b>		
Embilipitiya	650.00 – 660.00	655.00	<b>Capsicum</b>			Moneragala	170.00 – 190.00	178.00
<b>Maize</b>			Badulla	-		Embilipitiya	140.00 – 160.00	152.00
A'pura	-		Welimada	500.00 – 600.00	557.50	Hambantota	160.00 – 180.00	170.00
Kalawewa	170.00 – 180.00	175.00	<b>Bitter Gourd</b>			<b>Papaw</b>		
<b>Gingelly</b>			A'pura	420.00 – 450.00	432.00	Moneragala	150.00 – 170.00	158.00
A'pura	-		Dambulla	400.00 – 450.00	417.50	Embilipitiya	200.00 – 220.00	210.00
Kalawewa	-		Hambantota	-		Hambantota	-	
<b>Black Gram</b>			Embilipitiya	440.00 – 460.00	450.00	<b>Pineapple</b>		
A'pura	-		Matara	320.00 – 350.00	336.67	Divulapitiya	-	
Kalawewa	-							

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

**Week 03:16 - 22 Jan 2026**

27

<b>CROP</b>	<b>PELIYAGODA</b>	<b>MAHARAGAMA</b>	<b>KIRULAPONE</b>	<b>NUGEGODA</b>	<b>NARAHENPITA</b>	<b>DEMATAGODA</b>	<b>THOTALANGA</b>	<b>KADAWATHA</b>	<b>KIRIBATHGODA</b>
<b><u>Rice</u></b>									
<b>Local</b>									
Samba 1	270.00 - 270.00	280.00 - 280.00	270.00 - 280.00	270.00 - 280.00	270.00 - 280.00	275.00 - 275.00	270.00 - 280.00	270.00 - 270.00	270.00 - 280.00
Samba 2	-	-	-	-	-	-	-	-	-
Keeri Samba	360.00 - 370.00	380.00 - 380.00	370.00 - 380.00	370.00 - 380.00	370.00 - 380.00	380.00 - 380.00	360.00 - 370.00	370.00 - 370.00	370.00 - 380.00
Nadu 1	230.00 - 240.00	230.00 - 230.00	230.00 - 240.00	230.00 - 240.00	230.00 - 240.00	240.00 - 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	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 - 220.00
Raw (White)	220.00 - 230.00	220.00 - 220.00	220.00 - 230.00	220.00 - 230.00	220.00 - 230.00	230.00 - 230.00	220.00 - 230.00	220.00 - 230.00	225.00 - 230.00
<b>Imported</b>									
Samba	240.00 - 250.00	260.00 - 260.00	250.00 - 260.00	255.00 - 260.00	240.00 - 250.00	250.00 - 250.00	240.00 - 250.00	240.00 - 250.00	250.00 - 260.00
Nadu	-	-	-	-	-	-	-	-	-
Raw (Red)	-	-	-	-	-	-	-	-	-
Raw (White)	-	-	-	-	-	-	-	-	-
<b><u>Dried Chillies</u></b>									
Imported	900.00 - 1000.00	1100.00 - 1100.00	1000.00 - 1050.00	1100.00 - 1200.00	1100.00 - 1200.00	1100.00 - 1100.00	900.00 - 1100.00	1000.00 - 1200.00	1000.00 - 1200.00
<b><u>Red Onion</u></b>									
Sinnan	-	-	-	-	-	-	-	-	-
Vedalan	-	-	-	-	-	-	-	-	-
Imported	400.00 - 420.00	480.00 - 500.00	440.00 - 480.00	500.00 - 600.00	500.00 - 600.00	400.00 - 480.00	400.00 - 440.00	460.00 - 480.00	480.00 - 540.00
<b><u>Big Onion</u></b>									
Imported	180.00 - 200.00	240.00 - 260.00	200.00 - 240.00	250.00 - 260.00	240.00 - 260.00	200.00 - 240.00	180.00 - 200.00	200.00 - 220.00	220.00 - 240.00
Local	-	-	-	-	-	-	-	-	-
<b><u>Potato</u></b>									
Welimada	-	-	-	-	-	-	-	-	-
N'Eliya	440.00 - 450.00	540.00 - 560.00	480.00 - 500.00	500.00 - 540.00	500.00 - 560.00	-	460.00 - 500.00	480.00 - 480.00	480.00 - 480.00
Imported	180.00 - 200.00	260.00 - 280.00	220.00 - 240.00	260.00 - 280.00	240.00 - 260.00	240.00 - 260.00	220.00 - 240.00	220.00 - 240.00	220.00 - 240.00
<b><u>Pulses</u></b>									
Green Gram	750.00 - 800.00	1000.00 - 1000.00	900.00 - 1000.00	1000.00 - 1100.00	950.00 - 1000.00	800.00 - 800.00	900.00 - 1000.00	1000.00 - 1000.00	1000.00 - 1100.00
Cowpea (White)	900.00 - 1000.00	1200.00 - 1200.00	1000.00 - 1100.00	1100.00 - 1300.00	1100.00 - 1200.00	1000.00 - 1000.00	1000.00 - 1100.00	1100.00 - 1200.00	1200.00 - 1300.00
Cowpea (Red)	900.00 - 950.00	1200.00 - 1200.00	1000.00 - 1000.00	1200.00 - 1300.00	1100.00 - 1200.00	1000.00 - 1000.00	1000.00 - 1100.00	1100.00 - 1100.00	1200.00 - 1300.00
Red Dhal	260.00 - 280.00	290.00 - 300.00	290.00 - 320.00	300.00 - 320.00	300.00 - 320.00	280.00 - 280.00	270.00 - 280.00	280.00 - 300.00	280.00 - 300.00

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

**Week 03:16 - 22 Jan 2026**

28

<b>CROP</b>	<b>PELIYAGODA</b>	<b>MAHARAGAMA</b>	<b>KIRULAPONE</b>	<b>NUGEGODA</b>	<b>NARAHENPITA</b>	<b>DEMATAGODA</b>	<b>THOTALANGA</b>	<b>KADAWATHA</b>	<b>KIRIBATHGODA</b>
<b><i>Vegetable</i></b>									
Beans	500.00 - 600.00	600.00 - 700.00	560.00 - 600.00	550.00 - 600.00	600.00 - 700.00	700.00 - 700.00	500.00 - 560.00	450.00 - 480.00	600.00 - 640.00
Carrot	400.00 - 400.00	600.00 - 600.00	550.00 - 600.00	540.00 - 600.00	480.00 - 600.00	400.00 - 600.00	400.00 - 450.00	450.00 - 480.00	400.00 - 420.00
Leeks	350.00 - 400.00	600.00 - 600.00	480.00 - 550.00	520.00 - 560.00	480.00 - 600.00	480.00 - 480.00	450.00 - 460.00	480.00 - 560.00	550.00 - 600.00
Beetroot	580.00 - 650.00	800.00 - 800.00	680.00 - 720.00	700.00 - 800.00	700.00 - 800.00	750.00 - 800.00	600.00 - 700.00	800.00 - 800.00	800.00 - 800.00
Knolkhol	300.00 - 400.00	550.00 - 650.00	520.00 - 550.00	600.00 - 650.00	480.00 - 600.00	-	450.00 - 560.00	600.00 - 600.00	520.00 - 520.00
Raddish	180.00 - 250.00	400.00 - 400.00	320.00 - 340.00	360.00 - 400.00	240.00 - 320.00	320.00 - 320.00	200.00 - 260.00	320.00 - 340.00	320.00 - 360.00
Cabbage	250.00 - 300.00	500.00 - 500.00	400.00 - 450.00	480.00 - 500.00	280.00 - 400.00	320.00 - 480.00	300.00 - 340.00	360.00 - 400.00	360.00 - 400.00
Tomato	450.00 - 500.00	680.00 - 700.00	550.00 - 600.00	600.00 - 650.00	480.00 - 600.00	600.00 - 600.00	450.00 - 550.00	700.00 - 700.00	600.00 - 650.00
Ladies Fingers	320.00 - 350.00	480.00 - 480.00	350.00 - 400.00	450.00 - 480.00	360.00 - 400.00	320.00 - 400.00	300.00 - 350.00	360.00 - 400.00	360.00 - 400.00
Brinjal	200.00 - 350.00	480.00 - 480.00	320.00 - 340.00	450.00 - 480.00	350.00 - 450.00	320.00 - 400.00	300.00 - 320.00	320.00 - 400.00	350.00 - 400.00
Capsicum	550.00 - 700.00	1000.00 - 1200.00	800.00 - 1100.00	1000.00 - 1200.00	700.00 - 1000.00	800.00 - 1000.00	560.00 - 650.00	900.00 - 1000.00	760.00 - 800.00
Pumpkin	150.00 - 200.00	280.00 - 320.00	240.00 - 260.00	300.00 - 320.00	180.00 - 240.00	280.00 - 320.00	160.00 - 180.00	280.00 - 320.00	280.00 - 320.00
Cucumber	160.00 - 200.00	320.00 - 340.00	320.00 - 340.00	280.00 - 320.00	180.00 - 280.00	240.00 - 320.00	180.00 - 260.00	260.00 - 320.00	320.00 - 340.00
Bitter Gourd	500.00 - 600.00	720.00 - 800.00	650.00 - 720.00	800.00 - 900.00	720.00 - 800.00	-	600.00 - 700.00	800.00 - 900.00	560.00 - 600.00
Snake Gourd	250.00 - 350.00	480.00 - 600.00	450.00 - 480.00	550.00 - 560.00	400.00 - 600.00	320.00 - 400.00	340.00 - 380.00	400.00 - 460.00	600.00 - 600.00
Drumstick	-	-	-	-	-	-	-	-	-
Luffa	500.00 - 550.00	680.00 - 700.00	560.00 - 600.00	650.00 - 700.00	600.00 - 700.00	700.00 - 700.00	450.00 - 500.00	460.00 - 560.00	540.00 - 600.00
Long Beans	250.00 - 300.00	480.00 - 500.00	360.00 - 400.00	480.00 - 500.00	360.00 - 400.00	400.00 - 400.00	220.00 - 350.00	400.00 - 400.00	360.00 - 400.00
Ash Plantain	250.00 - 350.00	400.00 - 450.00	300.00 - 320.00	400.00 - 450.00	240.00 - 350.00	320.00 - 320.00	200.00 - 240.00	320.00 - 340.00	320.00 - 340.00
Green Chillies	600.00 - 800.00	1000.00 - 1200.00	560.00 - 600.00	900.00 - 1100.00	800.00 - 1000.00	1000.00 - 1200.00	680.00 - 700.00	1200.00 - 1200.00	1100.00 - 1200.00
Lime	180.00 - 300.00	400.00 - 600.00	400.00 - 450.00	600.00 - 600.00	300.00 - 400.00	600.00 - 600.00	250.00 - 300.00	460.00 - 600.00	360.00 - 400.00
<b><i>Root Crops</i></b>									
Sweet Potato	300.00 - 330.00	360.00 - 450.00	360.00 - 400.00	420.00 - 450.00	360.00 - 450.00	450.00 - 450.00	300.00 - 350.00	300.00 - 320.00	400.00 - 400.00
Manioc	160.00 - 180.00	200.00 - 220.00	220.00 - 240.00	220.00 - 240.00	200.00 - 200.00	200.00 - 220.00	150.00 - 160.00	200.00 - 220.00	200.00 - 220.00
<b><i>Leafy Vegetable</i></b>									
Mukunuwenna	65.00 - 70.00	80.00 - 100.00	80.00 - 80.00	70.00 - 80.00	80.00 - 80.00	70.00 - 80.00	60.00 - 70.00	80.00 - 100.00	80.00 - 100.00
Kankun	65.00 - 70.00	80.00 - 100.00	80.00 - 80.00	70.00 - 80.00	80.00 - 80.00	70.00 - 80.00	60.00 - 70.00	80.00 - 100.00	80.00 - 100.00
Gotukola	200.00 - 240.00	320.00 - 320.00	280.00 - 320.00	280.00 - 320.00	280.00 - 320.00	280.00 - 320.00	280.00 - 320.00	260.00 - 280.00	280.00 - 320.00
<b><i>Coconut</i></b>									
Large	175.00 - 180.00	195.00 - 200.00	195.00 - 200.00	190.00 - 200.00	180.00 - 190.00	180.00 - 185.00	180.00 - 200.00	190.00 - 200.00	190.00 - 200.00
Small	150.00 - 150.00	160.00 - 170.00	180.00 - 185.00	180.00 - 185.00	140.00 - 140.00	160.00 - 170.00	160.00 - 170.00	170.00 - 180.00	180.00 - 180.00

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

**Week 03:16 - 22 Jan 2026**

29

CROP	PELIYAGODA		MAHARAGAMA		KIRULAPONE		NUGEGODA		NARAHENPITA		DEMATAGODA		THOTALANGA		KADAWATHA		KIRIBATHGODA	
<i><b>Plantain</b></i>																		
Ambul (Rs/Kg)	200.00	225.00	200.00	240.00	250.00	250.00	220.00	240.00	200.00	240.00	200.00	250.00	160.00	180.00	180.00	200.00	200.00	250.00
Kolikuttu (Rs/Kg)	250.00	300.00	320.00	350.00	350.00	380.00	300.00	350.00	300.00	330.00	300.00	350.00	280.00	350.00	300.00	320.00	280.00	350.00
Seeni (Rs/Kg)	180.00	250.00	220.00	240.00	250.00	250.00	200.00	220.00	180.00	200.00	180.00	200.00	180.00	200.00	180.00	200.00	180.00	200.00
Anamalu	36.00	42.00	50.00	50.00	-	-	43.00	50.00	46.00	50.00	36.00	36.00	43.00	50.00	40.00	43.00	43.00	43.00
Ambun	50.00	60.00	70.00	70.00	-	-	60.00	70.00	65.00	70.00	50.00	50.00	60.00	70.00	56.00	60.00	60.00	60.00
<i><b>Pineapple</b></i>																		
Large	400.00	450.00	400.00	450.00	400.00	450.00	480.00	500.00	400.00	450.00	380.00	400.00	380.00	400.00	400.00	450.00	400.00	450.00
Medium	300.00	350.00	300.00	350.00	350.00	360.00	380.00	380.00	320.00	350.00	300.00	350.00	300.00	330.00	300.00	350.00	320.00	350.00
Small	240.00	280.00	250.00	260.00	250.00	270.00	280.00	300.00	260.00	280.00	260.00	280.00	240.00	250.00	240.00	280.00	250.00	280.00
<i><b>Mango</b></i>																		
Betti	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Karthakolomban	150.00	170.00	-	-	170.00	200.00	170.00	200.00	120.00	135.00	100.00	135.00	100.00	120.00	120.00	135.00	100.00	120.00
Vilad	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Kohu	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
<i><b>Other Fruits</b></i>																		
Wood Apple	70.00	72.00	100.00	120.00	120.00	120.00	130.00	130.00	80.00	100.00	80.00	100.00	60.00	60.00	75.00	80.00	100.00	120.00
Orange	60.00	70.00	100.00	100.00	135.00	135.00	125.00	135.00	85.00	100.00	65.00	65.00	70.00	75.00	70.00	85.00	100.00	120.00
Avocado	600.00	670.00	-	-	-	-	-	-	600.00	670.00	-	-	-	-	570.00	670.00	670.00	670.00
Slime Apple	60.00	80.00	60.00	80.00	140.00	140.00	100.00	120.00	60.00	80.00	-	-	50.00	50.00	50.00	60.00	70.00	80.00
Grapes (Rs/Kg)	1700.00	1800.00	2300.00	2300.00	2000.00	2200.00	2500.00	2600.00	2000.00	2000.00	2500.00	2500.00	2000.00	2000.00	2000.00	2200.00	1800.00	2000.00
Papaw (Rs/Kg)	320.00	350.00	480.00	480.00	500.00	500.00	380.00	450.00	350.00	380.00	300.00	350.00	380.00	400.00	350.00	400.00	300.00	350.00
Passion	100.00	120.00	-	-	140.00	140.00	120.00	140.00	100.00	110.00	-	-	-	-	-	-	70.00	80.00
King Coconut	180.00	200.00	160.00	160.00	180.00	180.00	200.00	200.00	160.00	170.00	200.00	200.00	150.00	150.00	170.00	180.00	160.00	180.00

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

**Week 03:16 - 22 Jan 2026**

30

<b>CROP</b>	<b>PELIYAGODA</b>	<b>MAHARAGAMA</b>	<b>KIRULAPONE</b>	<b>NUGEGODA</b>	<b>NARAHENPITA</b>	<b>DEMATAGODA</b>	<b>THOTALANGA</b>	<b>KADAWATHA</b>	<b>KIRIBATHGODA</b>
<b><i>Sea Fish</i></b>									
Salaya	550.00 - 650.00	600.00 - 600.00	800.00 - 800.00	800.00 - 800.00	600.00 - 600.00	700.00 - 720.00	600.00 - 600.00	520.00 - 520.00	500.00 - 700.00
Hurulla	950.00 - 1000.00	1200.00 - 1200.00	1400.00 - 1400.00	1300.00 - 1300.00	1300.00 - 1300.00	1200.00 - 1200.00	950.00 - 1000.00	1100.00 - 1100.00	1000.00 - 1000.00
Balaya	1000.00 - 1200.00	-	-	-	-	1300.00 - 1400.00	1600.00 - 1600.00	1600.00 - 1600.00	1400.00 - 1400.00
Kelawalla	1800.00 - 2000.00	2800.00 - 2800.00	2600.00 - 3000.00	-	3000.00 - 3000.00	2400.00 - 2400.00	2600.00 - 2800.00	2600.00 - 2600.00	-
Thora	3000.00 - 3600.00	3600.00 - 3600.00	4000.00 - 4400.00	4400.00 - 4400.00	3800.00 - 3800.00	3200.00 - 3200.00	3600.00 - 3600.00	3500.00 - 3500.00	-
Paraw	2000.00 - 2500.00	2400.00 - 2400.00	2200.00 - 2200.00	2200.00 - 2200.00	2400.00 - 2400.00	2400.00 - 2600.00	2700.00 - 2700.00	2600.00 - 2600.00	-
Mora	1700.00 - 2000.00	2400.00 - 2400.00	2000.00 - 2000.00	-	-	-	-	-	-
Shrimps Small	3000.00 - 3500.00	2600.00 - 2600.00	3000.00 - 3000.00	2600.00 - 2600.00	3000.00 - 3000.00	2800.00 - 2800.00	3000.00 - 3000.00	2600.00 - 2600.00	-
Talapath	3000.00 - 3500.00	3400.00 - 3400.00	3000.00 - 3300.00	3000.00 - 3000.00	3500.00 - 3500.00	3200.00 - 3200.00	3000.00 - 3500.00	3200.00 - 3200.00	-
<b><i>Eggs (Rs/egg)</i></b>									
Brown	32.00 - 34.00	35.00 - 35.00	35.00 - 35.00	34.00 - 35.00	31.00 - 31.00	31.00 - 31.00	32.00 - 32.00	31.00 - 32.00	32.00 - 32.00
White	29.00 - 31.00	33.00 - 33.00	33.00 - 33.00	33.00 - 34.00	29.00 - 29.00	29.00 - 30.00	28.00 - 30.00	28.00 - 30.00	28.00 - 30.00
<b><i>Dried Fish</i></b>									
Sprats	2000.00 - 2400.00	2000.00 - 2000.00	2200.00 - 2400.00	2000.00 - 2200.00	2400.00 - 2400.00	2400.00 - 2400.00	2000.00 - 2200.00	2000.00 - 2000.00	1800.00 - 2000.00
Kattawa	2200.00 - 2400.00	2400.00 - 2400.00	2400.00 - 2800.00	2400.00 - 2800.00	-	2400.00 - 2400.00	-	2300.00 - 2300.00	2400.00 - 2400.00
Thora	3800.00 - 3800.00	-	-	3500.00 - 3800.00	4000.00 - 4000.00	-	-	3500.00 - 3500.00	3200.00 - 3200.00
Mora	2500.00 - 2600.00	2900.00 - 2900.00	3000.00 - 3000.00	2800.00 - 2800.00	-	-	2900.00 - 3000.00	3000.00 - 3000.00	2800.00 - 3000.00
Balaya	1400.00 - 1600.00	1800.00 - 1800.00	2400.00 - 2400.00	2400.00 - 2400.00	-	1800.00 - 1800.00	1800.00 - 2000.00	1700.00 - 1700.00	2000.00 - 2200.00
Anguluwa	2600.00 - 2800.00	2600.00 - 2600.00	2400.00 - 2400.00	2800.00 - 3000.00	2600.00 - 2600.00	2600.00 - 2600.00	-	-	2600.00 - 2800.00
Salaya	1000.00 - 1200.00	900.00 - 1100.00	900.00 - 1000.00	900.00 - 1000.00	1200.00 - 1200.00	900.00 - 900.00	900.00 - 1000.00	1200.00 - 1200.00	1000.00 - 1000.00
<b><i>Meat</i></b>									
Beef (without Bones)	-	2700.00 - 2700.00	2900.00 - 2900.00	-	2800.00 - 2800.00	-	2700.00 - 2700.00	2900.00 - 2900.00	-
Chicken (Broiler)	-	1300.00 - 1300.00	1280.00 - 1280.00	1280.00 - 1280.00	1150.00 - 1150.00	1200.00 - 1200.00	1200.00 - 1200.00	1190.00 - 1200.00	1260.00 - 1260.00
Chicken (Curry)	-	-	1380.00 - 1380.00	1280.00 - 1280.00	1150.00 - 1150.00	1100.00 - 1100.00	1050.00 - 1050.00	-	1260.00 - 1260.00
Mutton	-	-	4000.00 - 4000.00	4200.00 - 4200.00	3800.00 - 3800.00	-	4000.00 - 4000.00	4000.00 - 4000.00	4200.00 - 4200.00
Pork	-	2700.00 - 2700.00	-	-	-	-	-	2800.00 - 2800.00	2700.00 - 2700.00

## Annex 05 : Food Composition of Selected Food Commodities

Commodity	Energy (kcal/100g)	Protein (g/100g)	Total fat (g/100g)	Retinol Eq (µ g/100g)	Vit B2 (mg/100g)	Vit B6 (mg/100g)	Folate (µg/100g)	Vit C (mg/100g)	Calcium (mg/100g)	Magnesium (mg/100g)	Iron (mg/100g)	Zinc (mg/100g)
<b>Rice</b>												
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
<b>Dried chilies</b>	233	12.68	6.41	437	0.84	0.42	46.83	NA	107	231	5.39	1.65
<b>Onion</b>												
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
<b>Potatoes</b>	71	1.67	0.25		0.01	0.09	14.31	20.5	9.83	23.84	0.46	0.29
<b>Pulses</b>												
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
<b>Vegetables</b>												
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
<b>Coconuts nuts</b>	<b>390</b>	<b>3.67</b>	<b>39.92</b>	<b>-</b>	<b>0.05</b>	<b>0.11</b>	<b>14.86</b>	<b>-</b>				

<b>Root Crop</b>												
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
<b>Leafy Vegetables</b>												
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
<b>Meat</b>												
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
<b>Fish</b>												
Balaya	96	21.28	1.12	21.01	0.15	0.12	7.89		6.45	26.02	0.68	0.46
Seer	136	22.28	5.18	81.9	0.07	0.16	15.45		9.85	36.73	0.41	0.74

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

#### Dried Fish

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

#### Eggs

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

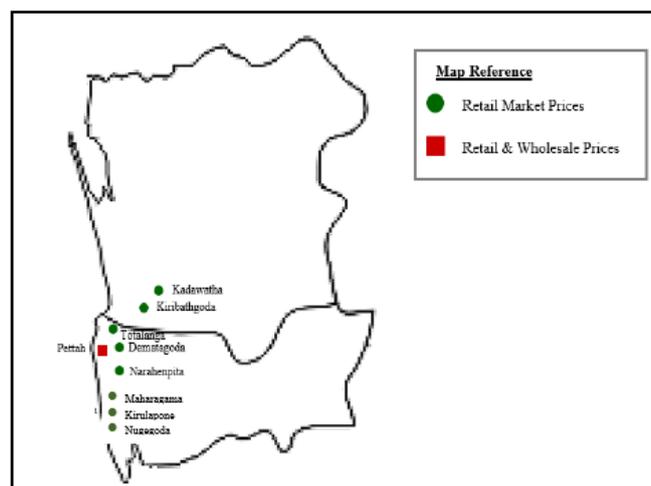
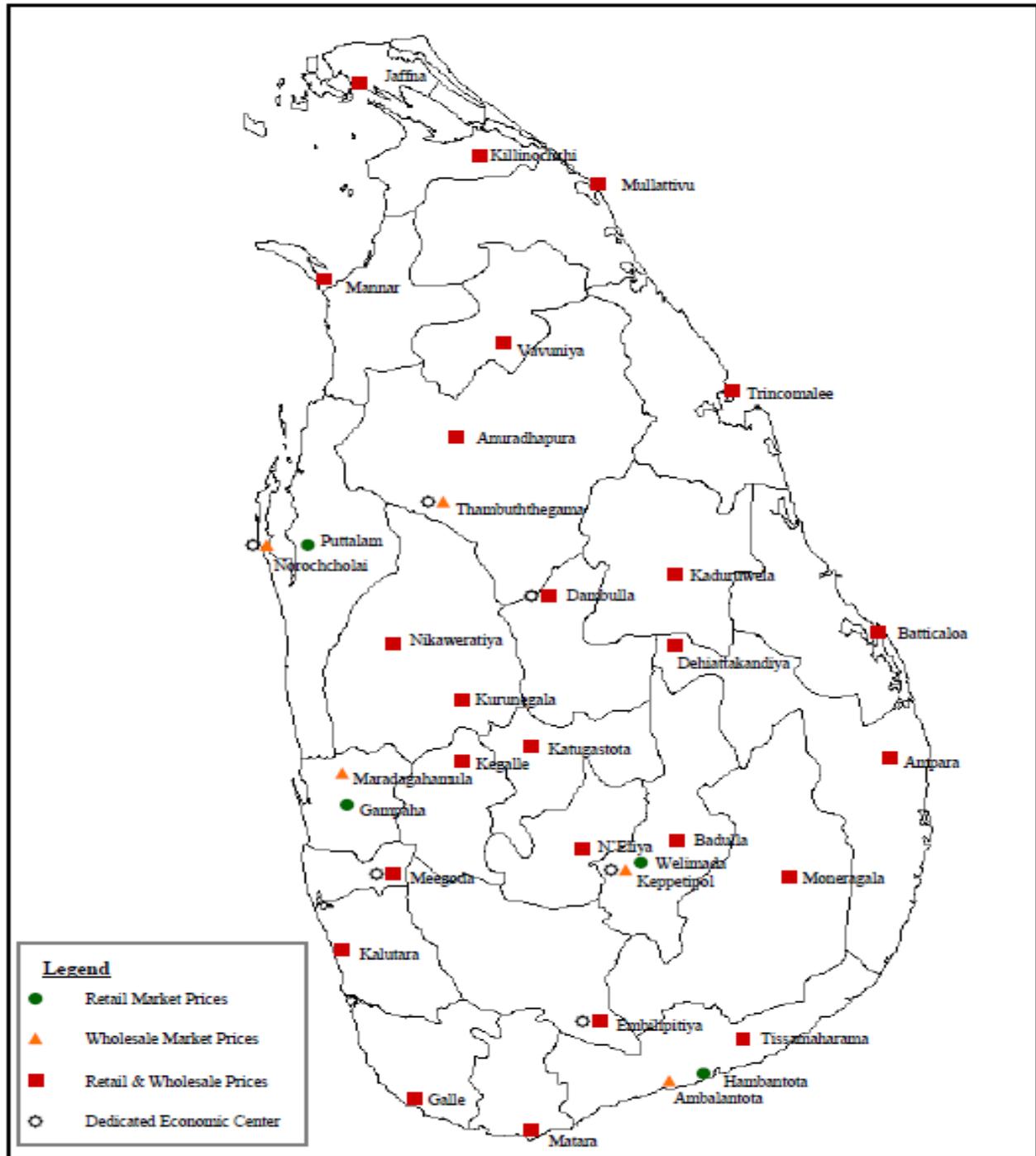
#### Fruits

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

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

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

# Price Collecting Areas





HARTI



Ministry of Agriculture

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

**No. 114, Wijerama Mawatha, Colombo 07.**

Phone: 011-2696981 Fax: 011-2682283

E-mail: mfpaharti@yahoo.com

Web: www.harti.gov.lk

www.mobilink.lk

**දෛනික චිළචිඵ තොග මිල, ජංගම දුරකථනයෙන්**

හෙක්ටර් කොච්චෑකඩුව ගොවි කටයුතු පර්යේෂණ හා පුහුණුධර්මේ ආයතනය අනුමුතයෙන්

**මොබිටෙල් ජංගම මිල දර්ශනය**

ජාතික ජංගම දුරකථන ජාලයෙන්

**6666** අමතන්න.

මොබිටෙල් අද මිල - අත දහ

මොබිටෙල් ජංගම දුරකථන ජාලයෙන් චිළචිඵ තොග මිල දර්ශනය.

විකාසයාට රු.2/-

විකාසයාට රු.2/-