

WEEKLY FOOD COMMODITIES BULLETIN

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No.52

RETAIL MARKET AT A GLANCE

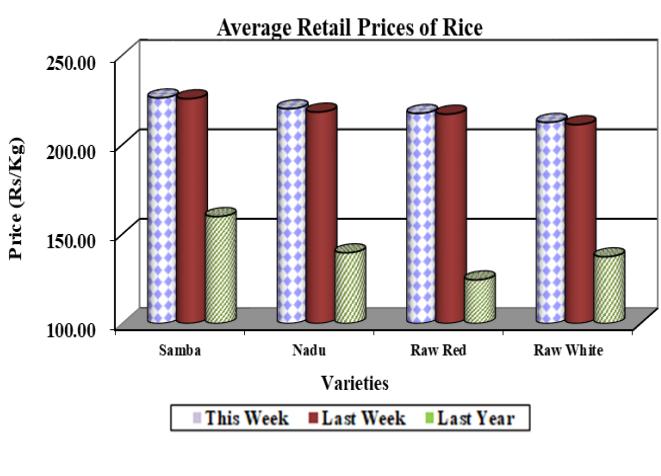
Summary

Rice



Prices of all types of local rice varieties have increased slightly. The highest price increase was reported for nadu grade II by Rs.3.00/kg and prices ranged between Rs.210.00-220.00/kg. Prices of imported samba, nadu and raw white have also increased by Rs.2.00/kg - Rs.7.00/kg. The average farm gate prices of major paddy varieties have decreased further slightly.

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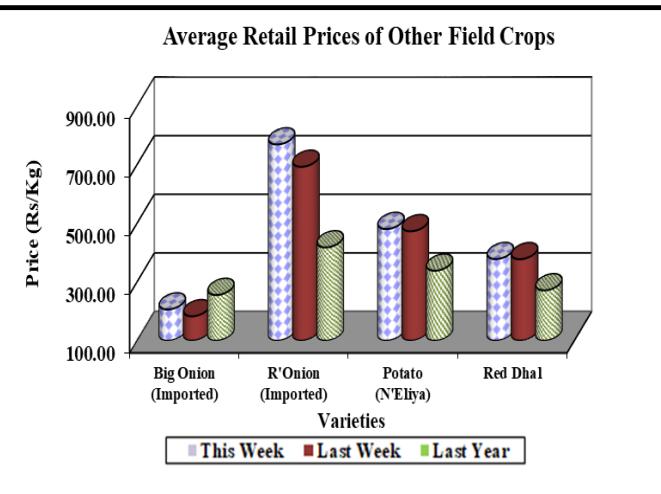


Other Field Crops



Price of imported dried chilies has increased by Rs.40.00/kg and price ranged between Rs.1600.00-1900.00/kg. Prices of both imported red onion and big onion have increased by Rs.76.00/kg and Rs.23.00/kg respectively. Prices of white cowpea, green gram and red cowpea have also increased by Rs.76.00/kg, Rs.50.00/kg and Rs.18.00/kg respectively.

(Page No.02-04)

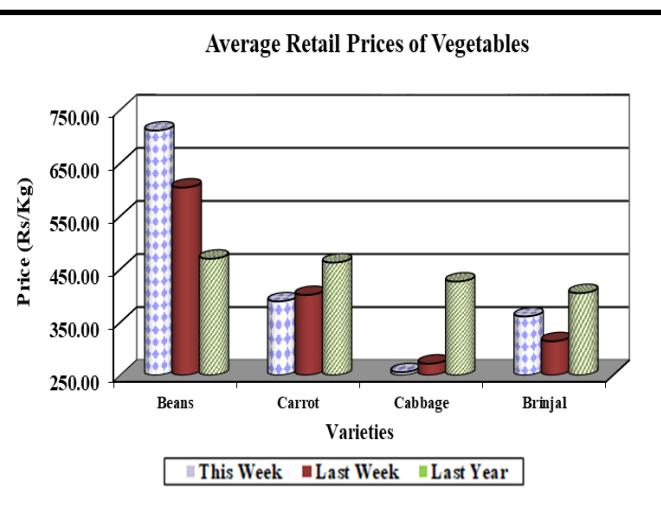


Vegetables



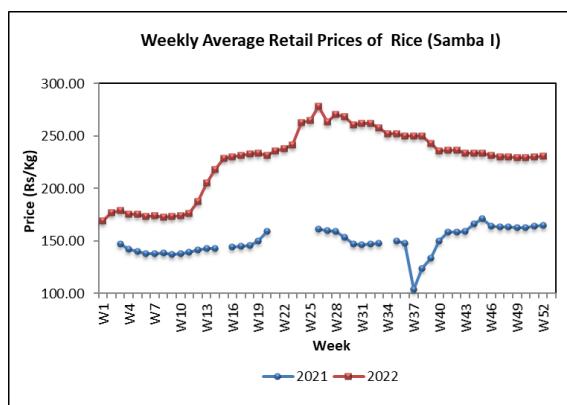
In line with the fluctuation of wholesale prices, prices of most of the up-country varieties have decreased and prices of most of the low-country varieties have increased. Considering up-country varieties, the highest price decrease was reported for leeks as Rs.43.00/kg and considering low-country varieties, the highest price increase was reported for brinjal as Rs.47.00/kg.

(Page No.04-06)



Rice **Wholesale**

Prices of most local rice varieties have increased slightly. Prices of raw white and grade II nadu have increased by 3% and 2% respectively and their price ranges were Rs.190.00-200.00/kg and Rs.195.00-200.00/kg respectively. Prices of keeri samba, grade I nadu and raw red have increased by 1% and their average prices were Rs.225.00/kg, Rs.203.00/kg and Rs.199.00/kg respectively. Price ranges of grade I and II samba were Rs.210.00-215.00/kg and Rs.200.00-210.00/kg.



Prices of all types of imported rice varieties have not changed significantly and the average prices of ponni samba, imported nadu and imported raw white were Rs.210.00/kg, Rs.179.00/kg and Rs.170.00/kg respectively.

Compared to the same period of last year, prices of all types of local rice varieties

have increased in the range of 5%-75% and prices of all types of imported rice varieties have also increased in the range of 58%-79%.

Retail

Price of all types of local rice varieties have increased slightly. The highest price increase was reported for nadu grade II by Rs.3.00/kg and the prices ranged between Rs.210.00-220.00/kg. Price ranges for samba and keeri samba were Rs.210.00-240.00/kg and Rs.250.00-270.00/kg respectively. Further, the average prices of raw (red) and raw (white) were Rs.217.00/kg and Rs.212.00/kg respectively.

Prices of imported samba, nadu and raw white have increased by Rs.5.00/kg, Rs.2.00/kg and Rs.7.00/kg respectively and the price ranges were Rs.210.00-230.00/kg, Rs.190.00-210.00/kg and Rs.180.00-200.00/kg respectively.

Compared to the same period of last year, prices all local rice varieties have increased by 10%-75% and prices of all imported rice varieties have increased by 53%-58%.

Paddy

The average farm gate prices of major paddy varieties have decreased further slightly. Accordingly, the average price of short grain paddy has decreased by

Rs.1.00-4.00/kg in Anuradhapura, Polonnaruwa and Kalawewa areas. However, a price increase of Rs.2.00-4.00/kg was also reported for short grain paddy in Kurunegala, Nikaweratiya and Dehiattakandiya areas. The prices ranged between Rs.100.00-110.00/kg. Subsequently, the average price of keeri samba paddy also decreased by Rs.1.00-5.00/kg and the prices ranged Rs.100.00-106.00/kg. Likewise, the average price of long grain white paddy also decreased by Rs.1.00-5.00/kg and reported a Rs.98.00-107.00/kg price range. However, the average farm gate prices of long grain red paddy have increased considerably by Rs.6.00-10.00/kg and the prices ranged Rs.110.00-120.00/kg.

Compared to the same period of last year, the average prices of short grain, long grain white and red paddy varieties have increased by 19%-61% while the price of keeri samba paddy has decreased by 2%-16%.

Dried Chilies

Wholesale

Price of imported dried chilies has decreased by 3% due to increased supply of stocks and the price ranged Rs.1350 00-1470.00/kg.

Compared to the same period of last year, price of imported dried chilies has increased by 100%.

Retail

Price of imported dried chilies has increased by Rs.40.00/kg and the price ranged Rs.1600.00-1900.00/kg.

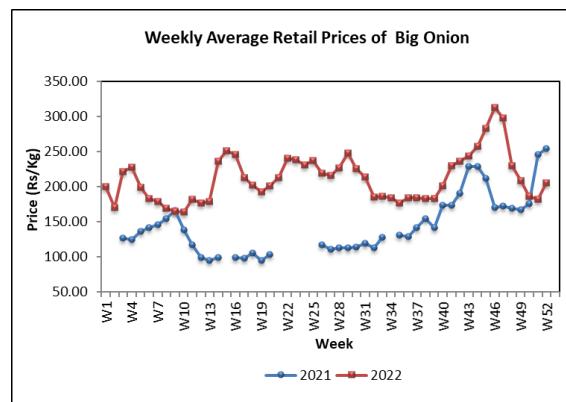
Compared to the same period of last year, prices of imported dried chilies has increased by 127%.

Onion

Wholesale

Price of imported red onion has decreased by 3% due to availability of both high quality and low-quality stocks and the price ranged Rs.550.00-600.00/kg.

Price of imported big onion has increased by 3% due to increased supply of high-quality stocks to the market and the price ranged Rs.140.00-200.00/kg.



Compared to the same period of last year, price of imported red onion has increased by 61% while price of imported big onion has decreased by 22%.

Retail

Price of imported red onion has increased by Rs.76.00/kg and the price ranged Rs.700.00-800.00/kg.

Price of imported big onion has increased by Rs.23.00/kg and ranged between Rs.150.00-260.00/kg.

Compared to the same period of last year, prices of imported red onion has increased by 84% while the price of imported big onion has decreased by 19%.

Potato

Wholesale

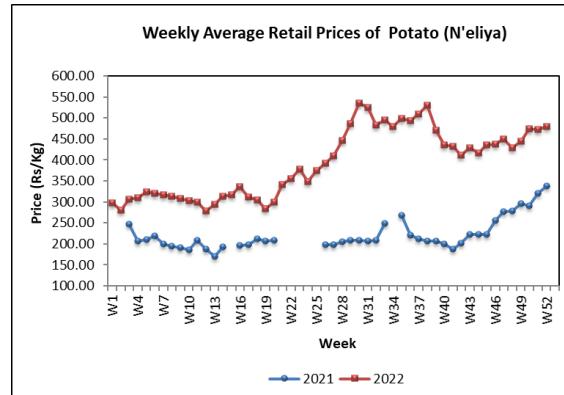
Price of imported potato has decreased by 14% due to increased supply of Pakistan stocks and the price ranged Rs.130.00-250.00/kg. (Price ranges were Rs.130.00-150.00/kg for Indian stocks and Rs.230.00-250.00/kg for Indian stocks.) Price of Nuwara Eliya potato has increased by 3% due to decreased supply and the price ranged Rs.430.00-450.00/kg.

Compared to the same period of last year, imported potato has decreased by 2% and Nuwara Eliya potato has increased by 68%.

Retail

Price of Nuwara Eliya potato has increased by Rs.8.00/kg and average price was Rs.480.00/kg. Price of imported potato has decreased by Rs.5.00/kg and

the price ranged between Rs.200.00-270.00/kg.



Compared to the same period of last year, prices of Nuwara Eliya and imported potatoes have increased by 42% and 15% respectively.

Pulses

Wholesale

Prices of green gram, white cowpea and red cowpea have increased by 2%-4% due to decreased supply of local stocks and the price ranges were Rs.1050.00-1150.00/kg, Rs.1250.00-1300.00/kg and Rs.1250.00-1350.00 respectively. Price of red dhal has decreased slightly and the average price was Rs.354.00/kg.

Compared to the same period of last year, prices of all types of pulses have increased in the range of 43%-181% and the highest for cowpea (red).

Retail

Prices of white cowpea, green gram and red cowpea have increased by Rs.76.00/kg, Rs.50.00/kg and Rs.18.00/kg respectively and price ranges were Rs.1300.00-1400/kg, Rs.1200.00-1400.00/kg and Rs.1300.00-1400.00/kg respectively. Prices of red dhal have not changed significantly and average price was Rs.377.00/kg.

Compared to the same period of last year, prices of all pulses have increased by 39%-176% and the highest was reported for cowpea.

Vegetable

Wholesale

Prices of most up-country vegetable varieties have decreased due to increased market supply with high profits during the festival season while prices of most of the low-country varieties have increased.

Considering upcountry vegetables, the highest price decrease was reported for cabbage by 16% due to increased supply from most of the main producing areas. Further, prices of carrot, leeks, knolkhol and raddish have decreased in the range of 1%-5%. However, price of beans has increased by 35% due to decreased market supply from Balangoda and Welimada producing areas. Further, price of beetroot

has increased by 3% due to sufficient stocks not received from any up country or low country producing area.

Meanwhile, price of tomato has increased by 4% due of high-quality stocks received from Sooriyawewa area. However, price of capsicum has decreased by 4% due to increased market supply from Wellawaya area.

Considering low country vegetables, the highest price decrease was reported for snake gourd by 19% due to increased market supply from Kandy and Balangoda areas. Further, prices of ladies fingers, bitter gourd and long beans have decreased in the range of 1%-5%. However, prices of cucumber, brinjal, ash plantain and luffa have increased by 23%, 22%, 7% and 3% respectively due to decreased market supply from Embilipitiya, Sooriyawewa and Thambuththegama areas. Further, price of pumpkin has increased by 3% due to decreased market supply from Monaragala area.

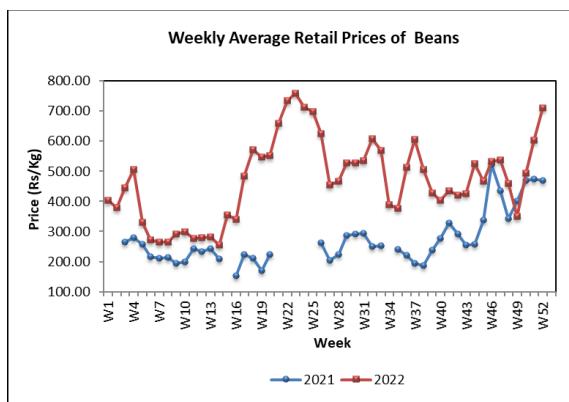
Meanwhile, price of green chilies has increased by 4% due to decreased market supply from Puttalam areas. Further, price of lime has increased by 62% due to decreased market supply from Monaragala area.

Compare to the same period of last year, wholesale prices of most of the vegetable varieties have decreased with the highest price decrease being noted for cabbage (63%).

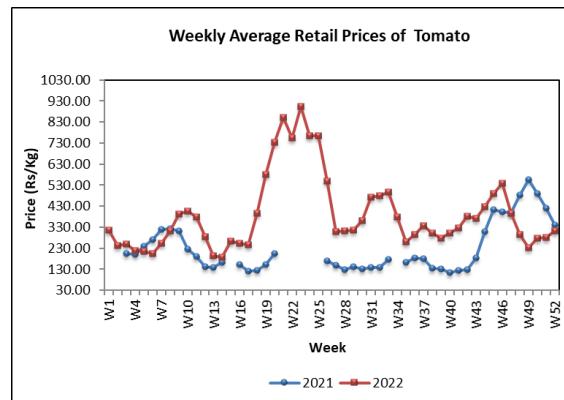
Retail

In line with fluctuation of wholesale prices, prices of most of the up-country varieties have decrease and the prices of most of the low-country varieties have increased.

Considering up-country varieties, the highest price decrease was reported for leeks as Rs.43.00/kg, followed by konlkhola as Rs.26.00/kg. Further, prices of carrot, raddish and cabbage have decreased in the range of Rs.12.00-16.00/kg. However, price of beans has increased by Rs.107.00/kg, followed by Rs.16.00/kg for beetroot.



Prices of tomato and capsicum have increased by Rs.32.00/kg and Rs.20.00/kg respectively.



Considering low-country varieties, the highest price increase was reported for brinjal as Rs.47.00/kg, followed by cucumber as Rs.20.00/kg. Further, prices of pumpkin, luffa, long beans and ash plantain have increased by Rs.4.00-17.00/kg. However, price of bitter gourd has decreased by Rs.42.00/kg.

Prices of green chilies and lime have increased by Rs.70.00/kg and Rs.67.00/kg respectively.

Compared to the same period of last year, prices of most of the varieties have increased and the highest was reported for ash plantain as 128%.

Coconut

Wholesales

Prices of both large and small nuts have decreased by 2% and 1% respectively. Their prices ranged between Rs.90.00-95.00/nut for large nut and Rs.80.00-86.00/nut for small nut.

Compared to the same period of last year, wholesale prices of both large and small

nuts have increased by 24% and 23% respectively.

Retail

Prices of large and small nuts have decreased by Rs.1.00/nut and Rs.2.00/nut respectively. Price ranges were Rs.100.00-120.00/nut for large and Rs.80.00-95.00/nut for small.

Compared to the same period of last year, prices of large and small nuts have increased by 27% and 22% respectively.

Fruits

Wholesale

Prices of most of fruits have decreased with low demand. The highest price decrease was reported for slime apple by 27% as low demand with availability of raw stocks. The price of orange has decreased by 26% with availability of low-quality stocks. Prices of mango, karthakolomban and vilad have decreased by 10% and 12% respectively with low demand and availability of low-quality stocks. Further, price of the papaw has decreased by 9% while price of avocado has decreased by 6% due to low demand. In addition, a slight price decrease was recorded for all sizes of pineapple in the range of 2%-3% and for king coconut by 2% due to low demand with cold weather.

However, price of wood apple has increased by 18% with availability of quality stocks. Further, prices of all banana varieties have increased in the range of 1%-11% with availability of limited stocks. A slight price increase was recorded for mango betti (4%) and there is no significant price change recorded for imported grapes.

Compared to the same period of last year, wholesale prices of most of fruit varieties have increased with the highest price increase of 169% for pineapple small.

Retail

In line with the decreased wholesale prices retail prices of most of the fruits have decreased. The highest price decease of Rs.29.00/kg was reported for imported grapes due to availability of low-quality stocks. Prices of mango vilad and katthakolomban have decreased by Rs.15.00/fruit and Rs.2.00/fruit respectively due to availability of low quality small sized fruit stocks. Further, prices of avocado and passionfruit have decreased by Rs.9.00/fruit and Rs.5.00/fruit respectively. A price decrease of Rs.4.00/kg was reported for papaw due to low demand. Prices of slime apple, orange and king coconut have deceased in the range of Rs.2.00-3.00/fruit.

Meanwhile, prices of banana, ambul, kolikuttu and seeni have increased in the range of Rs.8.00-39.00/kg while prices of anamalu and ambun have increased by Rs.1.00/fruit due to limited stocks. All sizes of pineapple have increased in the range of Rs.3.00-26.00/fruit due to unavailability of sufficient stocks.

Compared with the same period of last year, retail prices of most of the fruits have increased and the highest price increase of 126% being reported for pineapple small.

Fresh Fish

Wholesale

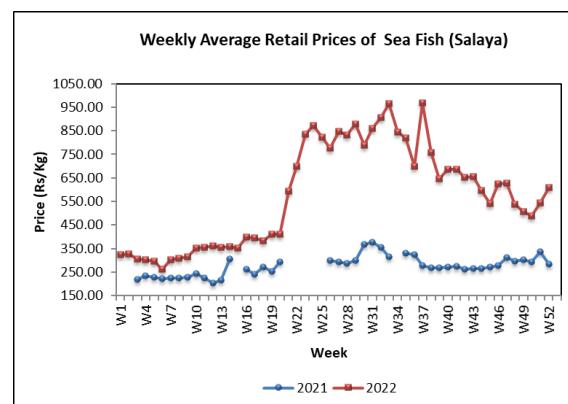
Wholesale prices of all fresh fish types have increased due to decrease supply with Christmas. The highest price increase of 57% was noted for salaya due to low supply from Trincomalee and Mannar areas and the price ranged between Rs.400.00-650.00/kg. A price increase of 30% and 48% was noted for balaya and kelawalla due to low supply from Galle and Beruwala areas and their prices ranged between Rs.850.00-1000.00/kg and Rs.1200.00-1800.00/kg respectively. Likewise, a price increase of 24% and 28% was noted for thora and paraw due to low supply from Northern areas and their prices ranged between Rs.2500.00-3200.00/kg and Rs.1300.00-1600.00/kg

respectively. Also, the wholesale prices of hurulla, thlapath and shuimps have increased by 13%, 15% and 20%. In addition, price of mora has increased by 4%.

Compared to the same period of last year, wholesale prices of all fresh fish types have increased in the range of 43%-159% and the highest price increase was noted for salaya.

Retail

Retail prices of all types of fresh fish have further increased significantly in line with increased wholesale prices due to limited supply. The highest price increase of Rs.410.00/kg was reported for kelawalla. Further, prices of paraw balaya and thlapath have increased by Rs.310.00/kg, Rs.295.00/kg and Rs.231.00/kg respectively. Further, prices of thora, shrimps, salaya and hurulla have increased by Rs.39.00-102.00/kg.



Compared to the same period of last year, prices of all types of fresh fish have increased in the range of 40%-112% and the highest price increase was reported for salaya.

Dried Fish

Wholesale

Due to increase of local dried fish supply, prices of most of the local and imported dried fish types have decreased. The highest price decrease of 5% was noted for imported sprats due to high supply from Iran and Thailand and the price ranged between Rs.800.00-980.00/kg. Likewise, a price decrease of 2% was noted for local balaya due to high supply from Negombo and Beruwala areas and the price ranged between Rs.750.00-900.00/kg. In addition, price of imported anguluwa has decreased by 1%.

However, a price increase of 15% was noted for local maduwa due to low supply from Jaffna and Negombo areas and the price ranged between Rs.1150.00-1300.00/kg. Likewise, a price increase of 5% was noted for local mora due to low supply from Chilaw and Negombo areas and the price range between Rs.1600.00-1800.00/kg.

Compared to the same period of last year, wholesale prices of all the dried fish types have increased in the range of 17%-102%

and the highest price increase was reported for local salaya.

Retail

Line with decreased wholesale prices, retail prices of most types of dried fish have further decreased. The highest price decrease was reported for anguluwa by Rs.148.00/kg followed by Rs.108.00/kg for local sprat. Further, prices of kattawa, balaya and sprats (imported) have increased by Rs.18.00-51.00/kg.

However, prices of maduwa, salaya and mora have increased by Rs.250.00/kg, Rs.136.00/kg and Rs.25.00/kg respectively due to insufficient stock in the market.

Compared to the same period of last year, prices of all types of dried fish have increased in the range of 28%-121% and the highest piece increase was reported for maduwa.

Eggs

Wholesale

Brown eggs were not available this week, while the price of a white egg has increased by 9%. The white egg price ranged between Rs.58.00-62.00.

Compared to the same period of last year, price of a white egg has increased by 142%.

Retail

Prices of both brown and white eggs have increased by Rs.4.00/egg and Rs.5.00/egg due to insufficient stocks in the market. Price range for both brown and white egg was between Rs.60.00-62.00.

Compared to the same period of last year, prices of both brown and white egg have increased by 128% and 137% respectively.

Meat

Retail

Prices of most types of meat have decreased due to low demand. The highest price decrease was reported for mutton by Rs.89.00/kg. Prices of skin-less curry chicken and skin-less broiler chicken have decreased by Rs.53.00/kg and Rs.5.00/kg respectively.

However, prices of pork and beef have increased by Rs.25.00/kg and Rs.8.00/kg respectively due to limited stocks in the market.

Compared to the same period of last year, prices of all types of meat have increased in the range of 43%-105%.

EXPLANATORY 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 52: 23 - 29 December 2022

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

Week 52: 23 - 29 December 2022

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

Week 52: 23 - 29 December 2022

LOCATION	Dried Chillies	Red Onion			Big Onion	Potato			Pulses					
	Imported	Imported	Local	Imported		Imported	Welimada	Nuwara Eliya	Green Gram	Cowpea	Red Dhal			
Colombo	67500 - 73500	27500 - 30000	-	7000 - 10000	6500 - 12500	-	21500 - 22500	52500 - 57500	62500 - 65000	17500 - 18000				
Kurunegala	67500 - 72500	-	-	7500 - 8750	6750 - 7250	-	-	57500 - 57500	-	18000 - 18250				
Nikaweratiya	70750 - 75500	23750 - 23750	-	7500 - 9400	7250 - 7500	-	-	51250 - 51250	-	17750 - 18000				
Dehiattakandiya	72500 - 77500	27500 - 31500	-	8250 - 10000	7500 - 10000	-	-	-	-	18000 - 18750				
Dambulla (DEC)	76000 - 77500	27000 - 27500	-	7250 - 8750	5750 - 6250	-	-	50000 - 52500	-	18250 - 18500				
Anuradhapura	82500 - 86000	32500 - 35000	-	8000 - 9000	7000 - 8500	-	-	57500 - 60000	-	18000 - 19000				
Thambuththegama	71000 - 75000	30000 - 34000	-	7500 - 9250	7000 - 7250	-	21000 - 21500	50000 - 50000	-	17900 - 18250				
Polonnaruwa	85000 - 85500	30750 - 31000	-	9000 - 9250	8000 - 8250	-	22500 - 22500	-	57000 - 57500	18250 - 18500				
Kaluthara	72500 - 75000	29500 - 30500	-	8500 - 8750	7000 - 8000	-	22000 - 23000	55000 - 56000	-	18000 - 18250				
Puttalam	70000 - 75000	-	26000 - 27500	7500 - 8500	7500 - 8500	-	23500 - 24500	50000 - 55000	52500 - 57500	17900 - 18100				
Kandy	75000 - 76250	31250 - 32500	-	7250 - 9000	6750 - 12000	-	21500 - 22000	55000 - 56250	60000 - 62500	17750 - 18250				
Matara	82500 - 85000	31000 - 32500	-	8000 - 8500	8000 - 8500	-	21500 - 22500	56000 - 57500	56000 - 57500	18250 - 18500				
Hambantota	77500 - 82500	31000 - 32000	-	7500 - 8000	7250 - 8000	-	-	-	-	18000 - 18750				
Kegalle	79500 - 81000	30000 - 31000	-	7900 - 8000	6700 - 6750	-	22950 - 23000	57000 - 58000	57000 - 57500	18500 - 19000				
Galle	75000 - 79000	30000 - 34000	-	7000 - 7500	8500 - 9500	-	-	57500 - 60000	-	18000 - 18250				
Tissamaharama	77500 - 80000	30000 - 32500	-	7750 - 8500	8500 - 10000	-	-	52500 - 52500	-	18500 - 19000				
Meegoda (DEC)	72500 - 74000	28000 - 31000	-	7250 - 8500	7000 - 12500	-	22000 - 22500	56000 - 57500	62500 - 62500	17500 - 18000				
Jaffna	80000 - 85000	31000 - 34000	-	7500 - 8000	6500 - 7500	-	-	50000 - 57500	-	17500 - 18000				
Vavuniya	75000 - 76500	34000 - 35000	-	9000 - 10000	9000 - 9000	-	27000 - 27500	55000 - 55000	-	18000 - 18000				
Mannar	77500 - 79000	35000 - 36000	-	8250 - 8500	8000 - 8250	-	-	57500 - 59000	-	18500 - 19000				
Killinochchi	82000 - 83000	-	-	8000 - 8500	8000 - 8500	-	-	56500 - 57500	-	18000 - 18500				
Mullattivu	77500 - 80000	-	-	8000 - 8500	8000 - 8500	-	-	57500 - 59000	-	18000 - 18500				
Batticaloa	82000 - 82500	-	-	8750 - 9000	9000 - 9000	-	26500 - 27000	58000 - 58000	-	18500 - 18750				
Trincomalee	81000 - 82000	-	-	8250 - 8500	7750 - 9400	-	-	57000 - 58000	62500 - 62500	17500 - 18250				
Galenbindunuwewa	75000 - 79000	31500 - 33500	-	8500 - 9000	7750 - 8500	-	-	55000 - 57500	-	18500 - 19000				
Matale	-	-	-	-	-	-	-	-	-	-	-			

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

Week 52: 23 - 29 December 2022

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

Week 52: 23 - 29 December 2022

Locations	Butter Beans	Green Beans	Carrot	Leeks	Beetroot	Knolkhol
Colombo	-	500.00 - 600.00	220.00 - 250.00	280.00 - 350.00	320.00 - 380.00	220.00 - 250.00
Meegoda (DEC)	-	500.00 - 600.00	230.00 - 270.00	330.00 - 370.00	360.00 - 420.00	300.00 - 320.00
Dambulla (DEC)	-	300.00 - 350.00	180.00 - 220.00	280.00 - 320.00	260.00 - 300.00	200.00 - 230.00
Keppetipola (DEC)	-	480.00 - 520.00	180.00 - 220.00	260.00 - 300.00	300.00 - 310.00	230.00 - 250.00
Norochchhole (DEC)	-	-	-	-	300.00 - 350.00	-
Nuwara Eliya	-	460.00 - 520.00	190.00 - 200.00	290.00 - 300.00	290.00 - 300.00	240.00 - 260.00
Kandy	-	550.00 - 580.00	280.00 - 300.00	380.00 - 400.00	350.00 - 360.00	240.00 - 250.00
Hambantota	-	600.00 - 650.00	320.00 - 360.00	400.00 - 450.00	300.00 - 380.00	200.00 - 280.00
Thambuththegama (DEC)	-	350.00 - 400.00	240.00 - 260.00	340.00 - 370.00	340.00 - 380.00	200.00 - 250.00
Jaffna		350.00 - 400.00	260.00 - 300.00	360.00 - 380.00	340.00 - 360.00	-
Bandarawela		450.00 - 480.00	220.00 - 240.00	280.00 - 300.00	250.00 - 280.00	180.00 - 200.00
Veyangoda	-	520.00 - 580.00	230.00 - 280.00	320.00 - 360.00	320.00 - 380.00	270.00 - 300.00

Locations	Raddish	Cabbage	Tomato	Ladies Fingers	Brinjal	Capsicum
Colombo	60.00 - 120.00	90.00 - 140.00	180.00 - 200.00	120.00 - 150.00	180.00 - 200.00	600.00 - 700.00
Meegoda (DEC)	100.00 - 110.00	100.00 - 130.00	230.00 - 260.00	160.00 - 200.00	250.00 - 280.00	680.00 - 750.00
Moneragala	130.00 - 150.00	150.00 - 200.00	240.00 - 280.00	150.00 - 200.00	260.00 - 280.00	750.00 - 800.00
Dambulla (DEC)	60.00 - 70.00	70.00 - 100.00	120.00 - 140.00	90.00 - 100.00	270.00 - 300.00	550.00 - 650.00
Keppetipola (DEC)	40.00 - 50.00	50.00 - 60.00	160.00 - 180.00	110.00 - 130.00	200.00 - 230.00	580.00 - 640.00
Norochchhole (DEC)	40.00 - 70.00	60.00 - 90.00	-	100.00 - 150.00	200.00 - 250.00	550.00 - 720.00
Nuwara Eliya	50.00 - 60.00	80.00 - 90.00	170.00 - 190.00	130.00 - 140.00	250.00 - 260.00	580.00 - 620.00
Kandy	50.00 - 60.00	100.00 - 150.00	200.00 - 210.00	130.00 - 150.00	220.00 - 260.00	600.00 - 650.00
Hambantota	120.00 - 180.00	150.00 - 200.00	150.00 - 200.00	150.00 - 180.00	180.00 - 200.00	600.00 - 650.00
Thambuththegama (DEC)	80.00 - 110.00	80.00 - 110.00	150.00 - 170.00	100.00 - 130.00	230.00 - 300.00	600.00 - 700.00
Tissamaharama	120.00 - 140.00	160.00 - 180.00	180.00 - 220.00	120.00 - 140.00	170.00 - 220.00	650.00 - 720.00
Jaffna	130.00 - 150.00	100.00 - 115.00	270.00 - 300.00	150.00 - 180.00	420.00 - 480.00	620.00 - 680.00
Bandarawela	40.00 - 60.00	50.00 - 70.00	140.00 - 160.00	-	230.00 - 250.00	600.00 - 650.00
Veyangoda	80.00 - 120.00	90.00 - 120.00	200.00 - 250.00	150.00 - 180.00	300.00 - 350.00	680.00 - 750.00

Locations	Pumpkin	Cucumber	Bitter Gourd	Snake Gourd	Drumstick	Luffa
Colombo	100.00 - 130.00	50.00 - 70.00	280.00 - 320.00	200.00 - 220.00	-	180.00 - 260.00
Meegoda (DEC)	110.00 - 140.00	70.00 - 80.00	250.00 - 330.00	250.00 - 250.00	-	250.00 - 250.00
Moneragala	120.00 - 160.00	80.00 - 100.00	450.00 - 500.00	300.00 - 320.00	-	350.00 - 380.00
Dambulla (DEC)	100.00 - 130.00	65.00 - 75.00	200.00 - 250.00	160.00 - 200.00	-	180.00 - 200.00
Keppetipola (DEC)	100.00 - 110.00	70.00 - 80.00	230.00 - 260.00	190.00 - 210.00	-	190.00 - 210.00
Norochchhole (DEC)	60.00 - 80.00	40.00 - 70.00	280.00 - 350.00	150.00 - 200.00	-	180.00 - 220.00
Nuwara Eliya	110.00 - 120.00	80.00 - 90.00	320.00 - 340.00	180.00 - 200.00	-	210.00 - 230.00
Kandy	110.00 - 120.00	60.00 - 70.00	200.00 - 220.00	180.00 - 200.00	-	190.00 - 200.00
Hambantota	120.00 - 150.00	60.00 - 80.00	350.00 - 500.00	200.00 - 300.00	-	200.00 - 260.00
Thambuththegama (DEC)	80.00 - 110.00	30.00 - 40.00	250.00 - 300.00	190.00 - 220.00	-	170.00 - 200.00
Tissamaharama	90.00 - 120.00	40.00 - 50.00	380.00 - 420.00	240.00 - 270.00	-	220.00 - 240.00
Jaffna	80.00 - 110.00	70.00 - 80.00	430.00 - 480.00	200.00 - 220.00	-	-
Bandarawela	100.00 - 120.00	60.00 - 70.00	-	-	-	-
Veyangoda	100.00 - 140.00	60.00 - 80.00	300.00 - 330.00	230.00 - 260.00	-	210.00 - 250.00

Table 06 (Contd.)

	Long Beans	Ash Plantain	Green Chillies	Lime	Sweet Potaoe	Manioc
Colombo	250.00 - 300.00	200.00 - 250.00	180.00 - 260.00	140.00 - 200.00	120.00 - 140.00	140.00 - 170.00
Meegoda (DEC)	280.00 - 320.00	200.00 - 210.00	300.00 - 380.00	100.00 - 160.00	110.00 - 140.00	170.00 - 170.00
Moneragala	250.00 - 280.00	100.00 - 120.00	200.00 - 300.00	80.00 - 100.00	140.00 - 150.00	-
Dambulla (DEC)	200.00 - 250.00	200.00 - 220.00	180.00 - 260.00	70.00 - 80.00	100.00 - 120.00	110.00 - 130.00
Keppetipola (DEC)	260.00 - 300.00	200.00 - 220.00	260.00 - 280.00	110.00 - 130.00	100.00 - 120.00	80.00 - 100.00
Norochchhole (DEC)	200.00 - 250.00	120.00 - 150.00	170.00 - 250.00	-	130.00 - 150.00	120.00 - 140.00
Nuwara Eliya	280.00 - 300.00	200.00 - 220.00	300.00 - 320.00	130.00 - 150.00	130.00 - 140.00	120.00 - 130.00
Kandy	280.00 - 300.00	170.00 - 200.00	350.00 - 400.00	100.00 - 110.00	120.00 - 140.00	100.00 - 120.00
Hambantota	180.00 - 240.00	110.00 - 150.00	250.00 - 330.00	150.00 - 180.00	150.00 - 180.00	80.00 - 140.00
Thambuththegama (DEC)	200.00 - 230.00	150.00 - 180.00	200.00 - 250.00	70.00 - 100.00	100.00 - 130.00	110.00 - 130.00
Tissamaharama	170.00 - 220.00	150.00 - 180.00	240.00 - 280.00	150.00 - 180.00	140.00 - 160.00	110.00 - 120.00
Jaffna	350.00 - 380.00	120.00 - 140.00	220.00 - 250.00	100.00 - 120.00	170.00 - 190.00	120.00 - 160.00
Bandarawela	-	-	200.00 - 250.00	-	120.00 - 130.00	80.00 - 90.00
Veyangoda	260.00 - 290.00	190.00 - 220.00	350.00 - 400.00	100.00 - 150.00	140.00 - 150.00	140.00 - 160.00

Locations	Leafy Vegetables (Rs/Bundle)			Coconut (Rs/Nut)	
	Mukunuwenna	Kankun	Gotukola	Large	Small
Colombo	55.00 - 60.00	55.00 - 60.00	240.00 - 250.00	90.00 - 95.00	80.00 - 86.00
Meegoda (DEC)	70.00 - 70.00	70.00 - 70.00	-	102.00 - 105.00	88.00 - 90.00
Norochchhole (DEC)	50.00 - 60.00	50.00 - 60.00	120.00 - 140.00	95.00 - 100.00	85.00 - 92.00
Nuwara Eliya	-	-	-	-	-
Dambulla (DEC)	30.00 - 35.00	30.00 - 35.00	25.00 - 30.00	75.00 - 80.00	65.00 - 70.00
Kandy	45.00 - 50.00	50.00 - 55.00	220.00 - 230.00	88.00 - 90.00	68.00 - 72.00
Hambantota	45.00 - 50.00	40.00 - 50.00	60.00 - 70.00	-	-
Thambuththegama (DEC)	30.00 - 30.00	30.00 - 30.00	-	78.00 - 85.00	70.00 - 75.00
Tissamaharama	40.00 - 45.00	40.00 - 45.00	50.00 - 55.00	80.00 - 85.00	55.00 - 60.00
Jaffna	55.00 - 60.00	30.00 - 35.00	120.00 - 150.00	70.00 - 90.00	55.00 - 60.00
Tissamaharama	40.00 - 45.00	40.00 - 45.00	50.00 - 55.00	80.00 - 85.00	55.00 - 60.00
Bandarawela	-	-	-	-	-
Veyangoda	40.00 - 50.00	40.00 - 50.00	54.00 - 60.00	90.00 - 100.00	-

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

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

Week 52: 23 - 29 December 2022

LOCATIONS	Up Country Varieties												
	Butter Beans	Green Beans	Carrot	Leeks	Beetroot	Knol Khol	Raddish	Cabbage	Tomato				
Colombo	-	560.00 – 800.00	280.00 – 480.00	360.00 – 520.00	350.00 – 600.00	320.00 – 500.00	120.00 – 280.00	160.00 – 360.00	240.00 – 440.00				
Gampaha	-	600.00 – 600.00	280.00 – 400.00	400.00 – 480.00	400.00 – 400.00	360.00 – 360.00	160.00 – 240.00	200.00 – 320.00	360.00 – 400.00				
Kurunegala	-	680.00 – 720.00	380.00 – 440.00	460.00 – 500.00	440.00 – 460.00	400.00 – 440.00	220.00 – 260.00	240.00 – 260.00	340.00 – 360.00				
Nikaweratiya	-	600.00 – 640.00	440.00 – 480.00	480.00 – 560.00	440.00 – 480.00	-	200.00 – 240.00	200.00 – 240.00	320.00 – 320.00				
Dambulla	-	560.00 – 600.00	340.00 – 400.00	400.00 – 440.00	420.00 – 460.00	380.00 – 400.00	180.00 – 200.00	200.00 – 220.00	280.00 – 320.00				
Anuradhapura	-	580.00 – 640.00	480.00 – 520.00	480.00 – 520.00	480.00 – 560.00	-	200.00 – 240.00	240.00 – 260.00	320.00 – 360.00				
Thambuththegama	-	440.00 – 460.00	320.00 – 380.00	400.00 – 480.00	440.00 – 460.00	280.00 – 320.00	140.00 – 160.00	140.00 – 160.00	200.00 – 260.00				
Polonnaruwa	-	550.00 – 570.00	380.00 – 400.00	460.00 – 480.00	460.00 – 480.00	-	180.00 – 200.00	200.00 – 220.00	280.00 – 300.00				
Kaluthara	-	680.00 – 700.00	320.00 – 340.00	460.00 – 480.00	480.00 – 500.00	360.00 – 380.00	180.00 – 200.00	220.00 – 240.00	260.00 – 280.00				
Badulla	-	600.00 – 620.00	360.00 – 400.00	440.00 – 500.00	440.00 – 480.00	320.00 – 360.00	140.00 – 160.00	160.00 – 240.00	280.00 – 320.00				
Keppetipola	-	600.00 – 630.00	270.00 – 290.00	360.00 – 380.00	360.00 – 380.00	300.00 – 320.00	90.00 – 120.00	120.00 – 140.00	260.00 – 280.00				
Moneragala	-	640.00 – 680.00	420.00 – 460.00	480.00 – 520.00	480.00 – 520.00	-	200.00 – 220.00	280.00 – 320.00	300.00 – 320.00				
Kegalle	-	700.00 – 720.00	460.00 – 480.00	460.00 – 480.00	460.00 – 480.00	460.00 – 480.00	260.00 – 280.00	300.00 – 320.00	340.00 – 360.00				
Ampara	-	-	-	-	-	-	-	-	-				
Dehiattakandiya	-	480.00 – 520.00	400.00 – 520.00	460.00 – 520.00	360.00 – 400.00	280.00 – 300.00	160.00 – 240.00	200.00 – 320.00	300.00 – 360.00				
Nuwaraeliya	-	560.00 – 600.00	280.00 – 300.00	370.00 – 400.00	360.00 – 380.00	320.00 – 340.00	130.00 – 150.00	180.00 – 200.00	260.00 – 280.00				
Kandy	-	700.00 – 750.00	400.00 – 440.00	600.00 – 640.00	560.00 – 600.00	400.00 – 440.00	140.00 – 160.00	180.00 – 200.00	280.00 – 300.00				
Puttalam	-	720.00 – 800.00	380.00 – 440.00	440.00 – 480.00	400.00 – 480.00	-	220.00 – 280.00	280.00 – 340.00	300.00 – 340.00				
Hambantota	-	700.00 – 720.00	400.00 – 480.00	480.00 – 520.00	400.00 – 480.00	250.00 – 300.00	200.00 – 250.00	180.00 – 240.00	220.00 – 260.00				
Rathnapura	-	580.00 – 620.00	320.00 – 340.00	460.00 – 480.00	-	-	160.00 – 190.00	200.00 – 220.00	300.00 – 320.00				
Matara	-	700.00 – 800.00	400.00 – 500.00	480.00 – 550.00	500.00 – 600.00	-	200.00 – 240.00	200.00 – 240.00	260.00 – 320.00				
Galle	-	750.00 – 800.00	400.00 – 400.00	440.00 – 480.00	-	-	240.00 – 280.00	250.00 – 320.00	380.00 – 400.00				
Tissamaharama	-	640.00 – 680.00	320.00 – 340.00	450.00 – 480.00	470.00 – 490.00	360.00 – 370.00	160.00 – 200.00	200.00 – 230.00	290.00 – 320.00				
Meegoda (DEC)	-	600.00 – 720.00	400.00 – 480.00	480.00 – 520.00	480.00 – 560.00	440.00 – 480.00	240.00 – 280.00	240.00 – 280.00	320.00 – 400.00				
Embiliptiya	-	500.00 – 600.00	400.00 – 480.00	400.00 – 460.00	500.00 – 600.00	300.00 – 360.00	160.00 – 200.00	280.00 – 320.00	350.00 – 400.00				
Jaffna	-	400.00 – 420.00	300.00 – 350.00	400.00 – 420.00	350.00 – 450.00	-	150.00 – 180.00	120.00 – 150.00	280.00 – 320.00				
Vavuniya	-	450.00 – 600.00	350.00 – 400.00	420.00 – 520.00	380.00 – 500.00	-	200.00 – 250.00	180.00 – 200.00	320.00 – 350.00				
Mannar	-	560.00 – 580.00	400.00 – 420.00	480.00 – 520.00	400.00 – 420.00	-	200.00 – 240.00	280.00 – 320.00	300.00 – 320.00				
Killinochchi	-	450.00 – 480.00	460.00 – 480.00	460.00 – 480.00	-	-	200.00 – 220.00	160.00 – 200.00	330.00 – 360.00				
Mullaitivu	-	480.00 – 500.00	400.00 – 450.00	440.00 – 480.00	-	-	220.00 – 240.00	200.00 – 240.00	240.00 – 260.00				
Batticaloa	-	660.00 – 680.00	450.00 – 480.00	480.00 – 500.00	480.00 – 520.00	380.00 – 400.00	280.00 – 320.00	280.00 – 320.00	360.00 – 400.00				
Trincomalee	-	450.00 – 460.00	320.00 – 350.00	440.00 – 480.00	470.00 – 520.00	340.00 – 350.00	160.00 – 200.00	170.00 – 200.00	280.00 – 320.00				
Hanguranketha	-	480.00 – 550.00	270.00 – 300.00	320.00 – 360.00	380.00 – 400.00	270.00 – 300.00	70.00 – 90.00	120.00 – 150.00	220.00 – 250.00				
Veyangoda	-	600.00 – 640.00	420.00 – 480.00	480.00 – 500.00	440.00 – 480.00	380.00 – 400.00	180.00 – 220.00	200.00 – 240.00	340.00 – 380.00				
Galenbindunuwewa	-	600.00 – 620.00	400.00 – 480.00	480.00 – 520.00	400.00 – 480.00	-	160.00 – 200.00	200.00 – 240.00	280.00 – 320.00				
Bandarawela	-	600.00 – 620.00	300.00 – 320.00	400.00 – 420.00	360.00 – 380.00	280.00 – 320.00	140.00 – 160.00	180.00 – 200.00	280.00 – 320.00				
Matale	-	-	-	-	-	-	-	-	-				

Table 07 (Contd.)

LOCATIONS	Low Country Varieties												
	Ladies Fingers	Brinjal	Capsicum	Pumpkin	Cucumber	Bitter Gourd	Snake Gourd	Drumstick	Luffa	Long Beans			
Colombo	200.00 - 320.00	300.00 - 440.00	800.00 - 1000.00	150.00 - 240.00	100.00 - 240.00	300.00 - 600.00	300.00 - 480.00	-	300.00 - 440.00	340.00 - 480.00			
Gampaha	200.00 - 240.00	360.00 - 400.00	1000.00 - 1000.00	200.00 - 240.00	120.00 - 160.00	400.00 - 480.00	400.00 - 400.00	-	400.00 - 400.00	360.00 - 400.00			
Kurunegala	180.00 - 220.00	360.00 - 380.00	700.00 - 800.00	180.00 - 200.00	130.00 - 160.00	420.00 - 460.00	320.00 - 340.00	-	380.00 - 420.00	320.00 - 360.00			
Nikaweratiya	200.00 - 280.00	280.00 - 320.00	700.00 - 900.00	160.00 - 240.00	120.00 - 160.00	400.00 - 480.00	320.00 - 360.00	-	320.00 - 400.00	240.00 - 320.00			
Dambulla	180.00 - 200.00	380.00 - 420.00	800.00 - 900.00	160.00 - 200.00	120.00 - 140.00	400.00 - 440.00	300.00 - 320.00	-	320.00 - 340.00	280.00 - 320.00			
Anuradhapura	200.00 - 240.00	280.00 - 360.00	800.00 - 850.00	200.00 - 240.00	120.00 - 160.00	480.00 - 600.00	320.00 - 400.00	-	320.00 - 360.00	360.00 - 400.00			
Thambuththegama	160.00 - 200.00	250.00 - 350.00	750.00 - 850.00	140.00 - 180.00	80.00 - 120.00	320.00 - 360.00	240.00 - 300.00	-	220.00 - 260.00	240.00 - 300.00			
Polonnaruwa	220.00 - 240.00	380.00 - 400.00	850.00 - 860.00	150.00 - 160.00	120.00 - 140.00	320.00 - 340.00	280.00 - 300.00	-	300.00 - 320.00	300.00 - 320.00			
Kaluthara	180.00 - 200.00	280.00 - 300.00	860.00 - 880.00	160.00 - 180.00	120.00 - 130.00	540.00 - 560.00	360.00 - 380.00	-	370.00 - 400.00	360.00 - 380.00			
Badulla	200.00 - 240.00	280.00 - 320.00	800.00 - 1000.00	160.00 - 200.00	120.00 - 160.00	440.00 - 480.00	360.00 - 400.00	-	360.00 - 400.00	320.00 - 360.00			
Keppetipola	220.00 - 240.00	280.00 - 300.00	750.00 - 780.00	200.00 - 220.00	140.00 - 160.00	340.00 - 360.00	260.00 - 280.00	-	250.00 - 260.00	340.00 - 360.00			
Moneragala	240.00 - 260.00	300.00 - 360.00	800.00 - 900.00	180.00 - 220.00	140.00 - 160.00	550.00 - 600.00	380.00 - 400.00	-	400.00 - 420.00	340.00 - 400.00			
Kegalle	220.00 - 240.00	300.00 - 320.00	780.00 - 800.00	180.00 - 200.00	120.00 - 140.00	460.00 - 480.00	340.00 - 360.00	-	380.00 - 400.00	380.00 - 400.00			
17 Ampara	-	-	-	-	-	-	-	-	-	-			
Dehiattakandiya	200.00 - 260.00	300.00 - 320.00	720.00 - 800.00	200.00 - 200.00	120.00 - 160.00	400.00 - 520.00	300.00 - 400.00	-	320.00 - 400.00	300.00 - 360.00			
Nuwaraeliya	220.00 - 240.00	340.00 - 360.00	700.00 - 740.00	200.00 - 220.00	180.00 - 200.00	380.00 - 400.00	280.00 - 300.00	-	280.00 - 300.00	380.00 - 400.00			
Kandy	280.00 - 300.00	360.00 - 400.00	800.00 - 900.00	200.00 - 240.00	120.00 - 140.00	320.00 - 360.00	280.00 - 300.00	-	300.00 - 320.00	460.00 - 480.00			
Puttalam	200.00 - 240.00	400.00 - 440.00	800.00 - 1000.00	180.00 - 220.00	160.00 - 200.00	440.00 - 520.00	320.00 - 360.00	-	350.00 - 420.00	360.00 - 420.00			
Rathnapura	180.00 - 200.00	300.00 - 330.00	750.00 - 850.00	180.00 - 220.00	140.00 - 160.00	460.00 - 480.00	300.00 - 320.00	-	300.00 - 320.00	360.00 - 400.00			
Hambantota	200.00 - 240.00	240.00 - 300.00	720.00 - 800.00	160.00 - 200.00	100.00 - 120.00	460.00 - 540.00	300.00 - 380.00	-	280.00 - 320.00	240.00 - 300.00			
Matara	220.00 - 240.00	280.00 - 320.00	900.00 - 1000.00	160.00 - 180.00	100.00 - 120.00	520.00 - 600.00	300.00 - 340.00	-	340.00 - 400.00	280.00 - 400.00			
Galle	240.00 - 260.00	240.00 - 280.00	800.00 - 900.00	160.00 - 200.00	140.00 - 160.00	500.00 - 520.00	340.00 - 360.00	-	380.00 - 400.00	320.00 - 340.00			
Tissamaharama	150.00 - 180.00	220.00 - 260.00	700.00 - 780.00	130.00 - 160.00	80.00 - 100.00	450.00 - 500.00	290.00 - 320.00	-	270.00 - 300.00	190.00 - 240.00			
Meegoda (DEC)	280.00 - 360.00	360.00 - 400.00	900.00 - 1000.00	160.00 - 240.00	140.00 - 160.00	480.00 - 520.00	400.00 - 440.00	-	400.00 - 440.00	440.00 - 500.00			
Embilipitiya	240.00 - 280.00	240.00 - 300.00	800.00 - 1000.00	200.00 - 240.00	100.00 - 140.00	480.00 - 600.00	280.00 - 320.00	-	350.00 - 400.00	280.00 - 320.00			
Jaffna	180.00 - 200.00	480.00 - 520.00	700.00 - 820.00	120.00 - 140.00	90.00 - 110.00	480.00 - 550.00	240.00 - 280.00	-	-	400.00 - 450.00			
Vavuniya	300.00 - 320.00	400.00 - 480.00	800.00 - 1000.00	200.00 - 240.00	180.00 - 200.00	800.00 - 800.00	320.00 - 320.00	-	320.00 - 320.00	400.00 - 520.00			
Mannar	300.00 - 320.00	500.00 - 600.00	750.00 - 800.00	180.00 - 200.00	160.00 - 180.00	450.00 - 500.00	320.00 - 340.00	-	-	280.00 - 320.00			
Killinochchi	160.00 - 200.00	350.00 - 380.00	800.00 - 850.00	180.00 - 200.00	-	600.00 - 650.00	250.00 - 280.00	-	-	400.00 - 450.00			
Mullaittivu	200.00 - 240.00	380.00 - 400.00	800.00 - 800.00	160.00 - 180.00	-	600.00 - 800.00	280.00 - 300.00	-	-	400.00 - 480.00			
Batticaloa	320.00 - 320.00	500.00 - 520.00	800.00 - 800.00	200.00 - 200.00	180.00 - 200.00	560.00 - 600.00	280.00 - 300.00	-	300.00 - 320.00	450.00 - 460.00			
Trincomalee	210.00 - 240.00	440.00 - 480.00	700.00 - 760.00	220.00 - 250.00	140.00 - 180.00	320.00 - 360.00	320.00 - 360.00	-	-	390.00 - 420.00			
Hanguranketha	140.00 - 170.00	240.00 - 280.00	650.00 - 700.00	140.00 - 150.00	100.00 - 130.00	350.00 - 380.00	260.00 - 300.00	-	250.00 - 280.00	280.00 - 300.00			
Veyangoda	240.00 - 280.00	360.00 - 400.00	800.00 - 1000.00	200.00 - 240.00	120.00 - 160.00	480.00 - 520.00	340.00 - 360.00	-	360.00 - 380.00	340.00 - 380.00			
Galenbindunuweawa	160.00 - 240.00	280.00 - 320.00	700.00 - 750.00	200.00 - 240.00	100.00 - 120.00	400.00 - 480.00	320.00 - 360.00	-	300.00 - 320.00	320.00 - 360.00			
Bandarawela	220.00 - 240.00	300.00 - 320.00	800.00 - 860.00	180.00 - 200.00	140.00 - 160.00	480.00 - 520.00	300.00 - 320.00	-	320.00 - 360.00	320.00 - 340.00			
Matale	-	-	-	-	-	-	-	-	-	-			

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	240.00 - 400.00	350.00 - 700.00	280.00 - 500.00	160.00 - 280.00	180.00 - 240.00	70.00 - 100.00	70.00 - 100.00	100.00 - 160.00	100.00 - 120.00	80.00 - 95.00					
Gampaha	200.00 - 240.00	600.00 - 600.00	320.00 - 400.00	240.00 - 240.00	180.00 - 200.00	70.00 - 70.00	70.00 - 70.00	30.00 - 30.00	100.00 - 120.00	80.00 - 85.00					
Kurunegala	240.00 - 260.00	480.00 - 500.00	200.00 - 300.00	200.00 - 220.00	180.00 - 200.00	40.00 - 50.00	40.00 - 50.00	30.00 - 40.00	90.00 - 100.00	70.00 - 75.00					
Nikaweratiya	240.00 - 240.00	400.00 - 500.00	160.00 - 200.00	200.00 - 240.00	160.00 - 160.00	40.00 - 50.00	40.00 - 50.00	60.00 - 60.00	90.00 - 100.00	70.00 - 75.00					
Dambulla	300.00 - 320.00	400.00 - 500.00	150.00 - 250.00	220.00 - 240.00	200.00 - 220.00	50.00 - 60.00	50.00 - 60.00	45.00 - 50.00	90.00 - 100.00	75.00 - 80.00					
Anuradhapura	240.00 - 280.00	400.00 - 500.00	200.00 - 400.00	200.00 - 240.00	160.00 - 200.00	50.00 - 60.00	50.00 - 60.00	50.00 - 60.00	80.00 - 95.00	70.00 - 75.00					
Thambuththegama	200.00 - 240.00	300.00 - 420.00	250.00 - 300.00	160.00 - 200.00	160.00 - 200.00	40.00 - 40.00	40.00 - 40.00	-	80.00 - 90.00	70.00 - 75.00					
Polonnaruwa	200.00 - 220.00	400.00 - 450.00	200.00 - 250.00	180.00 - 200.00	160.00 - 180.00	50.00 - 50.00	50.00 - 50.00	50.00 - 50.00	65.00 - 70.00	50.00 - 60.00					
Kaluthara	240.00 - 260.00	400.00 - 500.00	200.00 - 300.00	200.00 - 220.00	160.00 - 180.00	60.00 - 80.00	60.00 - 80.00	80.00 - 100.00	100.00 - 110.00	85.00 - 95.00					
Badulla	240.00 - 250.00	400.00 - 500.00	280.00 - 320.00	220.00 - 240.00	180.00 - 220.00	70.00 - 70.00	70.00 - 70.00	70.00 - 80.00	90.00 - 95.00	65.00 - 75.00					
Keppetipola	250.00 - 260.00	400.00 - 480.00	160.00 - 200.00	200.00 - 220.00	200.00 - 220.00	35.00 - 40.00	35.00 - 40.00	30.00 - 35.00	90.00 - 98.00	78.00 - 86.00					
Moneragala	140.00 - 160.00	400.00 - 450.00	150.00 - 200.00	200.00 - 220.00	-	60.00 - 70.00	60.00 - 70.00	70.00 - 80.00	80.00 - 90.00	60.00 - 70.00					
Kegalle	220.00 - 240.00	560.00 - 600.00	320.00 - 350.00	220.00 - 240.00	180.00 - 200.00	60.00 - 70.00	60.00 - 70.00	60.00 - 70.00	100.00 - 110.00	85.00 - 95.00					
Ampara	-	-	-	-	-	-	-	-	-	-					
Dehiattakandiya	200.00 - 220.00	600.00 - 800.00	300.00 - 400.00	180.00 - 200.00	120.00 - 160.00	50.00 - 60.00	50.00 - 60.00	50.00 - 60.00	75.00 - 80.00	60.00 - 70.00					
Nuwaraeliya	280.00 - 300.00	400.00 - 500.00	220.00 - 240.00	240.00 - 250.00	220.00 - 240.00	35.00 - 40.00	35.00 - 40.00	30.00 - 35.00	95.00 - 98.00	80.00 - 84.00					
Kandy	260.00 - 280.00	700.00 - 750.00	200.00 - 240.00	180.00 - 200.00	200.00 - 240.00	60.00 - 70.00	60.00 - 70.00	50.00 - 60.00	100.00 - 110.00	70.00 - 80.00					
Puttalam	140.00 - 220.00	500.00 - 600.00	150.00 - 220.00	240.00 - 280.00	180.00 - 220.00	60.00 - 70.00	60.00 - 70.00	40.00 - 40.00	95.00 - 110.00	85.00 - 90.00					
Rathnapura	220.00 - 240.00	550.00 - 600.00	400.00 - 450.00	200.00 - 230.00	140.00 - 160.00	80.00 - 90.00	80.00 - 85.00	90.00 - 100.00	100.00 - 120.00	80.00 - 90.00					
Hambanthota	160.00 - 200.00	340.00 - 400.00	240.00 - 280.00	200.00 - 240.00	120.00 - 160.00	50.00 - 60.00	50.00 - 60.00	80.00 - 90.00	80.00 - 100.00	60.00 - 70.00					
Matara	240.00 - 300.00	320.00 - 500.00	300.00 - 400.00	200.00 - 240.00	160.00 - 200.00	55.00 - 60.00	55.00 - 60.00	80.00 - 90.00	95.00 - 110.00	65.00 - 75.00					
Galle	260.00 - 280.00	400.00 - 420.00	300.00 - 320.00	240.00 - 260.00	160.00 - 200.00	50.00 - 60.00	50.00 - 60.00	70.00 - 80.00	110.00 - 120.00	85.00 - 90.00					
Tissamaharama	180.00 - 200.00	280.00 - 320.00	200.00 - 240.00	180.00 - 200.00	130.00 - 150.00	45.00 - 50.00	45.00 - 50.00	50.00 - 60.00	85.00 - 90.00	60.00 - 65.00					
Meegoda (DEC)	320.00 - 360.00	500.00 - 700.00	400.00 - 400.00	240.00 - 280.00	180.00 - 180.00	80.00 - 80.00	80.00 - 80.00	90.00 - 100.00	110.00 - 130.00	85.00 - 100.00					
Embilipitiya	180.00 - 220.00	500.00 - 600.00	280.00 - 320.00	200.00 - 240.00	120.00 - 160.00	60.00 - 80.00	50.00 - 70.00	80.00 - 100.00	90.00 - 120.00	60.00 - 80.00					
Jaffna	160.00 - 180.00	300.00 - 320.00	150.00 - 180.00	150.00 - 200.00	160.00 - 180.00	60.00 - 65.00	35.00 - 40.00	45.00 - 50.00	80.00 - 100.00	65.00 - 75.00					
Vavuniya	150.00 - 240.00	400.00 - 400.00	100.00 - 160.00	200.00 - 200.00	200.00 - 200.00	60.00 - 60.00	60.00 - 60.00	60.00 - 60.00	60.00 - 60.00	60.00 - 60.00					
Mannar	200.00 - 220.00	300.00 - 400.00	240.00 - 250.00	180.00 - 200.00	200.00 - 240.00	50.00 - 60.00	50.00 - 60.00	50.00 - 55.00	70.00 - 80.00	60.00 - 65.00					
Killinochchi	120.00 - 140.00	400.00 - 440.00	100.00 - 140.00	220.00 - 240.00	200.00 - 220.00	50.00 - 60.00	-	40.00 - 50.00	80.00 - 90.00	50.00 - 60.00					
Mullaittivu	120.00 - 150.00	360.00 - 400.00	150.00 - 200.00	-	220.00 - 240.00	50.00 - 50.00	-	40.00 - 50.00	70.00 - 75.00	50.00 - 55.00					
Batticaloa	320.00 - 320.00	380.00 - 400.00	400.00 - 400.00	-	200.00 - 220.00	70.00 - 80.00	-	40.00 - 50.00	70.00 - 75.00	50.00 - 50.00					
Trincomalee	250.00 - 280.00	370.00 - 400.00	170.00 - 200.00	160.00 - 180.00	-	50.00 - 55.00	45.00 - 50.00	45.00 - 50.00	75.00 - 85.00	50.00 - 60.00					
Hanguranketha	240.00 - 260.00	400.00 - 500.00	200.00 - 300.00	150.00 - 180.00	120.00 - 150.00	-	40.00 - 40.00	40.00 - 40.00	35.00 - 40.00	95.00 - 100.00	85.00 - 95.00				
Veyangoda	240.00 - 280.00	500.00 - 600.00	300.00 - 400.00	200.00 - 240.00	180.00 - 200.00	60.00 - 80.00	60.00 - 70.00	30.00 - 33.00	110.00 - 120.00	90.00 - 100.00					
Galenbindunuweva	-	400.00 - 600.00	-	160.00 - 200.00	-	50.00 - 60.00	50.00 - 60.00	50.00 - 60.00	-	70.00 - 80.00	60.00 - 65.00				
Bandarawela	220.00 - 240.00	400.00 - 450.00	200.00 - 300.00	220.00 - 240.00	160.00 - 180.00	50.00 - 60.00	50.00 - 60.00	60.00 - 70.00	80.00 - 90.00	60.00 - 70.00					
Matale	-	-	-	-	-	-	-	-	-	-					

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

Week 52: 23 - 29 December 2022

Table 08 (Contd.)

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

Week 52: 23 - 29 December 2022

Locations	Sea Fish																
	Salaya		Hurulla		Balaya		Kelawalla		Thora		Paraw						
Colombo	400.00	-	650.00	700.00	-	850.00	1000.00	1200.00	-	1800.00	2500.00	-	3200.00	1300.00	-	1600.00	
Kandy	400.00	-	430.00	680.00	-	700.00	900.00	950.00	1200.00	-	1300.00	2000.00	-	2200.00	1250.00	-	1300.00
Kaluthara	340.00	-	380.00	740.00	-	780.00	800.00	850.00	1100.00	-	1200.00	-	-	-	1300.00	-	1500.00
Puttalam	450.00	-	550.00	620.00	-	650.00	800.00	920.00	1370.00	-	1450.00	1650.00	-	1750.00	1250.00	-	1400.00
Matara	350.00	-	360.00	600.00	-	650.00	950.00	1000.00	1350.00	-	1400.00	-	-	-	-	-	-
Hambantota	450.00	-	480.00	-	-	-	1150.00	1200.00	-	-	-	-	-	-	-	-	-
Galle	400.00	-	450.00	750.00	-	800.00	850.00	900.00	1000.00	-	1500.00	1300.00	-	1600.00	1000.00	-	1200.00
Batticaloa	350.00	-	400.00	700.00	-	800.00	-	-	1900.00	-	2000.00	2000.00	-	2000.00	1500.00	-	1600.00
Trincomalee	300.00	-	350.00	-	-	-	800.00	900.00	1150.00	-	1250.00	2150.00	-	2250.00	1450.00	-	1550.00
Mannar	280.00	-	300.00	550.00	-	600.00	-	-	-	-	-	-	-	-	1100.00	-	1200.00

Locations	Sea Fish					Eggs											
	Mora		Shrimps		Thalapath	Teppeli	Brown	White									
Colombo	800.00	-	1500.00	1500.00	-	1800.00	1600.00	2500.00	-	-	-	58.00	-	62.00	-	-	
Kandy	1050.00	-	1075.00	1600.00	-	1650.00	2000.00	2100.00	-	-	-	61.00	-	62.00	59.00	-	60.00
Kaluthara	-	-	-	-	-	1500.00	1500.00	1600.00	-	-	-	-	-	-	-	-	-
Puttalam	1750.00	-	1850.00	1200.00	-	1400.00	2000.00	2150.00	-	-	-	65.00	-	66.00	64.00	-	65.00
Matara	-	-	-	-	-	1350.00	1350.00	1400.00	-	-	-	-	-	-	-	-	-
Hambantota	-	-	-	-	-	-	-	-	-	-	-	-	-	-	63.00	-	63.00
Galle	-	-	-	-	-	1800.00	1800.00	2000.00	-	-	-	-	-	-	59.00	-	61.00
Batticaloa	-	-	-	1500.00	-	1600.00	1900.00	2000.00	-	-	-	64.00	-	65.00	64.00	-	65.00
Trincomalee	1450.00	-	1550.00	950.00	-	1050.00	2000.00	2100.00	-	-	-	56.00	-	57.00	54.00	-	54.00
Mannar	-	-	-	1000.00	-	1100.00	-	-	-	-	-	-	-	-	-	-	-

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

Week 52: 23 - 29 December 2022

Locations	Local Dried Fish													
	Sprats	Kattawa	Thora	Mora	Balaya	Anguluwa								
Colombo	55000	-	65000	-	-	80000	90000	37500	-	45000	-			
Kandy	60000	-	65000	-	-	87500	92500	40000	-	45000	-			
Batticaloa	72500	-	72500	115000	-	120000	-	62500	-	65000	57500	-	60000	
Trincomalee	61000	-	62000	-	-	-	72750	73000	47500	-	48250	42000	-	42500
Mannar	57500	-	60000	90000	-	92500	-	-	42000	-	42500	25000	-	26000

Locations	Local Dried Fish			Imported Dried Fish								
	Maduwa	Koduwa	Salaya	Sprats	Kattawa	Thora						
Colombo	57500	-	65000	-	32500	39000	40000	49000	80000	-	85000	-
Kandy	60000	-	62500	-	39000	40000	45000	52500	85000	-	90000	-
Batticaloa	68500	-	70000	-	38500	40000	60000	62500	-	-	-	-
Trincomalee	72000	-	72000	-	40000	40500	50000	52500	85000	-	85000	-
Mannar	49000	-	50000	42500	45000	25000	27500	57500	60000	-	-	-

Locations	Imported Dried Fish					
	Mora	Balaya	Anguluwa	Maduwa	Koduwa	Salaya
Colombo	-	-	82500	90000	-	-
Kandy	-	-	95000	97500	-	-
Batticaloa	-	-	-	-	-	-
Trincomalee	-	-	-	-	-	-
Mannar	-	-	-	-	-	-

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

Week 52: 23 - 29 December 2022

LOCATIONS	Sea Fish												Eggs	
	Salaya	Hurulla	Balaya	Kelawalla	Thora	Paraw	Mora	Thalapath	Brown	White				
22	Colombo	520.00 - 800.00	880.00 - 1100.00	1200.00 - 2000.00	2000.00 - 3000.00	3000.00 - 3800.00	1800.00 - 2800.00	1600.00 - 1800.00	2400.00 - 3600.00	60.00 - 62.00	60.00 - 62.00			
	Gampaha	600.00 - 600.00	800.00 - 800.00	-	-	-	-	-	-	-	65.00 - 65.00			
	Kurunegala	460.00 - 500.00	800.00 - 900.00	1300.00 - 1400.00	1700.00 - 1800.00	-	1600.00 - 1700.00	1600.00 - 1700.00	2300.00 - 2400.00	-	60.00 - 65.00			
	Nikaweratiya	600.00 - 600.00	800.00 - 900.00	1000.00 - 1250.00	1600.00 - 2200.00	-	2000.00 - 2000.00	-	2400.00 - 2600.00	-	55.00 - 60.00			
	Dambulla	400.00 - 460.00	1000.00 - 1100.00	1100.00 - 1200.00	2000.00 - 2200.00	-	1900.00 - 2000.00	1900.00 - 2000.00	2200.00 - 2300.00	60.00 - 62.00	60.00 - 60.00			
	Anuradhapura	460.00 - 500.00	920.00 - 1000.00	1060.00 - 1100.00	1800.00 - 1950.00	2200.00 - 2400.00	1300.00 - 1400.00	1600.00 - 1700.00	2450.00 - 2500.00	-	60.00 - 65.00			
	Thambuthegama	400.00 - 500.00	900.00 - 1000.00	1100.00 - 1100.00	1800.00 - 2000.00	-	1300.00 - 1400.00	1600.00 - 1600.00	2500.00 - 2800.00	-	60.00 - 65.00			
	Polonnaruwa	400.00 - 450.00	800.00 - 900.00	1300.00 - 1400.00	1700.00 - 1800.00	-	1500.00 - 1700.00	1600.00 - 1700.00	2000.00 - 2200.00	-	58.00 - 65.00			
	Kaluthara	460.00 - 500.00	940.00 - 980.00	950.00 - 1000.00	1300.00 - 1400.00	-	1800.00 - 2000.00	-	2100.00 - 2400.00	-	57.00 - 58.00			
	Badulla	480.00 - 500.00	880.00 - 900.00	1300.00 - 1400.00	1700.00 - 1800.00	-	1600.00 - 1700.00	1600.00 - 1700.00	2200.00 - 2400.00	63.00 - 65.00	62.00 - 65.00			
	Keppetipola	560.00 - 580.00	820.00 - 850.00	1200.00 - 1300.00	1700.00 - 1800.00	2600.00 - 2700.00	1500.00 - 1600.00	1600.00 - 1700.00	2200.00 - 2300.00	62.00 - 64.00	58.00 - 62.00			
	Moneragala	550.00 - 600.00	1000.00 - 1100.00	1200.00 - 1300.00	-	-	-	-	2500.00 - 2600.00	63.00 - 65.00	60.00 - 65.00			
	Kegalle	650.00 - 700.00	980.00 - 1050.00	1760.00 - 1800.00	1950.00 - 2000.00	-	1950.00 - 2000.00	1560.00 - 1600.00	2350.00 - 2400.00	68.00 - 69.00	60.00 - 62.00			
	Ampara	-	-	-	-	-	-	-	-	-	-			
	Dehiwakkandiya	350.00 - 400.00	900.00 - 900.00	1500.00 - 1500.00	-	-	-	-	-	56.00 - 60.00	55.00 - 58.00			
	Nuwaraeliya	550.00 - 600.00	850.00 - 890.00	1200.00 - 1300.00	1800.00 - 1900.00	2600.00 - 2800.00	1600.00 - 1700.00	1400.00 - 1500.00	2200.00 - 2300.00	63.00 - 64.00	58.00 - 62.00			
	Kandy	580.00 - 600.00	900.00 - 920.00	1200.00 - 1250.00	2000.00 - 2100.00	2700.00 - 2800.00	1700.00 - 1800.00	1450.00 - 1500.00	2400.00 - 2500.00	64.00 - 65.00	63.00 - 64.00			
	Puttalam	500.00 - 650.00	700.00 - 750.00	950.00 - 1000.00	1500.00 - 1550.00	-	1350.00 - 1500.00	1800.00 - 2000.00	2350.00 - 2450.00	66.00 - 67.00	65.00 - 65.00			
	Hambantota	550.00 - 600.00	-	1400.00 - 1600.00	-	-	-	-	-	-	65.00 - 65.00			
	Rathnapura	480.00 - 520.00	950.00 - 1000.00	1100.00 - 1200.00	2200.00 - 2400.00	3000.00 - 3200.00	1500.00 - 1600.00	1500.00 - 1600.00	2500.00 - 2600.00	-	55.00 - 60.00			
	Matara	500.00 - 600.00	950.00 - 1000.00	1400.00 - 1600.00	2000.00 - 2100.00	-	-	-	2000.00 - 2100.00	-	64.00 - 65.00			
	Galle	500.00 - 550.00	900.00 - 1000.00	1000.00 - 1200.00	2200.00 - 2400.00	2200.00 - 2400.00	2000.00 - 2400.00	-	2200.00 - 2400.00	-	58.00 - 62.00			
	Tissamaharama	400.00 - 500.00	800.00 - 900.00	1000.00 - 1200.00	2200.00 - 2200.00	-	-	-	2200.00 - 2200.00	-	60.00 - 63.00			
	Meegoda	500.00 - 600.00	1060.00 - 1200.00	1080.00 - 1080.00	-	-	-	-	2800.00 - 2800.00	-	60.00 - 60.00			
	Embilipitiya	450.00 - 500.00	850.00 - 1000.00	1300.00 - 1450.00	2000.00 - 2200.00	2100.00 - 2200.00	1500.00 - 1600.00	1500.00 - 1600.00	2200.00 - 2300.00	60.00 - 63.00	58.00 - 63.00			
	Jaffna	-	1000.00 - 1200.00	1000.00 - 1500.00	-	-	1450.00 - 1500.00	-	-	61.00 - 66.00	60.00 - 64.00			
	Vavuniya	600.00 - 600.00	-	-	-	-	1500.00 - 1600.00	1200.00 - 1200.00	-	-	60.00 - 70.00			
	Mannar	350.00 - 400.00	700.00 - 800.00	-	-	-	1400.00 - 1500.00	-	-	-	64.00 - 68.00			
	Killinochchi	400.00 - 450.00	-	850.00 - 900.00	-	-	1500.00 - 1600.00	2400.00 - 2500.00	-	-	66.00 - 67.00			
	Mullaitivu	400.00 - 400.00	750.00 - 800.00	800.00 - 850.00	-	-	1200.00 - 1400.00	1200.00 - 1200.00	-	-	64.00 - 65.00			
	Batticaloa	500.00 - 600.00	1000.00 - 1000.00	-	2600.00 - 2800.00	2700.00 - 2800.00	2400.00 - 2400.00	-	2600.00 - 2800.00	65.00 - 66.00	66.00 - 66.00			
	Trincomalee	400.00 - 450.00	-	950.00 - 1000.00	-	2300.00 - 2400.00	1600.00 - 1700.00	1600.00 - 1700.00	2100.00 - 2200.00	56.00 - 57.00	55.00 - 56.00			
	Veyangoda	800.00 - 800.00	1000.00 - 1000.00	-	2000.00 - 2000.00	3000.00 - 3000.00	-	1600.00 - 1600.00	2800.00 - 2800.00	-	58.00 - 60.00			
	Galenbindunuwewa	400.00 - 400.00	900.00 - 900.00	1100.00 - 1100.00	2200.00 - 2200.00	2800.00 - 2800.00	1600.00 - 1600.00	1600.00 - 1600.00	2200.00 - 2200.00	-	-			
	Bandarawela	400.00 - 500.00	700.00 - 800.00	1300.00 - 1400.00	1600.00 - 1800.00	-	1500.00 - 1600.00	1400.00 - 1500.00	2000.00 - 2200.00	63.00 - 65.00	62.00 - 63.00			
	Matale	-	-	-	-	-	-	-	-	-	-			

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

Week 52: 23 - 29 December 2022

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

Week 52: 23 - 29 December 2022

LOCATIONS	Meat		Meat (Chicken)		Meat		
	Beef	Broiler	Curry	Mutton	Pork		
Colombo	2000.00 – 2200.00	1280.00 – 1300.00	1500.00 – 1600.00	2700.00 – 3200.00	1450.00 – 2000.00		
Gampaha	–	1300.00 – 1350.00	–	2800.00 – 2800.00	1500.00 – 1500.00		
Kurunegala	1900.00 – 2000.00	1200.00 – 1350.00	–	2700.00 – 2800.00	1680.00 – 1700.00		
Nikaweratiya	1800.00 – 1800.00	1150.00 – 1190.00	–	–	–		
Dambulla	–	1250.00 – 1300.00	–	–	–		
Anuradhapura	1900.00 – 2000.00	1200.00 – 1300.00	–	3000.00 – 3000.00	1450.00 – 1600.00		
Thambuththegama	1800.00 – 2000.00	1000.00 – 1150.00	–	–	1500.00 – 1600.00		
Polonnaruwa	2000.00 – 2000.00	1250.00 – 1380.00	1500.00 – 1500.00	–	1600.00 – 1800.00		
Kaluthara	–	1360.00 – 1400.00	1560.00 – 1600.00	–	–		
Badulla	1800.00 – 2000.00	1250.00 – 1350.00	1500.00 – 1600.00	2600.00 – 2800.00	–		
Keppetipola	1900.00 – 2000.00	1250.00 – 1360.00	1300.00 – 1400.00	2800.00 – 2900.00	–		
Moneragala	1800.00 – 1800.00	1150.00 – 1250.00	–	–	1600.00 – 1700.00		
Kegalle	1850.00 – 1900.00	1250.00 – 1300.00	–	2750.00 – 2800.00	1750.00 – 1800.00		
Ampara	–	–	–	–	–		
Dehiattakandiya	–	1000.00 – 1230.00	1250.00 – 1300.00	–	1450.00 – 1500.00		
Nuwaraeliya	2000.00 – 2200.00	1280.00 – 1300.00	1300.00 – 1500.00	2800.00 – 2900.00	1800.00 – 1900.00		
Kandy	1800.00 – 1900.00	1190.00 – 1200.00	1450.00 – 1500.00	2600.00 – 2700.00	1500.00 – 1600.00		
Puttalam	2000.00 – 2000.00	1200.00 – 1250.00	–	2800.00 – 2800.00	–		
Hambantota	–	1250.00 – 1280.00	–	–	–		
Rathnapura	1900.00 – 2000.00	1180.00 – 1260.00	1600.00 – 1650.00	2800.00 – 2900.00	1560.00 – 1600.00		
Matara	–	1280.00 – 1290.00	–	–	–		
Galle	2000.00 – 2000.00	1200.00 – 1280.00	1500.00 – 1550.00	2900.00 – 3000.00	–		
Tissamaharama	–	1050.00 – 1200.00	1400.00 – 1400.00	2800.00 – 2800.00	1600.00 – 1700.00		
Meegoda	–	1050.00 – 1100.00	–	–	1650.00 – 1650.00		
Embilipitiya	2100.00 – 2200.00	1040.00 – 1120.00	–	2800.00 – 2900.00	1500.00 – 1650.00		
Jaffna	1450.00 – 1500.00	1500.00 – 1600.00	1400.00 – 1500.00	2500.00 – 2600.00	–		
Vavuniya	1700.00 – 1800.00	1350.00 – 1350.00	–	2800.00 – 2800.00	–		
Mannar	1500.00 – 1600.00	1400.00 – 1500.00	–	–	–		
Killinochchi	1800.00 – 1800.00	1500.00 – 1500.00	1800.00 – 1800.00	2800.00 – 2800.00	–		
Mullaittivu	1600.00 – 1600.00	1500.00 – 1500.00	–	–	–		
Batticaloa	1800.00 – 1800.00	1500.00 – 1500.00	1700.00 – 1800.00	–	–		
Trincomalee	1800.00 – 1850.00	1200.00 – 1300.00	–	–	–		
Veyangoda	1900.00 – 1900.00	1200.00 – 1250.00	–	2600.00 – 2600.00	1600.00 – 1600.00		
Galenbindunuwewa	1700.00 – 1700.00	1260.00 – 1260.00	–	–	–		
Bandarawela	2000.00 – 2200.00	1200.00 – 1250.00	1400.00 – 1500.00	2800.00 – 3000.00	–		
Matale	–	–	–	–	–		

Table 14: Colombo: Wholesale Prices (Rs/Kg or Rs/Pieces)

Week 52: 23 - 29 December 2022

Commodity	Range	Average Price			Change Compared to		Commodity	Range	Average Price			Change Compared to	
		This Week	Last Week	Last Year	Last Week (%)	Last Year (%)			This Week	Last Week	Last Year	Last Week (%)	Last Year (%)
Rice							Coconut						
Local							Large	90.00 - 95.00	92.90	95.00	75.00	-2.21	23.87
Samba 1	210.00 - 215.00	213.82	213.70	147.57	0.06	44.89	Small	80.00 - 86.00	82.09	82.92	67.00	-1.00	22.52
Samba 2	200.00 - 210.00	207.00	206.60	145.80	0.19	41.98							
Keeri Samba	220.00 - 230.00	224.50	223.00	214.30	0.67	4.76	Fruits (Rs/Fruit)						
Nadu 1	200.00 - 210.00	202.80	200.22	136.50	1.29	48.57	Plantain						
Nadu 2	195.00 - 200.00	197.80	194.60	131.13	1.64	50.85	Ambul (Rs/Kg)	130.00 - 200.00	164.17	154.17	64.17	6.49	155.84
Raw (Red)	195.00 - 200.00	198.80	197.00	113.88	0.91	74.58	Kolikuttu (Rs/Kg)	350.00 - 400.00	369.09	357.50	155.00	3.24	138.12
Raw (White)	190.00 - 200.00	195.30	189.20	129.60	3.22	50.69	Seeni (Rs/Kg)	100.00 - 140.00	125.00	124.17	65.00	0.67	92.31
Imported							Anamalu	17.00 - 20.00	19.00	18.50	11.58	2.70	64.03
Samba	200.00 - 215.00	210.00	209.75	117.20	0.12	79.18	Ambun	22.00 - 25.00	23.83	21.50	14.00	10.85	70.24
Nadu	175.00 - 180.00	178.50	178.00	111.70	0.28	59.80	Papaw(Rs/Kg)	100.00 - 220.00	164.00	180.83	147.50	-9.31	11.19
Raw (Red)	-	-	-	-	-	-	Passion Fruit	25.00 - 33.00	28.73	27.78	13.33	3.42	115.45
Raw (White)	165.00 - 175.00	169.60	167.60	107.50	1.19	57.77	Pineapple Large	600.00 - 650.00	630.00	645.00	300.00	-2.33	110.00
Dried Chillies							Pineapple Medium	500.00 - 550.00	530.00	545.00	230.00	-2.75	130.43
Imported	1350.00 - 1470.00	1411.50	1459.00	707.00	-3.26	99.65	Pineapple Small	400.00 - 450.00	430.00	445.00	160.00	-3.37	168.75
Onion							Mango						
Sinnan	-	-	-	-	-	-	Betti	10.00 - 15.00	11.75	11.33	-	3.68	-
Vedalan	-	-	-	-	-	-	Karthakolomban	60.00 - 80.00	67.78	75.56	39.09	-10.29	73.39
Imported	550.00 - 600.00	577.00	596.00	359.50	-3.19	60.50	Vilad	40.00 - 50.00	45.00	51.25	-	-12.20	-
Big Onion							Kohu	-	-	-	-	-	-
Imported	140.00 - 200.00	159.50	154.50	205.00	3.24	-22.20	Other						
Local	-	-	-	-	-	-	Wood Apple	20.00 - 34.00	26.36	22.42	16.33	17.61	61.41
Potato							Orange	40.00 - 60.00	50.00	68.00	56.25	-26.47	-11.11
Wellimada	-	-	-	-	-	-	Avocado	100.00 - 200.00	150.00	159.23	161.67	-5.80	-7.22
N'Ellya	430.00 - 450.00	440.00	427.50	261.25	2.92	68.42	Slime Apple	30.00 - 42.00	33.80	46.50	37.00	-27.31	-8.65
Imported	130.00 - 250.00	173.50	202.50	176.80	-14.32	-1.87	Grapes (Imp., Rs/Kg)	1500.00 - 1500.00	1500.00	1500.00	889.00	0.00	68.73
Pulses							King Coconut	80.00 - 120.00	102.50	104.44	61.25	-1.86	67.35
Green Gram	1050.00 - 1150.00	1117.50	1070.00	472.90	4.44	136.31	Sea Fish						
Cowpea (White)	1250.00 - 1300.00	1276.67	1237.50	652.86	3.16	95.55	Salaya	400.00 - 650.00	548.00	350.00	211.25	56.57	159.41
Cowpea (Red)	1250.00 - 1350.00	1300.00	1270.00	462.14	2.36	181.30	Hurulla	700.00 - 850.00	754.00	668.00	527.14	12.87	43.04
Red Dhal	350.00 - 360.00	353.50	357.78	247.50	-1.20	42.83	Bayala	850.00 - 1000.00	939.00	721.00	550.00	30.24	70.73
Vegetable							Kelawalla	1200.00 - 1800.00	1500.00	1013.00	776.00	48.08	93.30
Beans (Butter)	-	-	-	-	-	-	Thora	2500.00 - 3200.00	2790.00	2245.00	1618.75	24.28	72.36
Beans(Green)	500.00 - 600.00	546.00	405.00	365.00	34.81	49.59	Paraw	1300.00 - 1600.00	1435.00	1125.00	831.25	27.56	72.63
Carrot	220.00 - 250.00	240.00	252.00	386.00	-4.76	-37.82	Mora	800.00 - 1500.00	1028.57	993.33	710.00	3.55	44.87
Leeks	280.00 - 350.00	315.00	333.00	252.00	-5.41	-25.00	Shrimps	1500.00 - 1800.00	1656.25	1380.00	1082.86	20.02	52.95
Beetroot	320.00 - 380.00	348.33	337.00	380.00	3.36	-8.33	Thalaphath	1600.00 - 2500.00	1988.89	1730.00	1351.67	14.96	47.14
Knolkhol	220.00 - 250.00	235.00	237.00	209.00	-0.84	12.44	Eggs						
Raddish	60.00 - 120.00	98.00	103.00	151.00	-4.85	-35.10	Brown	-	-	60.00	26.00	-	-
Cabbage	90.00 - 140.00	107.00	128.00	293.00	-16.41	-63.48	White	58.00 - 62.00	60.00	55.00	24.75	9.09	142.42
Tomato	180.00 - 200.00	192.00	184.00	206.00	4.35	-6.80							
Ladies Fingers	120.00 - 150.00	139.00	141.00	149.00	-1.42	-6.71	Dried Fish						
Brinjal	180.00 - 200.00	192.00	157.00	309.00	22.29	-37.86	Sprats	1100.00 - 1300.00	1203.00	1206.00	1025.56	-0.25	17.30
Capsicum	600.00 - 700.00	660.00	690.00	639.00	-4.35	3.29	Sprats (Imported)	800.00 - 980.00	885.00	934.17	591.67	-5.26	49.58
Pumpkin	100.00 - 130.00	113.00	110.00	66.50	2.73	69.92	Kattawa	-	-	1257.14	-	-	-
Cucumber	50.00 - 70.00	59.00	48.00	116.00	22.92	-49.14	Kattawa (Imported)	1600.00 - 1700.00	1669.00	1671.82	-	-0.17	-
Bitter Gourd	280.00 - 320.00	302.00	317.00	234.00	-4.73	29.06	Thora	-	-	-	-	-	-
Snake Gourd	200.00 - 220.00	209.00	257.00	244.00	-18.68	-14.34	Thora (Imported)	-	-	-	-	-	-
Drumstick	-	-	-	-	-	-	Mora	1600.00 - 1800.00	1720.00	1639.00	1290.00	4.94	33.33
Luffa	180.00 - 260.00	223.00	216.00	174.00	3.24	28.16	Mora (Imported)	-	-	-	-	-	-
Long Beans	250.00 - 300.00	275.00	290.00	229.00	-5.17	20.09	Bayala	750.00 - 900.00	814.00	830.00	694.29	-1.93	17.24
Ash Plantain	200.00 - 250.00	224.00	210.00	73.00	6.67	206.85	Bayala (Imported)	-	-	-	-	-	-
Green Chillies	180.00 - 260.00	220.00	212.00	828.00	3.77	-73.43	Anguluwa	-	-	-	-	-	-
Lime	140.00 - 200.00	162.00	100.00	149.00	62.00	8.72	Anguluwa (Imported)	1650.00 - 1800.00	1722.50	1733.33	-	-0.63	-
Root Crops							Maduwa	1150.00 - 1300.00	1214.00	1053.00	876.67	15.29	38.48
Sweet Potato	120.00 - 140.00	131.00	132.00	164.00	-0.76	-20.12	Maduwa (Imported)	-	-	-	-	-	-
Manioc	140.00 - 170.00	150.00	148.00	38.50	1.35	289.61	Koduwa	-	-	-	-	-	-
Leafy Vegetable							Koduwa (Imported)	-	-	-	-	-	-
Mukunuwenna	55.00 - 60.00	57.50	59.00	48.00	-2.54	19.79	Salaya	650.00 - 780.00	725.00	722.00	358.57	0.42	102.19
Kankun	55.00 - 60.00	57.50	59.00	48.00	-2.54	19.79	Salaya (Imported)	-	-	-	-	-	-
Gotukola (Rs/Kg)	240.00 - 250.00	242.00	241.00	166.00	0.41	45.78	-	-	-	-	-	-	-

This Week: Week 52: 23 - 29 December 2022
Last Week: Week 51: 16 - 22 December 2022

Table 15: Colombo & Suburbs: Retail Prices (Rs/Kg or Rs/Piece)

Week 52: 23 - 29 December 2022

Commodity	Range	Average Price			Change Compared to		Commodity	Range	Average Price			Change Compared to	
		This Week	Last Week	Last Year	Last Week	Last Year (%)			This Week	Last Week	Last Year	Last Week	Last Year (%)
Rice													
Local													
Samba 1	220.00 - 240.00	230.61	230.15	165.43	0.45	39.40	Large	100.00 - 120.00	109.42	110.91	86.03	-1.49	27.20
Samba 2	210.00 - 230.00	221.56	221.11	154.15	0.45	43.73	Small	80.00 - 95.00	89.44	91.35	73.13	-1.90	22.32
Keeri Samba	250.00 - 270.00	260.00	259.72	236.84	0.28	9.78							
Nadu 1	220.00 - 230.00	224.24	223.44	143.68	0.80	56.07	Fruits (Rs/Fruit)						
Nadu 2	210.00 - 220.00	215.81	212.96	135.41	2.84	59.38	Plantain	180.00 - 280.00	235.28	196.39	130.91	38.89	79.73
Raw (Red)	210.00 - 220.00	217.42	217.03	124.38	0.39	74.80	Ambul (Rs/Kg)	380.00 - 500.00	463.89	440.00	226.36	23.89	104.93
Raw (White)	200.00 - 220.00	212.42	211.18	137.30	1.25	54.72	Kolikuttu (Rs/Kg)	140.00 - 240.00	195.00	186.94	133.94	8.06	45.59
Imported							Seenii (Rs/Kg)	140.00 - 240.00	195.00	186.94	133.94	8.06	45.59
Samba	210.00 - 230.00	218.48	213.71	142.80	4.78	53.00	Anamalu	24.00 - 34.00	28.45	27.11	20.24	1.34	40.57
Nadu	190.00 - 210.00	202.90	200.81	132.70	2.10	52.90	Ambun	30.00 - 40.00	35.52	34.03	25.18	1.49	41.04
Raw (Red)	-	-	-	120.38	-	-	Papaw(Rs/Kg)	300.00 - 420.00	368.62	372.26	235.81	-3.64	56.32
Raw (White)	180.00 - 200.00	189.70	182.27	119.83	7.42	58.30	Passion Fruit	42.00 - 58.00	50.62	55.27	25.07	-4.66	101.92
Dried Chillies							Pineapple Large	580.00 - 700.00	639.60	636.15	345.56	3.45	85.09
Imported	1600.00 - 1900.00	1809.68	1769.35	798.10	40.32	126.75	Pineapple Medium	520.00 - 670.00	576.13	550.63	271.00	25.50	112.59
							Pineapple Small	450.00 - 550.00	494.62	477.73	218.67	16.89	126.20
Onion							Mango						
Sinnan	-	-	-	374.57	-	-	Betti	-	-	-	-	-	-
Vedalan	-	-	-	726.00	-	-	Karthakolomban	80.00 - 180.00	139.58	142.00	64.86	-2.42	115.22
Imported	700.00 - 800.00	768.39	692.12	417.36	76.27	84.11	Vilad	50.00 - 80.00	63.33	78.00	-	-14.67	-
Big Onion							Kohu	-	-	-	-	-	-
Imported	150.00 - 260.00	205.59	182.42	255.00	23.16	-19.38	Other						
Local	-	-	-	301.58	-	-	Wood Apple	30.00 - 80.00	54.56	54.00	55.32	0.56	-1.38
Potato							Orange	80.00 - 160.00	116.67	118.33	100.00	-1.67	16.67
Welimada	-	-	-	273.24	-	-	Avocado	130.00 - 220.00	174.44	183.85	255.00	-9.40	-31.59
N'Eliya	480.00 - 480.00	480.00	472.35	338.00	7.65	42.01	Slime Apple	50.00 - 130.00	90.00	92.50	78.71	-2.50	14.34
Imported	200.00 - 270.00	226.90	231.72	196.58	-4.83	15.42	Grapes (Imp., Rs/Kg)	1600.00 - 2500.00	2070.59	2100.00	1262.00	-29.41	64.07
Pulses							King Coconut	120.00 - 150.00	137.50	139.52	74.55	-2.02	84.45
Green Gram	1200.00 - 1400.00	1310.42	1260.34	571.94	50.07	129.12	Sea Fish						
Cowpea (White)	1300.00 - 1400.00	1343.75	1267.31	666.07	76.44	101.74	Salaya	520.00 - 800.00	608.75	544.80	286.67	63.95	112.35
Cowpea (Red)	1300.00 - 1400.00	1350.00	1331.82	489.31	18.18	175.90	Hurulla	880.00 - 1100.00	969.13	930.48	565.83	38.65	71.27
Red Dhal	370.00 - 380.00	377.42	377.06	270.93	0.36	39.30	Balaya	1200.00 - 2000.00	1610.00	1315.00	1025.26	295.00	57.03
Vegetable							Kelawalla	2000.00 - 3000.00	2435.71	2025.83	1472.63	409.88	65.40
Beans (Butter)	-	-	-	-	-	-	Thora	3000.00 - 3800.00	3394.29	3296.00	2017.92	98.29	68.21
Beans(Green)	560.00 - 800.00	711.15	603.70	469.63	107.45	51.43	Paraw	1800.00 - 2800.00	2364.44	2054.40	1543.53	310.04	53.18
Carrot	280.00 - 480.00	389.23	401.20	462.31	-11.97	-15.81	Mora	1600.00 - 1800.00	1720.00	-	-	-	-
Leeks	360.00 - 520.00	437.78	480.77	371.48	-42.99	17.85	Shrimps	1600.00 - 2500.00	1851.82	1749.60	1296.15	102.22	42.87
Beetroot	350.00 - 600.00	504.29	488.40	509.50	15.89	-1.02	Thalapath	2400.00 - 3600.00	2851.67	2620.83	2027.69	230.83	40.64
Knolkhol	320.00 - 500.00	427.50	453.64	319.00	-26.14	34.01	Eggs						
Raddish	120.00 - 280.00	215.19	226.92	214.40	-11.74	0.37	Brown	60.00 - 62.00	60.88	56.40	26.69	4.48	128.10
Cabbage	160.00 - 360.00	255.71	271.85	426.54	-16.14	-40.05	White	60.00 - 62.00	60.50	55.96	25.58	4.54	136.52
Tomato	240.00 - 440.00	313.70	281.48	339.60	32.22	-7.63	Dried Fish						
Ladies Fingers	200.00 - 320.00	252.41	260.00	260.77	-7.59	-3.20	Sprats	1200.00 - 2000.00	1640.00	1748.00	1286.21	-108.00	27.51
Brinjal	300.00 - 440.00	360.77	314.07	404.80	46.70	-10.88	Sprats (Imported)	1200.00 - 1500.00	1286.21	1304.00	725.19	-17.79	77.36
Capscicum	800.00 - 1000.00	904.69	884.44	810.40	20.24	11.63	Kattawa	2200.00 - 2700.00	2476.92	2528.00	1595.33	-51.08	55.26
Pumpkin	150.00 - 240.00	215.77	211.85	118.52	3.92	82.06	Thora	-	-	-	-	-	-
Cucumber	100.00 - 240.00	182.50	162.96	184.33	19.54	-0.99	Mora	2200.00 - 2500.00	2404.17	2379.17	1605.17	25.00	49.78
Bitter Gourd	300.00 - 600.00	454.07	495.77	372.00	41.70	22.06	Bayala	1200.00 - 1600.00	1400.00	1437.50	1028.85	-37.50	36.07
Snake Gourd	300.00 - 480.00	400.00	406.25	343.70	-6.25	16.38	Anguluwa	2200.00 - 2800.00	2409.09	2557.14	1497.06	-148.05	60.92
Drumstick	-	-	-	-	-	-	Maduwa	2200.00 - 2300.00	2250.00	2000.00	1020.00	250.00	120.59
Luffa	300.00 - 440.00	386.67	381.85	312.96	4.81	23.55	Salaya	1000.00 - 1300.00	1184.00	1047.62	615.52	136.38	92.36
Long Beans	340.00 - 480.00	408.93	391.54	345.60	17.39	18.32	Koduwa	-	-	-	-	-	-
Ash Plantain	240.00 - 400.00	317.14	305.38	139.26	11.76	127.74	Beef (without Bones)	2000.00 - 2200.00	2075.00	2066.67	1258.33	8.33	64.90
Green Chillies	350.00 - 700.00	523.21	453.33	1192.31	69.88	-56.12	Chicken (Broiler)	1280.00 - 1300.00	1291.11	1296.15	816.00	-5.04	58.22
Lime	280.00 - 500.00	391.79	324.44	361.20	67.34	8.47	Chicken (Curry)	1500.00 - 1600.00	1540.00	1592.86	753.00	-52.86	104.52
Root Crops							Mutton	2700.00 - 3200.00	2925.00	3014.29	2044.44	-89.29	43.07
Sweet Potato	160.00 - 280.00	233.08	226.67	195.56	6.41	19.19	Pork	1450.00 - 2000.00	1750.00	1725.00	860.00	25.00	103.49
Manioc	180.00 - 240.00	223.57	220.77	87.24	2.80	156.27							
Leafy Vegetable													
Mukunuwenna	70.00 - 100.00	80.00	81.25	66.11	-1.25	21.01							
Kankun	70.00 - 100.00	80.00	81.25	66.11	-1.25	21.01							
Gotukola	100.00 - 160.00	117.78	120.00	70.00	-2.22	68.25							

This Week: Week 52: 23 - 29 December 2022

Last Week: Week 51: 16 - 22 December 2022

Table 16: Farmgate/Producer Prices of Food Commodities in Selected Producing Areas (Rs/Kg)
Week 52: 23 - 29 December 2022

COMMODITY	Range	Average Price	COMMODITY	Range	Average Price	COMMODITY	Range	Average Price
Paddy			Vegetable (Up Country)			Snake Gourd		
Short Grain			Beans			Dambulla	152.50 – 177.50	163.50
A'pura	100.00 – 105.00	102.00	Dambulla	290.00 – 330.00	316.00	Hambantota	160.00 – 190.00	176.00
P'naruwa	106.00 – 106.50	106.25	Welimada	450.00 – 465.00	457.00	Embilipitiya	200.00 – 220.00	208.00
Kalawewa	100.00 – 105.00	102.60	Badulla	440.00 – 480.00	458.00	Matara	–	
Kurunegala	108.00 – 110.00	109.50	Carrot			A'pura	170.00 – 190.00	178.00
Dehiattakandiya	100.00 – 104.00	102.00	N'Eliya	160.00 – 175.00	168.00	Luffa		
Nikaweratiya	100.00 – 110.00	106.71	Welimada	155.00 – 165.00	161.00	Dambulla	172.50 – 190.00	185.00
Ampara	–		Hanguranketha	200.00 – 220.00	211.00	Hambantota	120.00 – 140.00	130.00
Long Grain (White)			Leeks			Embilipitiya	240.00 – 260.00	251.00
A'pura	100.00 – 105.00	102.00	N'Eliya	260.00 – 270.00	265.00	Matara	–	
P'naruwa	106.00 – 107.00	106.53	Welimada	240.00 – 250.00	244.00	A'pura	170.00 – 180.00	174.00
Kalawewa	98.00 – 105.00	101.00	Beetroot			Green Chillies		
Kurunegala	104.00 – 105.00	104.75	N'Eliya	260.00 – 270.00	266.00	Dambulla	172.50 – 210.00	194.50
Dehiattakandiya	100.00 – 104.00	102.00	Dambulla	260.00 – 290.00	277.50	Hambantota	–	
Embilipitiya	–		Kurunegala	–		Embilipitiya	390.00 – 420.00	404.00
Nikaweratiya	100.00 – 110.00	106.71	Welimada	260.00 – 275.00	268.00	Puttalam	160.00 – 200.00	180.00
Hambantota	–		Hanguranketha	260.00 – 290.00	275.00	A'pura	260.00 – 280.00	268.00
Ampara	–		Knol Khol			Pumpkin		
Long Grain (Red)			N'Eliya	220.00 – 230.00	224.00	Dambulla	100.00 – 115.00	108.00
Matara	110.00 – 120.00	115.00	Welimada	210.00 – 225.00	218.00	Hambantota	60.00 – 80.00	68.33
Hambantota	115.00 – 120.00	117.75	Hanguranketha	180.00 – 210.00	193.00	Embilipitiya	75.00 – 120.00	102.50
Embilipitiya	118.00 – 120.00	119.40	Raddish			Matara	60.00 – 70.00	63.75
Keeri Samba			N'Eliya	25.00 – 35.00	31.00	A'pura	90.00 – 100.00	94.00
A'pura	100.00 – 105.00	102.00	Welimada	20.00 – 30.00	24.00	Moneragala	60.00 – 70.00	64.00
P'naruwa	106.00 – 106.50	106.17	Hambantota	70.00 – 120.00	95.00	Cucumber		
Kalawewa	100.00 – 105.00	102.50	Hanguranketha	25.00 – 40.00	32.00	A'pura	50.00 – 60.00	54.00
Kurunegala	–		N'Eliya	50.00 – 65.00	58.00	Dambulla	57.00 – 67.00	62.60
Dehiattakandiya	100.00 – 104.00	102.00	Welimada	30.00 – 40.00	34.00	Matara	30.00 – 40.00	33.00
Red Onion			Badulla	65.00 – 80.00	72.00	Long Beans		
Puttalam	480.00 – 550.00	510.00	Hanguranketha	50.00 – 60.00	54.60	Dambulla	190.00 – 220.00	206.00
Jaffna	–		Tomato			Hambantota	120.00 – 140.00	128.33
Big Onion			Welimada	135.00 – 150.00	142.00	Embilipitiya	200.00 – 220.00	208.00
Dambulla	–		Hambantota	–		Matara	200.00 – 220.00	207.50
Kalawewa	–		Dambulla	110.00 – 125.00	119.00	A'pura	250.00 – 270.00	258.00
A'pura	–		Hanguranketha	60.00 – 90.00	74.00	Ash Plantain		
Potato			Ladies Fingers			Hambantota	60.00 – 90.00	76.00
N'Eliya	350.00 – 365.00	357.00	A'pura	90.00 – 100.00	94.00	Embilipitiya	100.00 – 125.00	115.00
Badulla	350.00 – 360.00	355.00	Dambulla	86.00 – 95.00	89.40	Matara	120.00 – 140.00	130.00
Welimada	350.00 – 360.00	354.00	Hambantota	90.00 – 120.00	105.00	Lime		
Pulses			Embilipitiya	115.00 – 130.00	122.00	Embilipitiya	175.00 – 200.00	185.00
Green Gram			Matara	120.00 – 140.00	128.75	Moneragala	60.00 – 70.00	64.00
Hambantota	–		Brinjal			Fruits (Rs/Kg)		
Moneragala	880.00 – 900.00	888.00	A'pura	250.00 – 270.00	258.00	Banana		
Embilipitiya	950.00 – 960.00	955.00	Dambulla	240.00 – 280.00	262.00	Ambul		
Nikaweratiya	900.00 – 900.00	900.00	Hambantota	–		Moneragala	50.00 – 60.00	54.00
A'pura	850.00 – 900.00	870.00	Embilipitiya	130.00 – 160.00	146.00	Embilipitiya	100.00 – 120.00	109.00
Cowpea			Matara	160.00 – 180.00	167.50	Hambantota	100.00 – 120.00	112.50
Hambantota	–		Welimada	170.00 – 180.00	175.00	Kolikuttu		
Nikaweratiya	–		Capsicum			Moneragala	150.00 – 180.00	162.00
Moneragala	–		Badulla	–		Embilipitiya	290.00 – 310.00	300.00
Embilipitiya	1000.00 – 1020.00	1010.00	Welimada	540.00 – 560.00	548.00	Hambantota	–	
Maize			Bitter Gourd			Papaw		
A'pura	170.00 – 180.00	174.00	A'pura	320.00 – 340.00	328.00	Moneragala	100.00 – 120.00	108.00
Kalawewa	160.00 – 180.00	173.33	Dambulla	190.00 – 215.00	203.00	Embilipitiya	140.00 – 160.00	148.00
Gingelly			Hambantota	–		Hambantota	100.00 – 120.00	112.50
A'pura	500.00 – 550.00	520.00	Embilipitiya	350.00 – 420.00	380.00	Pineapple		
Kalawewa	–		Matara	300.00 – 320.00	312.50	Divulapitiya	–	
Black Gram								
A'pura	800.00 – 850.00	820.00						
Kalawewa	780.00 – 850.00	807.50						

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

Week 52: 23 - 29 December 2022

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
Rice									
Local									
Samba 1	220.00	-	230.00	230.00	-	230.00	230.00	-	230.00
Samba 2	220.00	-	220.00	220.00	-	220.00	220.00	-	220.00
Keeri Samba	250.00	-	260.00	260.00	-	260.00	260.00	-	260.00
Nadu 1	220.00	-	230.00	220.00	-	220.00	220.00	-	220.00
Nadu 2	210.00	-	210.00	210.00	-	210.00	210.00	-	210.00
Raw (Red)	210.00	-	210.00	210.00	-	220.00	220.00	-	220.00
Raw (White)	210.00	-	210.00	210.00	-	210.00	210.00	-	210.00
Imported									
Samba	210.00	-	220.00	210.00	-	220.00	220.00	-	220.00
Nadu	190.00	-	200.00	200.00	-	200.00	200.00	-	200.00
Raw (Red)	-	-	-	-	-	-	-	-	-
Raw (White)	180.00	-	190.00	180.00	-	190.00	190.00	-	190.00
Dried Chillies									
Imported	1600.00	-	1700.00	1900.00	-	1900.00	1800.00	-	1900.00
Red Onion									
Sinnan	-	-	-	-	-	-	-	-	-
Vedalan	-	-	-	-	-	-	-	-	-
Imported	700.00	-	750.00	800.00	-	800.00	720.00	-	760.00
Big Onion									
Imported	150.00	-	200.00	200.00	-	220.00	200.00	-	240.00
Local	-	-	-	-	-	-	-	-	-
Potato									
Welimada	-	-	-	-	-	-	-	-	-
N'Eliya	-	-	-	-	480.00	-	480.00	-	-
Imported	200.00	-	240.00	260.00	-	260.00	200.00	-	260.00
Pulses									
Green Gram	1200.00	-	1300.00	1300.00	-	1300.00	1300.00	-	1300.00
Cowpea (White)	1400.00	-	1400.00	1400.00	-	1400.00	1400.00	-	1400.00
Cowpea (Red)	1300.00	-	1300.00	1400.00	-	1400.00	1300.00	-	1400.00
Red Dhal	370.00	-	380.00	380.00	-	380.00	380.00	-	380.00

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

Week 52: 23 - 29 December 2022

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NULEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA									
<u>Vegetable</u>																		
Beans	600.00	- 720.00	680.00	- 720.00	640.00	- 800.00	560.00	- 600.00	720.00	- 800.00	800.00	- 800.00	600.00	- 800.00	700.00	- 800.00	800.00	- 800.00
Carrot	350.00	- 360.00	480.00	- 480.00	440.00	- 480.00	400.00	- 400.00	400.00	- 420.00	450.00	- 480.00	280.00	- 320.00	400.00	- 480.00	280.00	- 280.00
Leeks	420.00	- 450.00	520.00	- 520.00	480.00	- 500.00	400.00	- 400.00	440.00	- 440.00	480.00	- 500.00	360.00	- 400.00	400.00	- 480.00	360.00	- 400.00
Beetroot	420.00	- 450.00	560.00	- 560.00	500.00	- 600.00	480.00	- 600.00	480.00	- 500.00	600.00	- 600.00	350.00	- 400.00	480.00	- 600.00	560.00	- 600.00
Knolkhok	350.00	- 400.00	480.00	- 500.00	440.00	- 480.00	400.00	- 480.00	400.00	- 440.00	-	-	320.00	- 360.00	380.00	- 400.00	480.00	- 500.00
Raddish	150.00	- 160.00	280.00	- 280.00	240.00	- 280.00	240.00	- 240.00	280.00	- 280.00	240.00	- 280.00	140.00	- 200.00	200.00	- 200.00	120.00	- 160.00
Cabbage	160.00	- 200.00	320.00	- 360.00	240.00	- 320.00	200.00	- 240.00	320.00	- 360.00	300.00	- 320.00	160.00	- 240.00	200.00	- 240.00	200.00	- 240.00
Tomato	240.00	- 280.00	400.00	- 440.00	320.00	- 360.00	320.00	- 400.00	320.00	- 320.00	320.00	- 320.00	240.00	- 300.00	320.00	- 320.00	280.00	- 320.00
Ladies Fingers	200.00	- 220.00	320.00	- 320.00	280.00	- 320.00	240.00	- 320.00	240.00	- 280.00	240.00	- 280.00	200.00	- 240.00	240.00	- 320.00	240.00	- 240.00
Brinjal	300.00	- 380.00	400.00	- 440.00	400.00	- 400.00	320.00	- 400.00	320.00	- 360.00	400.00	- 440.00	300.00	- 320.00	320.00	- 320.00	320.00	- 360.00
Capsicum	800.00	- 900.00	900.00	- 1000.00	1000.00	- 1000.00	1000.00	- 1000.00	900.00	- 1000.00	1000.00	- 1000.00	800.00	- 800.00	900.00	- 1000.00	900.00	- 1000.00
Pumpkin	150.00	- 160.00	240.00	- 240.00	240.00	- 240.00	240.00	- 240.00	200.00	- 240.00	200.00	- 240.00	150.00	- 160.00	240.00	- 240.00	200.00	- 240.00
Cucumber	100.00	- 120.00	240.00	- 240.00	200.00	- 240.00	200.00	- 240.00	200.00	- 200.00	200.00	- 200.00	120.00	- 160.00	160.00	- 200.00	160.00	- 180.00
Bitter Gourd	300.00	- 320.00	560.00	- 560.00	480.00	- 520.00	400.00	- 480.00	400.00	- 560.00	600.00	- 600.00	320.00	- 400.00	400.00	- 600.00	400.00	- 440.00
Snake Gourd	300.00	- 360.00	440.00	- 480.00	400.00	- 480.00	400.00	- 400.00	440.00	- 440.00	450.00	- 450.00	350.00	- 400.00	360.00	- 400.00	400.00	- 420.00
Drumstick	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Luffa	320.00	- 360.00	360.00	- 440.00	440.00	- 440.00	320.00	- 360.00	400.00	- 440.00	400.00	- 400.00	320.00	- 400.00	300.00	- 400.00	400.00	- 400.00
Long Beans	340.00	- 400.00	440.00	- 480.00	440.00	- 480.00	400.00	- 400.00	400.00	- 480.00	440.00	- 450.00	350.00	- 480.00	340.00	- 400.00	480.00	- 480.00
Ash Plantain	240.00	- 250.00	360.00	- 360.00	320.00	- 320.00	400.00	- 400.00	280.00	- 320.00	320.00	- 320.00	250.00	- 320.00	320.00	- 320.00	320.00	- 360.00
Green Chillies	500.00	- 600.00	600.00	- 700.00	600.00	- 600.00	500.00	- 600.00	600.00	- 700.00	600.00	- 700.00	350.00	- 400.00	350.00	- 400.00	400.00	- 400.00
Lime	280.00	- 300.00	400.00	- 500.00	500.00	- 500.00	400.00	- 500.00	350.00	- 400.00	400.00	- 400.00	280.00	- 300.00	400.00	- 400.00	400.00	- 400.00
<u>Root Crops</u>																		
Sweet Potato	160.00	- 180.00	280.00	- 280.00	240.00	- 280.00	240.00	- 280.00	240.00	- 280.00	280.00	- 280.00	200.00	- 200.00	240.00	- 240.00	240.00	- 240.00
Manioc	180.00	- 240.00	220.00	- 240.00	220.00	- 240.00	240.00	- 240.00	200.00	- 240.00	240.00	- 240.00	180.00	- 200.00	200.00	- 240.00	240.00	- 240.00
<u>Leafy Vegetable</u>																		
Mukunuwenna	80.00	- 80.00	80.00	- 80.00	70.00	- 70.00	80.00	- 80.00	80.00	- 80.00	80.00	- 80.00	70.00	- 70.00	100.00	- 100.00	80.00	- 80.00
Kankun	80.00	- 80.00	80.00	- 80.00	70.00	- 70.00	80.00	- 80.00	80.00	- 80.00	80.00	- 80.00	70.00	- 70.00	100.00	- 100.00	80.00	- 80.00
Gotukola	100.00	- 100.00	100.00	- 100.00	100.00	- 100.00	160.00	- 160.00	150.00	- 150.00	100.00	- 100.00	100.00	- 100.00	150.00	- 150.00	100.00	- 100.00
<u>Coconut</u>																		
Large	100.00	- 110.00	120.00	- 120.00	100.00	- 120.00	110.00	- 120.00	100.00	- 120.00	100.00	- 100.00	110.00	- 115.00	100.00	- 120.00	100.00	- 120.00
Small	90.00	- 95.00	90.00	- 95.00	85.00	- 90.00	90.00	- 95.00	85.00	- 95.00	90.00	- 90.00	80.00	- 95.00	85.00	- 90.00	85.00	- 95.00

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

Week 52: 23 - 29 December 2022

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA															
<i>Plantain</i>																								
Ambul (Rs/Kg)	220.00	-	240.00	260.00	-	280.00	250.00	-	280.00	200.00	-	240.00	240.00	-	260.00	180.00	-	220.00	180.00	-	200.00			
Kolikuttu (Rs/Kg)	440.00	-	450.00	480.00	-	500.00	460.00	-	500.00	450.00	-	460.00	480.00	-	500.00	450.00	-	480.00	460.00	-	500.00			
Seenii (Rs/Kg)	160.00	-	200.00	220.00	-	240.00	200.00	-	240.00	160.00	-	200.00	180.00	-	220.00	180.00	-	200.00	180.00	-	200.00			
Anamalu	24.00	-	26.00	28.00	-	30.00	28.00	-	30.00	25.00	-	28.00	30.00	-	34.00	26.00	-	28.00	28.00	-	30.00			
Ambun	30.00	-	33.00	35.00	-	37.00	35.00	-	37.00	31.00	-	35.00	38.00	-	40.00	35.00	-	35.00	35.00	-	38.00			
<i>Pineapple</i>																								
Large	600.00	-	650.00	600.00	-	700.00	680.00	-	700.00	650.00	-	700.00	650.00	-	680.00	580.00	-	600.00	600.00	-	700.00			
Medium	550.00	-	580.00	550.00	-	560.00	600.00	-	670.00	580.00	-	600.00	580.00	-	600.00	540.00	-	550.00	520.00	-	560.00			
Small	450.00	-	500.00	480.00	-	550.00	500.00	-	550.00	450.00	-	550.00	500.00	-	550.00	450.00	-	500.00	450.00	-	500.00			
<i>Mango</i>																								
Betti	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-				
Karthakoloman	120.00	-	150.00	160.00	-	180.00	120.00	-	150.00	150.00	-	160.00	150.00	-	180.00	150.00	-	180.00	80.00	-	100.00			
Vilad	60.00	-	80.00	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	50.00	-	60.00	
Kohu	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
<i>Other Fruits</i>																								
Wood Apple	30.00	-	50.00	60.00	-	80.00	60.00	-	80.00	60.00	-	80.00	40.00	-	50.00	35.00	-	50.00	35.00	-	50.00	40.00	-	60.00
Orange	80.00	-	100.00	100.00	-	120.00	140.00	-	160.00	120.00	-	160.00	100.00	-	120.00	-	-	-	-	-	-	-	-	
Avocado	150.00	-	180.00	170.00	-	180.00	130.00	-	220.00	150.00	-	160.00	200.00	-	220.00	-	-	180.00	-	200.00	150.00	-	160.00	
Slime Apple	70.00	-	100.00	100.00	-	130.00	130.00	-	130.00	100.00	-	120.00	80.00	-	100.00	50.00	-	70.00	70.00	-	100.00	80.00	-	120.00
Grapes (Rs/Kg)	1600.00	-	1600.00	2000.00	-	2000.00	2000.00	-	2200.00	2500.00	-	2000.00	2000.00	-	2000.00	2300.00	-	2300.00	2000.00	-	2000.00	2000.00	-	1800.00
Papaw (Rs/Kg)	350.00	-	380.00	340.00	-	360.00	380.00	-	420.00	300.00	-	350.00	380.00	-	400.00	400.00	-	420.00	380.00	-	420.00	300.00	-	360.00
Passion	50.00	-	54.00	50.00	-	54.00	50.00	-	58.00	46.00	-	50.00	50.00	-	54.00	50.00	-	54.00	46.00	-	50.00	42.00	-	46.00
King Coconut	120.00	-	130.00	140.00	-	150.00	150.00	-	150.00	130.00	-	140.00	120.00	-	130.00	140.00	-	150.00	140.00	-	150.00	130.00	-	140.00

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

Week 52: 23 - 29 December 2022

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<u>Sea Fish</u>									
Salaya	750.00	800.00	520.00	560.00	520.00	600.00	560.00	560.00	720.00
Hurulla	920.00	1000.00	960.00	1020.00	960.00	1000.00	1020.00	1020.00	1100.00
Bayala	1200.00	1320.00	1900.00	1920.00	1900.00	2000.00	1900.00	1900.00	-
Kelawalla	2000.00	2100.00	2900.00	3000.00	2900.00	3000.00	3000.00	2500.00	2500.00
Thora	3600.00	3800.00	3100.00	3120.00	3000.00	3200.00	3200.00	-	-
Paraw	1800.00	1900.00	2700.00	2740.00	2800.00	2800.00	2800.00	2000.00	2000.00
Mora	1800.00	1800.00	-	-	-	-	-	1600.00	1600.00
Shrimps Small	2500.00	2500.00	1700.00	1800.00	1800.00	1900.00	1800.00	1860.00	1600.00
Talapath	2600.00	2640.00	3000.00	3000.00	3000.00	3100.00	3100.00	3600.00	3600.00
31 <u>Eggs (Rs/Egg)</u>									
Brown	60.00	61.00	-	-	61.00	61.00	60.00	-	62.00
White	60.00	60.00	-	-	60.00	60.00	60.00	-	62.00
<u>Dried Fish</u>									
Sprats	1200.00	1500.00	1800.00	1900.00	1600.00	1800.00	1600.00	1800.00	-
Kattawa	2200.00	2500.00	2500.00	2600.00	2400.00	2400.00	2500.00	2700.00	2200.00
Thora	-	-	-	-	-	-	-	-	-
Mora	2200.00	2500.00	2400.00	2400.00	2400.00	2500.00	2300.00	2500.00	-
Bayala	1200.00	1500.00	1500.00	1600.00	1400.00	1500.00	1200.00	1500.00	1400.00
Anguluwa	2200.00	2400.00	2600.00	2600.00	2200.00	2300.00	2700.00	2800.00	-
Salaya	1000.00	1200.00	1100.00	1200.00	1100.00	1200.00	1100.00	1300.00	1200.00
<u>Meat</u>									
Beef (without Bones)	-	2000.00	2000.00	2200.00	2200.00	-	2100.00	2100.00	-
Chicken (Broiler)	1300.00	1300.00	1280.00	1280.00	1300.00	1280.00	1300.00	1280.00	1280.00
Chicken (Curry)	1500.00	1500.00	-	-	1550.00	1550.00	1550.00	1500.00	-
Mutton	-	2800.00	2800.00	3000.00	3000.00	3000.00	2700.00	2700.00	2800.00
Pork	-	1800.00	1800.00	2000.00	2000.00	-	-	-	-

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

Knolkhol	16	1.69	0.34		0.05	0.19	12.7	77.64	40.09	19.35	0.23
Radish	29	0.75	0.11		0.02	0.09	18.09	12.13	35.64	13.56	0.38
Cabbage	21	1.35	0.14	3.35	0.05	0.14	52.66	29.62	56.85	18.47	0.33
Tomatoes	20	0.88	0.56	165	0.03	0.09	20.16	25.58	9.69	14.93	0.31
Ladies fingers	26	2.06	0.19	12.41	0.08	0.28	70.62	24.48	92.26	55.23	0.96
Brinjal (Pandora Striped)	29	1.49	0.31	23	0.12	0.09	30.99	1.49	18.95	18	0.32
Brinjal (Chinese eggplant)	24	1.28	0.33	16.83	0.12	0.11	32.94	3.37	14.4	21.18	0.28
Capsicum	23	1.22	0.34	38.96	0.03	0.29	28.65	49.63	12.65	11.21	0.21
Pumpkin (Common)	31	0.86	0.3	30.41	0.02	0.09	17.72	8.73	18.75	9.93	0.49
Cucumber	19	0.98	0.24	0.58	0.01	0.08	19.66	4.08	22.1	18.22	0.67
Bitter gourd	19	1.47	0.23	55.08	0.05	0.06	53.1	46.89	25.19	35.81	1.75
Snake gourd (Dark green)											0.26
Snake gourd (Pale green)	11	0.82	0.25	10.41	0.03	0.12	18.09	3.54	26.83	25.84	0.41
Drumstick	30	2.48	0.12	3.13	0.06	0.12	60.48	92.33	22.27	28.51	0.5
Watakolu	12	0.86	0.15	59.33	0.01	0.07	25.48	6.41	14.67	14.01	4.42
Long beans	24	3.36	0.3	-	0.06	0.11	99.98	8.93	44.22	33.17	1.01
Ash Plantain	76	2.84	0.56	0.06	0.02	0.07	6.82	4.49	5.19	22.55	0.39
Green chillies	39	2.28	0.76	38.16	0.08	0.25	21.29	98.61	20.25	36.91	1.25
Limes	26	0.66	0.26	0.36	0.01	0.05	12.1	38.05	26	15.25	0.12
Kekiri	17	1.01	0.25	0.76	0.01	0.07	17.34	8.07	25.72	26.2	0.63
Ash pumpkin (Ash guord)	18	0.8	0.15		0.01	0.15	14.17	9.14	19.27	23.62	0.48
Cho-Cho	19	0.58	0.12	0.3	0.04	0.07	63.81	23.76	20.55	13.02	0.49
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
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
Thibbatu	61	1.66	1.96	15.89	0.03	1.02	72.39	10.8	105	57.46	1.06
Kohila yams	27	0.64	0.16	1.72	0.01	0.14	4.64	1.67	52.33	33.95	0.61
Kehel muwa	19	1.36	0.63	4.27	0.02	0.12	40.51	8.16	35.09	31.43	0.38
Ambaralla	37	0.73	0.44	3.36	0.01	0.1	44.49	35.51	20.7	9.28	0.7
											0.12

Mango	50	0.75	0.09	14.5	0.02	0.14	34.89	91.63	28.56	17.74	0.5	0.09
Mushroom	27	2.54	0.42	-	0.15	0.13	7.81	11.56	0.9	14.42	1.32	0.79
Dambala	21	1.84	0.2	38.74	0.08	0.4	33.69	19.82	68.24	31.38	1.2	0.44
Coconuts nuts	390	3.67	39.92	-	0.05	0.11	14.86	-				
Root Crop												
Sweet potato	108	1.27	0.33	NA	0.04	0.09	14.44	22.2	28.93	21.05	0.51	0.14
Manioc	78	0.92	0.19	NA	0.07	0.2	0.1	1.95	25.31	19.08	19.78	23.73
Nelum ala/Lotus root	79	1.94	0.93	NA	0.05	0.19	26.49	26.63	37.71	26.58	3.34	0.35
Kiriala	87	3.96	0.15	1.19	0.03	0.16	20.17	2.71	30.79	41.52	0.6	0.42
Iniala	103	3.2	0.3	33.14	0.01	0.22	22.19	13.03	40.99	28.98	1.31	0.29
Leafy Vegetables												
Mukunuwanna	28	3.15	0.55	92.25	0.09	0.27	96.14	3.24	135	45.38	1.7	1.03
Gotukola	15	0.64	0.47	226	0.07	0.23	70.11	6.74	96.31	41.42	1.25	0.66
Kankun	15	0.47	0.37	1614	0.08	0.4	33.69	19.82	49.21	18.35	1.32	0.44
Kathurumurunga	70	8.01	1.35	2097	0.33	0.22	120	121	901	96.64	4.36	0.53
Nivithi	22	2.2	0.47	959	0.06	0.11	74.05	10.26	163	61.37	1.49	0.67
Thampala	32	3.55	0.72	1474	0.21	0.22	74.27	82	258	209	3.5	1.4
Sarana	20	2.42	0.21	1149	0.03	0.13	58.54	9.89	59.57	42.93	0.13	0.75
Kohila leaves	33	4.1	0.83	300	0.02	0.17	56.76	5.56	19.5	20.32	0.25	0.3
Onion leaves	27	2.01	0.26	NA	0.04	0.18	56.8	23.38	35.21	74.95	3.15	0.77
Cabbage leaves	30	3.63	0.27	8.66	0.05	0.24	63.46	40.76	170	18.47	2.67	0.35
Salad leaves	19	1.05	0.24	NA	0.1	0.06	37.48	11.64	58.23	36.89	2.07	0.27
Cauliflower	23	2.09	0.48	0.14	0.06	0.11	46.67	50.17	22.44	18.52	0.76	0.27
Jackfruit pods	25	2.14	0.34	NA	0.03	0.04	30.7	24.77	37.32	26.08	0.3	0.17
Jackfruit seeds	77	5.66	0.44	NA	0.02	0.08	58.91	15.24	40.87	50.14	0.52	0.42

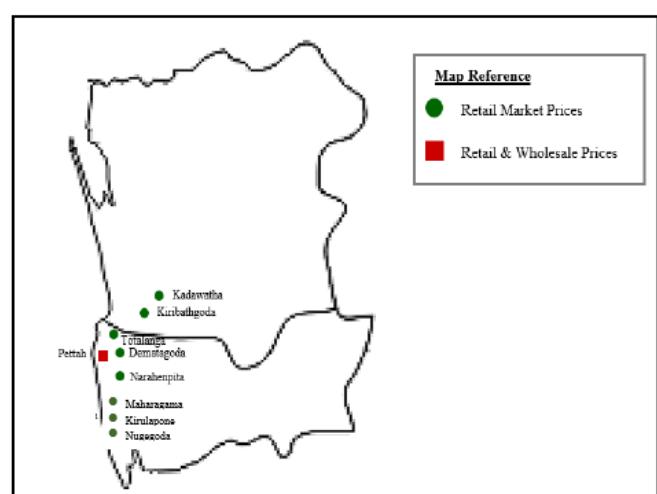
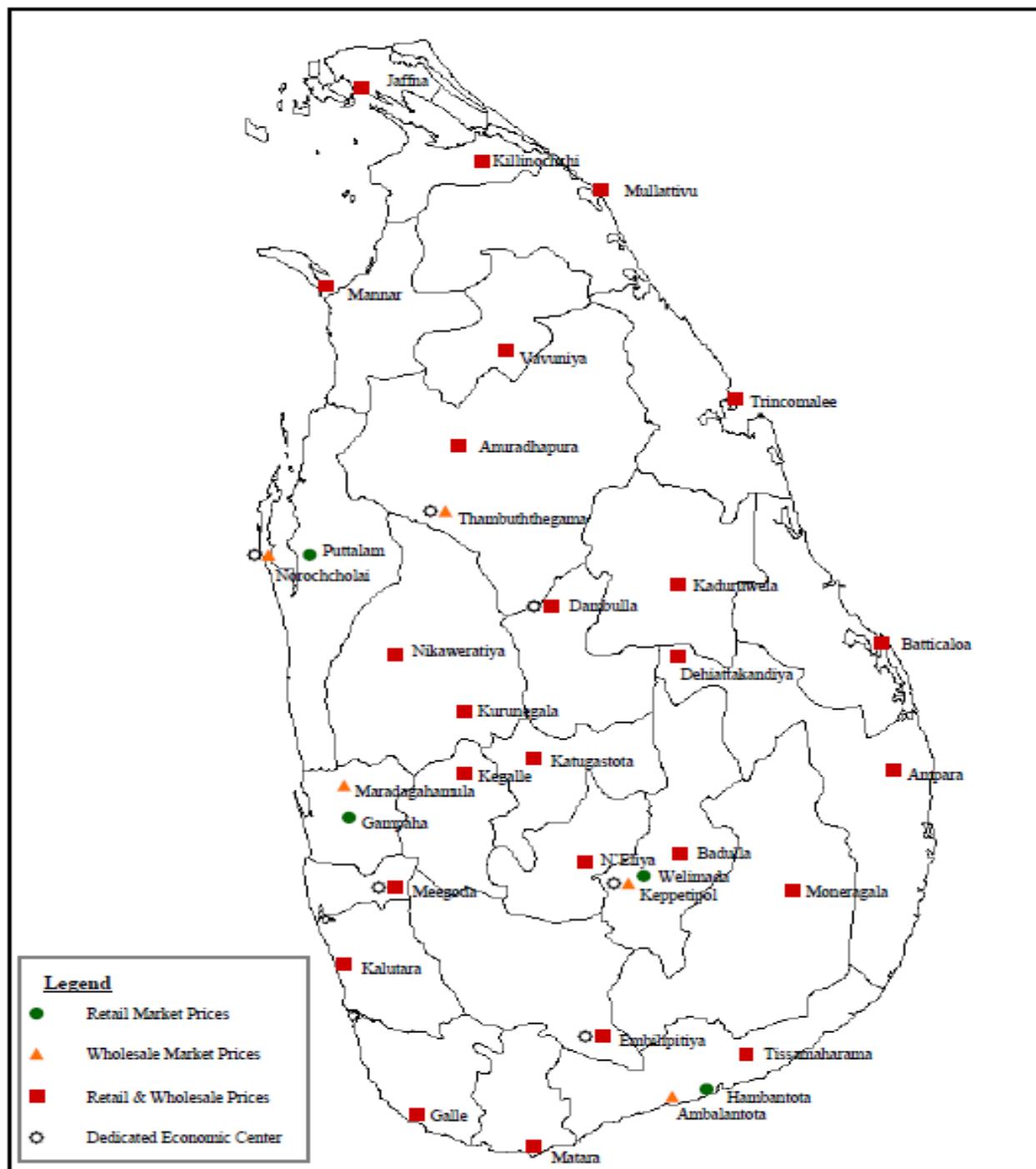
Meat

Chicken	176	23.14	9.24	6.88	0.07	0.49	10.09	-	15.06	20.18	0.75	0.64
Beef	160	23.3	7.45	2.15	0.08	0.32	1.93	-	4.8	28.54	2.41	3.31
Mutton	138	20.37	6.23	2.7	0.13	0.28	1.73	-	7.58	19.5	1.62	5.05
Pork	161	18.83	9.5	1.9	0.09	0.28	8.15	-	6.58	8.9	0.79	0.8
Fish												
Balaya	96	21.28	1.12	21.01	0.15	0.12	7.89		6.45	26.02	0.68	0.46
Seer	136	22.28	5.18	81.9	0.07	0.16	15.45		9.85	36.73	0.41	0.74
Shark	95	21.6	0.83	1.11	0.04	0.11	8.57		8.44	32.58	0.41	0.74
Paraw	87	20.02	0.7	1.49	0.02	0.16	6.77		8.17	31.68	0.67	0.41
Thalapath	91	16.04	2.88	12.03	0.1	0.13	78.22		7.64	24.89	0.71	0.67
Kelawalla	109	21.47	2.55	15.95	0.17	0.73	77.39		13.35	33.82	0.68	0.64
Haedaella	87	19.88	0.78	12.18	0.04	0.06	11.7		36.6	53	0.54	0.65
Hurulla Karalla / Katuwalla	88	17.08	2.18	10.02	0.14	1.66	61.66		103	35.45	1.24	1.05
Kumbala / Angila	97	21.8	1.06	1.25	0.02	0.1	14.38		37.06	39.05	0.24	0.42
Salaya / Sudaya Theppli / Telapiya / Korali	101	21.51	1.53	16.34	0.1	0.1	7.13		31.27	37.46	1.46	0.67
Prawns	83	18.48	1.08	17.14	0.18	0.18	8.29		99.39	24.96	2.84	0.88
Crabs	65	14.85	0.56	1.24	0.03	0.1	15.37		37.81	30.5	0.73	1.1
Cuttle fish	45	10	0.55	8.33	0.14	0.18	13.83		37.81	45.93	0.73	1.1
Linna	76	16.82	0.93	1.93	0.02	0.04	6.22		8.73	35.46	0.62	1.3
Coppara	112	20.3	3.37	15.78	0.23	0.68	59.78					
Ray (Maduwa)	97	22.89	0.56	21.51	0.04	0.12	8.08		7.2	30.08	1.2	0.58
Dried sprats	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
Anamaalu	102	1.04	0.72	16.4	0.04	0.65	21.07	3.66	8.06	27.02	0.51
Koli kuttu	107	1.38	0.34	8.8	0.03	0.47	18.12	7.71	8.56	38	0.32
Pineapple	37	0.41	0.17	5.76	0.04	0.12	17.86	39.36	10.37	10.71	0.3
Papaya	26	0.42	0.16	171	0.11	0.04	54.85	48.62	16.77	8.9	0.23
Mangoes (Karthakolomban)	79	0.8	0.92	259	0.01	0.1	35.52	17.74	3.12	6.72	0.1
Mangoes (Vilad)	44	0.76	0.58	146	0.05	0.26	67.6	29.97	16.93	14.79	0.65
Apple	62	0.29	0.64	0.36	0.02	0.08	3.43	2.9	3.12	6.72	0.1
Avocado	144	2.95	13.86	2	0.08	0.18	67.17	9.36	28.48	48.14	0.81
Wood apple	78	3.09	3.62	0.46	0.01	0.14	6.07	13.58	59.15	25.16	0.45
Orange	46	1.07	0.37	23.44	0.01	0.28	14.46	20.19	31.18	20.36	0.81
Guava	39	1.53	0.38	19.67	0.01	0.11	25.24	30.88	6.59	12.02	0.53
Grapes	49	0.95	10.69	3.22	0.04	0.1	7.07	20.51	7.27	6.86	0.28
Melon	19	0.65	0.16	130	0.02	0.11	6	8.24	4.05	9.76	0.15

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

Price Collecting Areas





HARTI



Ministry of Agriculture

Food Systems and Market Research Division & Information Division

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