

RETAIL MARKET AT A GLANCE

Summary

Rice

Prices of most of the rice varieties have decreased with the highest price decreased of Rs.8.00/kg for imported nadu

(Page No.01)

Other Field Crops

Prices of cowpea (white and red) and green gram have increased significantly. The price of red cowpea has increased by Rs.82.00/kg.

(Page No.02-03)

Vegetables

Prices of most of the vegetables have increased. The highest price increase of Rs.264.00/kg was recorded for green chilies.

(Page No.03-04)

Fruits

Price of all the sizes of pineapple have decreased in the range of Rs.27.00-55.00/fruit

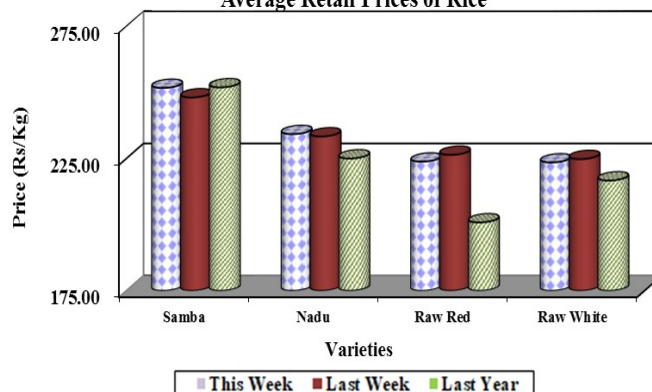
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Fish

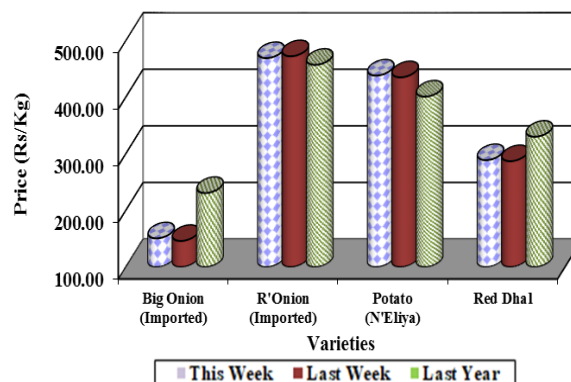
Prices of most of the fish varieties have increased with the highest price increase of Rs.600.00/kg for thora followed by paraw (Rs.364.00/kg)

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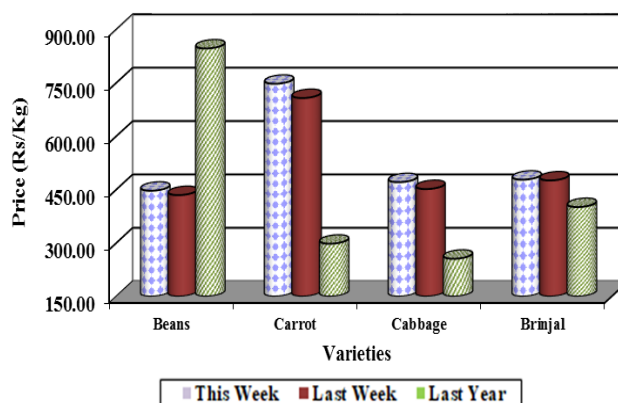
Average Retail Prices of Rice



Average Retail Prices of Other Field Crops



Average Retail Prices of Vegetables



Rice

Wholesale

Prices of all rice varieties have not changed significantly and price ranges of raw red and raw white were Rs.210.00-215.00/kg.

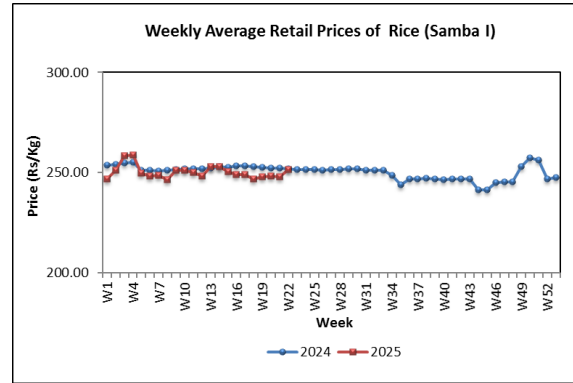
Imported rice varieties were available at the market under the following price ranges

- Imported ponni samba - Rs.230.00-240.00/kg
- Imported raw white - Rs.205.00-210.00/kg.

Compared to same period of last year, most of the rice varieties have seen price increases, with the highest price increase of 15% for raw red. Price of keeri samba and imported ponni samba have decreased by 9% and 12% respectively.

Retail

The retail prices of all types of rice varieties expect for local samba rice, and imported raw white have decreased. Among those the highest price decrease of Rs.8.00/kg was observed for imported nadu. The retail prices of local nadu and imported samba have not changed significantly.



Compared to the same period of last year, the highest price increase of 11% was recorded for local raw red and the highest price decreased of 22% was recorded for keeri samba.

Paddy

Compared to the previous week, no significant changes were reported for the average farmgate prices of major paddy varieties across key production areas. The average price for short grain paddy fluctuated between Rs.128.00-141.00/kg, with the lowest price recorded in the Dehiattakandiya region. For keeri samba paddy, average prices ranged from Rs.140.00-156.00/kg, with the highest price observed in the Anuradhapura area.

Compared to the same period last year, average prices for major paddy varieties in key production areas have generally increased. However, a slight decrease in the price of keeri samba paddy was reported in the Kurunegala region.

Dried Chilies

Wholesale

The price of imported dried chilies has decreased by 3% and price ranged Rs.500.00-550.00/kg,

Compared to same period of last year, current wholesale price of imported dried chilies has decreased by 31%.

Retail

The retail price of imported dried chilies has not changed significantly and price ranged Rs.650.00- 900.00/kg.

Compared to the same period of last year, the current retail price of imported dried chilies has decreased by 26%.

Onion

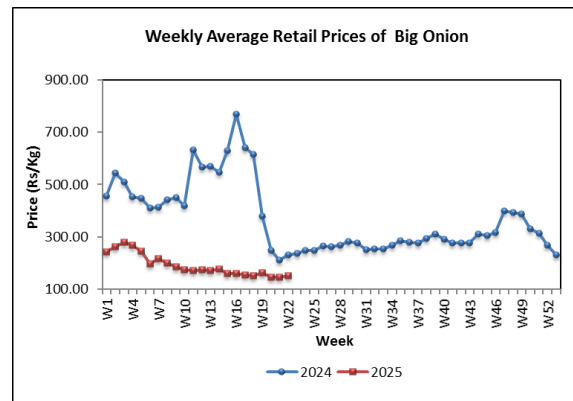
Wholesale

Price of imported red onion has not changed significantly and price ranged Rs.300.00-400.00/kg. Price of imported big onion has increased by 3% and price ranged Rs.80.00-110.00/kg.

Compared to same period of last year current wholesale prices of imported red onion and imported big onion varieties have decreased by 5% and 48% respectively.

Retail

The retail price of imported red onion has increased by Rs.3.00/kg and price ranged Rs.400.00-520.00/kg. The retail price of imported big onion has increased by Rs.5.00/kg and price ranged Rs.120.00-180.00/kg.



Compared to the same period of last year, the current retail price of imported big onion has decreased by 35%, while retail price of imported red onion has increased by 3%.

Potato

Wholesale

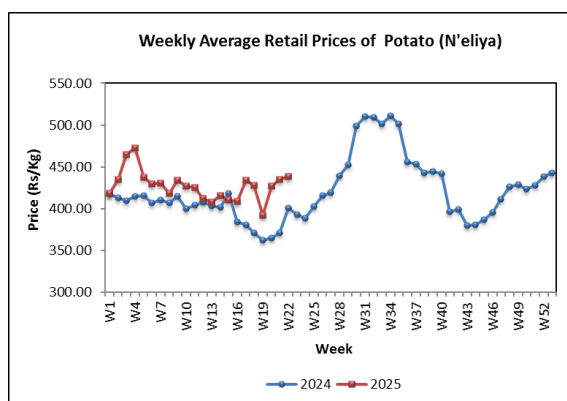
Price of Nuwara Eliya potato has increased by 16% due to low supply and price ranged Rs.320.00-350/kg. Price of imported potato decreased by 10% due to availability of sufficient stocks and price ranged Rs.130.00-200.00/kg.

Compared to the same period of last year, current wholesale price of Nuwara Eliya

and imported potato varieties have increased by 16% and 4% respectively.

Retail

The retail price of Nuwara Eliya potato has increased by Rs.3.00/kg and price ranged Rs.380.00-480.00/kg. The retail price of imported potato has decreased by Rs. 6.00/kg and price ranged Rs.180.00-260.00 /kg.



Compared to the same period of last year, the retail prices of Nuwara Eliya and imported potatoes have increased by 9%.

Pulses

Wholesale

Price of white cowpea and red cowpea have increased by 4% and 38% due to low supply and price ranged Rs.650.00-700.00/kg and Rs.700.00-800.00/kg. Prices of green gram and red dhal have not changed significantly and

price ranged Rs.700.00-825.00/kg and Rs.250.00-255.00/kg

Compared to same period of last year current wholesale price of all pulses varieties except red cowpea have decreased in the range of 9%-25%.

Retail

The retail price of green gram, white cowpea, red cowpea, and red dhal have increased of Rs.12.00/kg, Rs.40.00/kg, Rs.82.00/kg and Rs.2.00/kg respectively.

Compared to the same period of last year, the current retail prices of all types of pulses have decreased. Among those, highest price decreased of 34% was recorded for green gram.

Vegetable

Wholesale

Prices of most of the vegetables have increased due to decreased supply with commencement of the rainy season.

Prices of most of the upcountry vegetable have increased due to decrease supply from major producing areas. Accordingly, the highest price increase of 27% was reported for green beans followed by knolkhol as 12%. Prices of raddish, leeks and cabbage have increased by 3%-7%. However, the

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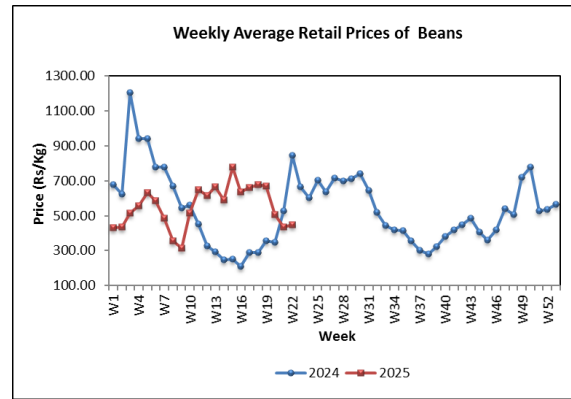
prices of beetroot and carrot have decreased by 12% and 4% respectively.

Following the same trend most of the low country vegetable varieties also experienced a price increase. Particularly, the highest price increase of 22% was reported for cucumber. Furthermore, prices of drumstick, ash plantain and bitter gourd have increased by the range of 21%, 18% and 15% respectively. However, prices of pumpkin, ladies fingers and long beans have decreased in the range of 8% - 15% due to increased supplies. In addition, the price of green chilies has increased by 72% with decreased supply from Jaffna.

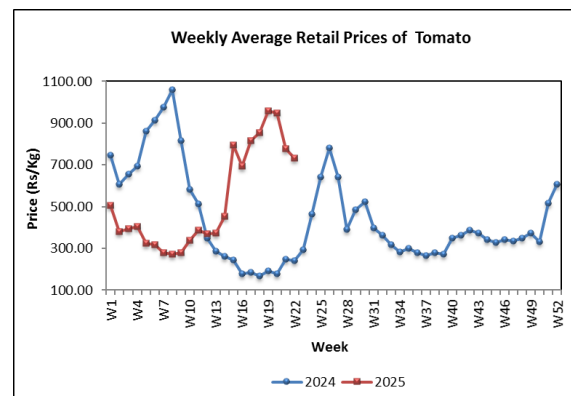
Compared to the previous year, most vegetable prices have increased, with green chilies reported the highest as 359%.

Retail

Retail prices of most vegetable varieties have increased in line with wholesale prices. Among up-country vegetables, the highest price increase of Rs.40.00/kg was reported for carrots followed by raddish (Rs.37.00/kg). Moreover, the price of leeks increased by Rs.33.00/kg. However, beetroot price was decreased by Rs.100.00/kg,



Among the low-country vegetables, the highest price increase of Rs.264.00/kg was reported for green chilies followed by Rs.87.00/kg for lime. The price of cucumber and bitter gourd have increased by Rs.25.00/kg.



Compared to the same period last year, prices of most varieties have increased, while a notable price increment of 204% was reported for tomato.

Coconut

Wholesale

Prices of large and small nuts have decreased slightly by 3% and 2% respectively. Price ranges were Rs.175.00-

195.00 for a large nut and Rs.155.00-165.00 for a small nut.

Compared to the same period of last year, the current wholesale prices of large and small nuts have increased by 80% and 84% respectively.

Retail

Prices of large and small nuts did not show a price change compared to last week. Price ranges were Rs.200.00-230.00 for a large nut and Rs.180.00-200.00 for a small nut.

Compared to the same period last year, prices of large nuts (95%) and small nuts (118%) have increased.

Fruits

Wholesale

Prices of most of the fruit varieties have increased due to decreased supplies. The highest price increase of 24% was recorded for local oranges due to the end of the harvest season. The prices of ambul, kolikuttu and seeni bananas have increased by 10%-18% due to low decreased supply.

However, with the commencement of the harvest season, prices for avocado decreased by 19% due to abundant stocks. Due to high supply and low demand, prices

have decreased by 4%-7% for all sizes of pineapples.

However, Wholesale prices for the most of fruits have decreased compared to last year.

Retail

In the line with the increased wholesale prices, retail prices of most of the fruits have increased. The highest price increase of Rs.40.00/kg was reported for imported grapes. The price of orange (local) and slime-apple has increased by Rs. 23.00/fruit.

However, price of wood apples and karthakolomban mango have decreased by Rs.22.00/fruit and Rs.15.00/fruit respectively. Prices of all sizes of pineapple have significant decreased in the range of Rs. 27.00- 55.00.

Compared to the same period of last year, retail price for most of fruit varieties have increased with the highest price increase of 62% was recorded for avocado.

Fresh Fish

Wholesale

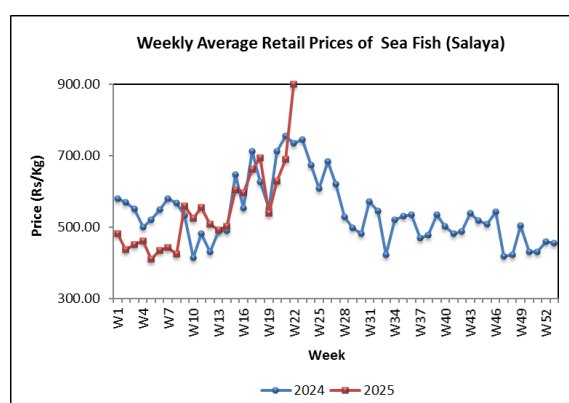
The prices of all the fish varieties except shrimps have increase with the highest price increase of 31% for salaya. Prices of

thora and hurulla have increased by 23% and 22% respectively.

Compared to the same period of last year, the highest price increase was recorded for hurulla by 107%.the highest price decrease was recorded for shrimps by 22%.

Retail

The prices of all fish varieties except shrimps have increased and the highest price increase was recorded for thora by Rs.600.00/kg. Price of paraw has increase by Rs.364.00/kg. Price of salaya and thalapath have increased by Rs.209.00/kg and Rs.113.00/kg respectively. Meanwhile, the price of shrimps has decreased by Rs.48.00/kg.



Compared to the same period of last year, the prices of all fish varieties have increased and the highest price increase was recorded for thora by 42%.

Dried Fish

Wholesale

The prices of all dry fish varieties except local sprats and salaya have increase with the highest price increase of 13% for imported sprats. Price of balaya (dry fish) has increase by 8%. The highest price decrease was recorded for salaya by 14%.

Compared to the same period of last year all dry fish varieties except for local sprats and imported sprats have increased and the highest price increase was recorded for balaya by 49%.

Retail

The prices of all the dry fish varieties except for salaya have increased and the highest price increase was recorded for balaya by Rs.227.00/kg. Price of local sprats has increased by Rs.207.00/kg.

Compared to the same period of last year, prices of all dry fish varieties have increased and the highest price increase was recorded for salaya by 24%.

Eggs

Wholesale

Prices of brown and white eggs have increased by 7% and 8% respectively and prices ranged Rs.31.00-35.00/egg and Rs.29.00-33.00/egg respectively

Compared to the same period of last year prices of both brown and white eggs have decreased by 30% and 32% respectively.

Retail

The prices of both brown and white eggs have increased slightly and the price range of a white egg has recorded as Rs.30.00-34.00 and the price range of a brown egg has recorded as Rs.33.00-37.00. The average price of the white and brown egg types has recorded as Rs.33.00 and Rs.35.00 respectively.

Compared to the same period of last year, the prices of both egg varieties have decreased by 4430%.

Meat

Retail

The prices of all meat types have increased and the highest price increase was recorded for pork by Rs.80.00/kg. Prices of broiler and curry chicken have increased by Rs.55.00/kg and Rs.30.00/kg respectively.

Compared to the same period of last year, the price of other meat types except curry chicken have increased. The highest price increase was recorded for pork by 45%.

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 22: 30 May - 05 Jun 2025

LOCATIONS	Rice Varieties													
	Samba 1		Samba 2		Keeri Samba		Nadu 1		Nadu 2		Raw Red		Raw White	
Colombo	12000 –	12500	11750 –	11900	13500 –	15000	11250 –	11500	11000 –	11100	10500 –	10750	10500 –	10750
Divulapitiya	12000 –	12250	11850 –	11950	13450 –	13750	11400 –	11500	11100 –	11250	10500 –	10650	10500 –	10750
Kurunegala	12000 –	12100	–	–	13500 –	13750	11400 –	11450	11100 –	11200	10750 –	10750	10600 –	10700
Nikaweratiya	11900 –	11900	11750 –	11850	15000 –	15000	11350 –	11400	10900 –	11100	–	–	10500 –	10650
Badulla	–	–	–	–	14000 –	14750	11400 –	11500	–	–	10600 –	10650	10600 –	10650
Puttalam	–	–	–	–	–	–	–	–	–	–	–	–	–	–
Dambulla	–	–	–	–	–	–	–	–	–	–	–	–	–	–
Anuradhapura	12000 –	12500	–	–	14500 –	15000	11300 –	11400	–	–	10700 –	10850	10600 –	10850
Tambuttegama	12000 –	12350	–	–	13000 –	13000	11250 –	11400	–	–	10750 –	11000	10600 –	10900
Polonnaruwa	11900 –	11900	–	–	13100 –	15350	11400 –	11400	11200 –	11250	10900 –	10900	10850 –	10900
Kalutara	12750 –	13000	–	–	15500 –	15600	11250 –	11300	–	–	10500 –	10750	10500 –	10800
Ampara	–	–	–	–	13000 –	13000	11500 –	11500	–	–	10400 –	10500	10250 –	10350
08 Kandy	12500 –	12750	11750 –	12000	14250 –	15000	11400 –	11450	11000 –	11100	10600 –	10750	10600 –	10850
Moneragala	–	–	–	–	14500 –	15000	11500 –	11500	11200 –	11200	10250 –	10500	10250 –	10500
Kegalle	–	–	–	–	–	–	–	–	–	–	–	–	–	–
Dehiattakandiya	12750 –	12750	–	–	15000 –	15250	11350 –	11350	–	–	10900 –	10900	10500 –	10900
Hambantota	–	–	–	–	–	–	–	–	–	–	–	–	–	–
Matara	12000 –	12250	–	–	14000 –	14250	11400 –	11480	–	–	10250 –	10500	10350 –	10500
Galle	11900 –	11900	11750 –	11750	15500 –	15500	11250 –	11350	11000 –	11000	10300 –	10750	10300 –	10900
Meegoda	11900 –	12000	11800 –	11800	13000 –	14000	11250 –	11250	11000 –	11200	10400 –	10500	10400 –	10500
Tissamaharama	–	–	–	–	–	–	–	–	–	–	–	–	–	–
Embilipitiya	–	–	11800 –	11850	–	–	–	–	10950 –	11100	10150 –	10200	10300 –	10400
Jaffna	–	–	–	–	–	–	–	–	–	–	–	–	–	–
Vavuniya	11950 –	12100	–	–	13700 –	13800	11500 –	11600	–	–	10750 –	10900	10700 –	10850
Mannar	13000 –	13000	–	–	13500 –	13500	11500 –	11500	–	–	10750 –	11000	11000 –	11250
Killinochchi	12000 –	12300	–	–	13750 –	14000	11500 –	11700	–	–	10750 –	10900	10750 –	11000
Mullattivu	11900 –	12000	11800 –	11800	13600 –	13800	11300 –	11500	–	–	10800 –	10900	11000 –	11200
Batticaloa	12000 –	12250	–	–	13750 –	14000	11500 –	11700	–	–	10750 –	10800	10750 –	11000
Trincomalee	–	–	11200 –	11400	13000 –	13000	11250 –	11250	11200 –	11200	10500 –	10750	10750 –	11000
Galenbindunuwew	–	–	–	–	–	–	–	–	–	–	–	–	–	–
Matale	12500 –	13000	11750 –	12000	13000 –	14750	11250 –	11400	10900 –	11100	10500 –	10750	10500 –	10800

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

Week 22: 30 May - 05 Jun 2025

LOCATIONS	Rice Varieties													
	Samba 1		Samba 2		Keeri Samba		Nadu 1		Nadu 2		Raw Red		Raw White	
Colombo	245.00	260.00	-	-	280.00	320.00	230.00	250.00	-	-	220.00	240.00	220.00	230.00
Gampaha	-	-	240.00	242.00	270.00	270.00	233.00	233.00	230.00	230.00	220.00	220.00	220.00	220.00
Kurunegala	-	-	240.00	245.00	280.00	290.00	230.00	230.00	230.00	230.00	220.00	220.00	220.00	220.00
Nikaweratiya	-	-	240.00	240.00	260.00	310.00	230.00	235.00	220.00	225.00	-	-	210.00	220.00
Dambulla	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Anuradhapura	250.00	260.00	-	-	300.00	310.00	230.00	230.00	-	-	220.00	220.00	218.00	220.00
Thambuththegama	248.00	255.00	-	-	270.00	320.00	230.00	232.00	-	-	220.00	225.00	218.00	220.00
Polonnaruwa	-	-	240.00	240.00	265.00	310.00	230.00	230.00	226.00	228.00	220.00	220.00	220.00	220.00
Kaluthara	260.00	270.00	-	-	320.00	320.00	230.00	230.00	-	-	215.00	220.00	215.00	220.00
Badulla	-	-	-	-	290.00	310.00	-	-	230.00	230.00	215.00	215.00	213.00	215.00
Keppetipola	245.00	250.00	-	-	300.00	320.00	-	-	226.00	228.00	216.00	218.00	215.00	218.00
Moneragala	-	-	240.00	240.00	300.00	320.00	240.00	240.00	230.00	230.00	210.00	220.00	210.00	220.00
Kegalle	270.00	275.00	240.00	240.00	300.00	320.00	230.00	230.00	225.00	230.00	220.00	240.00	220.00	220.00
Ampara	-	-	240.00	240.00	260.00	260.00	230.00	230.00	-	-	217.00	220.00	214.00	218.00
Dehiattakandiya	260.00	275.00	-	-	310.00	310.00	230.00	230.00	-	-	220.00	220.00	220.00	220.00
Nuwaraeliya	245.00	250.00	-	-	300.00	320.00	-	-	225.00	228.00	215.00	218.00	216.00	220.00
Kandy	260.00	265.00	240.00	245.00	300.00	320.00	235.00	240.00	225.00	228.00	220.00	230.00	218.00	220.00
Puttalam	260.00	265.00	240.00	240.00	260.00	270.00	235.00	235.00	225.00	225.00	240.00	240.00	220.00	230.00
Hambantota	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Rathnapura	260.00	270.00	-	-	300.00	320.00	240.00	250.00	-	-	215.00	220.00	220.00	230.00
Matara	245.00	250.00	-	-	280.00	300.00	235.00	240.00	-	-	210.00	220.00	215.00	220.00
Galle	250.00	250.00	240.00	240.00	320.00	320.00	-	-	230.00	230.00	220.00	220.00	210.00	220.00
Tissamaharama	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Meegoda (DEC)	-	-	240.00	245.00	285.00	290.00	-	-	230.00	230.00	220.00	220.00	220.00	220.00
Embilipitiya	-	-	240.00	240.00	260.00	300.00	228.00	230.00	-	-	210.00	212.00	210.00	215.00
Jaffna	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Vavuniya	247.00	249.00	-	-	280.00	286.00	230.00	235.00	-	-	220.00	224.00	220.00	224.00
Mannar	245.00	250.00	240.00	240.00	270.00	270.00	-	-	-	-	215.00	220.00	215.00	225.00
Killinochchi	246.00	250.00	-	-	285.00	290.00	235.00	240.00	230.00	235.00	220.00	225.00	222.00	226.00
Mullaittivu	-	-	240.00	243.00	276.00	280.00	230.00	235.00	-	-	220.00	222.00	225.00	227.00
Batticaloa	245.00	250.00	-	-	280.00	290.00	230.00	235.00	-	-	220.00	225.00	220.00	225.00
Trincomalee	-	-	240.00	245.00	265.00	270.00	230.00	235.00	-	-	220.00	225.00	225.00	230.00
Hanguranketha	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Veyangoda	245.00	245.00	240.00	240.00	260.00	270.00	230.00	235.00	228.00	230.00	220.00	220.00	218.00	220.00
Galenbindunuwewa	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Bandarawela	250.00	255.00	-	-	300.00	310.00	230.00	235.00	-	-	215.00	220.00	218.00	220.00
Matale	265.00	270.00	240.00	245.00	295.00	310.00	230.00	235.00	225.00	228.00	218.00	220.00	218.00	220.00

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

Week 22: 30 May - 05 Jun 2025

LOCATION	Dried Chillies	Red Onion		Big Onion	Potato			Pulses		
	Imported	Imported	Local		Imported	Welimada	Nuwara Eliya	Green Gram	Cowpea	Red Dhal
Colombo	25000 - 27500	15000 - 20000	-	4000 - 5500	6500 - 10000	-	16000 - 17500	35000 - 41250	32500 - 35000	12500 - 12750
Kurunegala	29500 - 30750	16500 - 18000	-	5250 - 5750	8000 - 9000	-	-	37000 - 40000	35750 - 36250	12900 - 13150
Nikaweratiya	27500 - 29500	15000 - 15250	-	5500 - 6000	9250 - 9750	-	-	37500 - 39000	37500 - 39000	12750 - 13500
Dehiattakandiya	26000 - 32500	15000 - 21000	-	5000 - 6500	7250 - 10000	-	17000 - 17500	32500 - 32500	27500 - 34000	12500 - 13500
Dambulla (DEC)	-	-	-	-	-	-	-	-	-	-
Anuradhapura	29000 - 33500	17500 - 20000	-	5500 - 6500	8000 - 9000	-	-	35000 - 40000	30000 - 35000	12750 - 13250
Thambuththegama	27500 - 29000	-	15000 - 16000	5000 - 5500	6500 - 8000	-	-	30000 - 31000	25000 - 25000	12750 - 13000
Polonnaruwa	31500 - 34500	20250 - 23250	-	6250 - 7250	9250 - 10250	-	-	37500 - 40500	35500 - 38500	14000 - 14500
Kaluthara	31000 - 31500	18000 - 19500	-	5500 - 6000	9000 - 10000	-	-	37000 - 37500	35000 - 36000	12900 - 13350
Puttalam	-	-	15000 - 17500	-	-	-	-	-	-	-
Kandy	27500 - 28500	17500 - 18500	-	4750 - 5750	7250 - 9000	-	16500 - 17000	37500 - 42000	32000 - 32500	12750 - 12900
Matara	31500 - 32500	18500 - 19500	-	4900 - 5500	9000 - 10000	-	-	37000 - 39000	33000 - 36000	13250 - 13750
Hambantota	-	-	-	-	-	-	-	-	-	-
Kegalle	29000 - 30000	16200 - 16500	-	5150 - 5250	9000 - 9100	-	16000 - 16500	37500 - 39000	34500 - 35000	13000 - 13500
Galle	27500 - 29000	17500 - 21000	-	5250 - 6250	8500 - 10000	17000 - 17000	16000 - 17000	31000 - 38000	35000 - 38000	13250 - 14000
Tissamaharama	-	-	-	-	-	-	-	-	-	-
Meegoda (DEC)	27500 - 28000	17000 - 18500	-	6750 - 7000	6500 - 7250	-	-	34000 - 39000	35000 - 38500	12500 - 12800
Jaffna	-	-	-	-	-	-	-	-	-	-
Vavuniya	34000 - 35000	15000 - 16000	-	5000 - 5750	8500 - 9000	-	-	32000 - 33000	-	14200 - 14300
Mannar	-	19000 - 19000	-	7250 - 7250	7500 - 9000	-	-	-	-	13000 - 13100
Killinochchi	27500 - 29000	-	-	6000 - 6500	8500 - 9500	-	-	35000 - 36500	-	13000 - 13500
Mullattivu	34000 - 36000	-	-	6000 - 7000	8000 - 9000	-	-	33000 - 35000	-	13750 - 14250
Batticaloa	27500 - 28500	22500 - 23000	-	6000 - 6250	7500 - 8000	-	-	32500 - 35000	33000 - 34000	13000 - 13250
Trincomalee	27500 - 28500	-	-	5000 - 5500	8800 - 9250	-	-	32500 - 33000	37500 - 38000	13500 - 13650
Galenbindunuwewa	-	-	-	-	-	-	-	-	-	-
Matale	26000 - 28000	16000 - 18000	-	4750 - 5500	6750 - 8000	-	-	30000 - 40000	34500 - 35000	12500 - 13000

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

Week 22: 30 May - 05 Jun 2025

LOCATIONS	Dried Chillies	Red Onion		Big Onion	Potato			Pulses		
	Imported	Imported	Local		Imported	Welimada	Nuwara Eliya	Green Gram	Cowpea	Red Dhal
Colombo	650.00 - 900.00	400.00 - 520.00	-	120.00 - 180.00	180.00 - 260.00	-	380.00 - 480.00	800.00 - 1100.00	750.00 - 1000.00	270.00 - 320.00
Gampaha	690.00 - 900.00	400.00 - 440.00	-	150.00 - 170.00	240.00 - 260.00	-	400.00 - 440.00	800.00 - 900.00	780.00 - 840.00	290.00 - 295.00
Kurunegala	680.00 - 740.00	400.00 - 420.00	-	130.00 - 150.00	200.00 - 240.00	-	380.00 - 400.00	800.00 - 950.00	800.00 - 900.00	290.00 - 300.00
Nikaweratiya	600.00 - 720.00	360.00 - 400.00	-	130.00 - 180.00	190.00 - 230.00	-	-	790.00 - 960.00	750.00 - 800.00	270.00 - 300.00
Dambulla	-	-	-	-	-	-	-	-	-	-
Anuradhapura	650.00 - 750.00	400.00 - 480.00	-	120.00 - 150.00	200.00 - 220.00	-	-	760.00 - 900.00	650.00 - 750.00	270.00 - 300.00
Thambuththegama	720.00 - 780.00	-	360.00 - 450.00	150.00 - 180.00	200.00 - 250.00	-	-	720.00 - 750.00	680.00 - 700.00	280.00 - 290.00
Polonnaruwa	700.00 - 780.00	420.00 - 480.00	-	140.00 - 160.00	200.00 - 260.00	-	-	840.00 - 900.00	800.00 - 860.00	280.00 - 300.00
Kaluthara	650.00 - 670.00	400.00 - 440.00	-	150.00 - 160.00	220.00 - 240.00	-	420.00 - 420.00	760.00 - 780.00	720.00 - 750.00	260.00 - 270.00
Badulla	600.00 - 680.00	440.00 - 480.00	-	140.00 - 140.00	180.00 - 200.00	360.00 - 400.00	-	800.00 - 800.00	600.00 - 700.00	280.00 - 300.00
Keppetipola	660.00 - 700.00	460.00 - 480.00	-	130.00 - 140.00	200.00 - 220.00	360.00 - 380.00	-	880.00 - 920.00	750.00 - 800.00	265.00 - 275.00
Moneragala	640.00 - 700.00	400.00 - 480.00	-	140.00 - 160.00	220.00 - 240.00	-	400.00 - 440.00	600.00 - 800.00	600.00 - 650.00	270.00 - 290.00
Kegalle	600.00 - 660.00	380.00 - 400.00	-	150.00 - 160.00	230.00 - 240.00	-	360.00 - 380.00	750.00 - 920.00	700.00 - 760.00	260.00 - 310.00
Ampara	625.00 - 700.00	360.00 - 400.00	-	130.00 - 140.00	180.00 - 200.00	-	360.00 - 375.00	680.00 - 820.00	650.00 - 770.00	260.00 - 270.00
Dehiattakandiya	600.00 - 800.00	360.00 - 440.00	-	120.00 - 150.00	180.00 - 200.00	-	360.00 - 380.00	700.00 - 720.00	600.00 - 700.00	260.00 - 290.00
Nuwaraeliya	650.00 - 700.00	450.00 - 460.00	-	130.00 - 150.00	220.00 - 240.00	-	340.00 - 360.00	900.00 - 950.00	740.00 - 760.00	260.00 - 275.00
Kandy	640.00 - 750.00	480.00 - 500.00	-	140.00 - 150.00	220.00 - 240.00	-	380.00 - 400.00	800.00 - 900.00	840.00 - 900.00	270.00 - 300.00
Puttalam	650.00 - 730.00	400.00 - 440.00	480.00 - 600.00	140.00 - 180.00	220.00 - 240.00	-	400.00 - 480.00	600.00 - 900.00	700.00 - 800.00	280.00 - 290.00
Rathnapura	720.00 - 800.00	400.00 - 440.00	-	150.00 - 160.00	190.00 - 220.00	-	-	760.00 - 800.00	740.00 - 760.00	280.00 - 300.00
Hambantota	-	-	-	-	-	-	-	-	-	-
Matara	700.00 - 750.00	400.00 - 480.00	-	120.00 - 140.00	220.00 - 240.00	-	360.00 - 380.00	800.00 - 900.00	700.00 - 800.00	280.00 - 310.00
Galle	680.00 - 700.00	440.00 - 500.00	-	140.00 - 150.00	200.00 - 240.00	-	360.00 - 380.00	700.00 - 900.00	720.00 - 900.00	280.00 - 320.00
Tissamaharama	-	-	-	-	-	-	-	-	-	-
Meegoda (DEC)	600.00 - 680.00	440.00 - 480.00	-	130.00 - 140.00	180.00 - 240.00	-	360.00 - 380.00	750.00 - 960.00	750.00 - 960.00	260.00 - 300.00
Embilipitiya	670.00 - 740.00	400.00 - 480.00	-	120.00 - 130.00	220.00 - 260.00	-	360.00 - 380.00	750.00 - 800.00	680.00 - 780.00	265.00 - 310.00
Jaffna	-	-	-	-	-	-	-	-	-	-
Vavuniya	740.00 - 760.00	350.00 - 360.00	-	140.00 - 150.00	215.00 - 225.00	-	-	760.00 - 780.00	-	300.00 - 305.00
Mannar	820.00 - 860.00	350.00 - 360.00	-	160.00 - 180.00	200.00 - 220.00	-	-	960.00 - 960.00	-	300.00 - 320.00
Killinochchi	600.00 - 640.00	-	-	140.00 - 150.00	180.00 - 190.00	-	-	740.00 - 760.00	-	275.00 - 280.00
Mullaittivu	720.00 - 760.00	450.00 - 500.00	-	-	180.00 - 200.00	-	-	700.00 - 730.00	-	280.00 - 290.00
Batticaloa	700.00 - 780.00	450.00 - 500.00	-	150.00 - 175.00	180.00 - 200.00	-	-	750.00 - 800.00	650.00 - 700.00	285.00 - 300.00
Trincomalee	640.00 - 680.00	360.00 - 380.00	-	155.00 - 165.00	220.00 - 240.00	-	-	740.00 - 760.00	880.00 - 890.00	280.00 - 290.00
Hanguranketha	-	-	-	-	-	-	-	-	-	-
Veyangoda	680.00 - 760.00	400.00 - 480.00	-	120.00 - 160.00	180.00 - 220.00	-	360.00 - 440.00	800.00 - 900.00	720.00 - 800.00	270.00 - 320.00
Galenbindunuwewa	-	-	-	-	-	-	-	-	-	-
Bandarawela	650.00 - 740.00	440.00 - 480.00	-	130.00 - 160.00	200.00 - 240.00	320.00 - 360.00	-	800.00 - 900.00	700.00 - 800.00	270.00 - 300.00
Matale	650.00 - 700.00	360.00 - 430.00	-	120.00 - 130.00	180.00 - 200.00	-	-	850.00 - 1000.00	750.00 - 800.00	260.00 - 265.00

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

Week 22: 30 May - 05 Jun 2025

Locations	Butter Beans	Green Beans	Carrot	Leeks	Beetroot	Knolkhol
Colombo	-	200.00 - 550.00	500.00 - 600.00	180.00 - 250.00	320.00 - 480.00	200.00 - 300.00
Meegoda (DEC)	-	420.00 - 470.00	660.00 - 740.00	280.00 - 340.00	350.00 - 380.00	380.00 - 430.00
Dambulla (DEC)	-	-	-	-	-	-
Keppetipola (DEC)	-	360.00 - 400.00	600.00 - 650.00	250.00 - 270.00	320.00 - 350.00	280.00 - 300.00
Norochchole (DEC)	-	-	-	-	370.00 - 430.00	-
Nuwara Eliya	-	380.00 - 420.00	620.00 - 640.00	280.00 - 300.00	330.00 - 350.00	280.00 - 300.00
Kandy	-	350.00 - 400.00	600.00 - 650.00	270.00 - 300.00	400.00 - 420.00	220.00 - 240.00
Hambantota	-	-	-	-	-	-
Thambuththegama (DEC)	-	350.00 - 450.00	600.00 - 680.00	280.00 - 320.00	380.00 - 420.00	-
Jaffna	-	-	-	-	-	-
Bandarawela	-	400.00 - 440.00	600.00 - 650.00	240.00 - 260.00	360.00 - 400.00	270.00 - 290.00
Veyangoda	-	400.00 - 450.00	630.00 - 700.00	260.00 - 320.00	380.00 - 440.00	350.00 - 400.00

Locations	Raddish	Cabbage	Tomato	Ladies Fingers	Brinjal	Capsicum
Colombo	100.00 - 150.00	250.00 - 350.00	450.00 - 600.00	50.00 - 130.00	300.00 - 400.00	600.00 - 750.00
Meegoda (DEC)	120.00 - 150.00	340.00 - 360.00	500.00 - 540.00	80.00 - 100.00	280.00 - 380.00	700.00 - 750.00
Moneragala	140.00 - 150.00	400.00 - 450.00	450.00 - 500.00	100.00 - 150.00	200.00 - 250.00	650.00 - 800.00
Dambulla (DEC)	-	-	-	-	-	-
Keppetipola (DEC)	70.00 - 80.00	280.00 - 310.00	370.00 - 420.00	90.00 - 100.00	250.00 - 280.00	650.00 - 700.00
Norochchole (DEC)	60.00 - 100.00	-	-	60.00 - 100.00	-	-
Nuwara Eliya	120.00 - 140.00	320.00 - 340.00	420.00 - 440.00	100.00 - 110.00	300.00 - 320.00	700.00 - 750.00
Kandy	80.00 - 100.00	280.00 - 300.00	400.00 - 450.00	100.00 - 120.00	280.00 - 320.00	650.00 - 680.00
Hambantota	-	-	-	-	-	-
Thambuththegama (DEC)	120.00 - 150.00	320.00 - 400.00	450.00 - 500.00	80.00 - 100.00	300.00 - 350.00	700.00 - 750.00
Tissamaharama	-	-	-	-	-	-
Jaffna	-	-	-	-	-	-
Bandarawela	90.00 - 110.00	280.00 - 320.00	350.00 - 400.00	-	260.00 - 300.00	650.00 - 700.00
Veyangoda	100.00 - 140.00	340.00 - 380.00	450.00 - 520.00	100.00 - 140.00	350.00 - 420.00	700.00 - 850.00

Locations	Pumpkin	Cucumber	Bitter Gourd	Snake Gourd	Drumstick	Luffa
Colombo	100.00 - 130.00	40.00 - 70.00	400.00 - 500.00	150.00 - 250.00	700.00 - 900.00	150.00 - 200.00
Meegoda (DEC)	120.00 - 130.00	40.00 - 80.00	430.00 - 480.00	170.00 - 200.00	-	180.00 - 220.00
Moneragala	120.00 - 180.00	80.00 - 100.00	500.00 - 550.00	220.00 - 260.00	-	180.00 - 200.00
Dambulla (DEC)	-	-	-	-	-	-
Keppetipola (DEC)	120.00 - 140.00	50.00 - 70.00	430.00 - 440.00	140.00 - 160.00	-	130.00 - 140.00
Norochchole (DEC)	100.00 - 150.00	20.00 - 30.00	320.00 - 360.00	120.00 - 140.00	500.00 - 600.00	120.00 - 150.00
Nuwara Eliya	120.00 - 130.00	40.00 - 50.00	450.00 - 460.00	160.00 - 180.00	-	150.00 - 160.00
Kandy	120.00 - 130.00	40.00 - 50.00	420.00 - 450.00	240.00 - 260.00	-	140.00 - 150.00
Hambantota	-	-	-	-	-	-
Thambuththegama (DEC)	100.00 - 120.00	20.00 - 30.00	400.00 - 450.00	180.00 - 200.00	-	130.00 - 180.00
Tissamaharama	-	-	-	-	-	-
Jaffna	-	-	-	-	-	-
Bandarawela	110.00 - 130.00	30.00 - 50.00	-	-	-	-
Veyangoda	120.00 - 150.00	40.00 - 70.00	400.00 - 450.00	200.00 - 230.00	-	180.00 - 240.00

Table 06 (Contd.)

	Long Beans	Ash Plantain	Green Chillies	Lime	Sweet Potatoe	Manioc
Colombo	120.00 - 200.00	60.00 - 120.00	400.00 - 600.00	250.00 - 300.00	160.00 - 200.00	80.00 - 120.00
Meegoda (DEC)	160.00 - 220.00	70.00 - 120.00	550.00 - 600.00	280.00 - 300.00	170.00 - 190.00	100.00 - 110.00
Moneragala	150.00 - 200.00	60.00 - 70.00	550.00 - 600.00	250.00 - 280.00	160.00 - 180.00	70.00 - 80.00
Dambulla (DEC)	-	-	-	-	-	-
Keppetipola (DEC)	200.00 - 220.00	70.00 - 80.00	580.00 - 620.00	240.00 - 270.00	170.00 - 180.00	80.00 - 90.00
Norochhole (DEC)	100.00 - 180.00	50.00 - 60.00	370.00 - 400.00	-	-	80.00 - 100.00
Nuwara Eliya	220.00 - 240.00	80.00 - 100.00	550.00 - 600.00	280.00 - 320.00	170.00 - 190.00	100.00 - 120.00
Kandy	200.00 - 230.00	80.00 - 100.00	550.00 - 600.00	250.00 - 280.00	150.00 - 170.00	90.00 - 100.00
Hambantota	-	-	-	-	-	-
Thambuththegama (DEC)	80.00 - 100.00	60.00 - 80.00	650.00 - 750.00	160.00 - 200.00	150.00 - 180.00	90.00 - 100.00
Tissamaharama	-	-	-	-	-	-
Jaffna	-	-	-	-	-	-
Bandarawela	-	-	500.00 - 550.00	-	160.00 - 170.00	-
Veyangoda	160.00 - 220.00	80.00 - 100.00	680.00 - 730.00	250.00 - 300.00	140.00 - 160.00	100.00 - 130.00

Locations	Leafy Vegetables (Rs/bundle)			Coconut (Rs/nut)	
	Mukunuwenna	Kankun	Gotukola	Large	Small
Colombo	32.00 - 38.00	32.00 - 38.00	300.00 - 320.00	175.00 - 195.00	155.00 - 165.00
Meegoda (DEC)	50.00 - 50.00	50.00 - 50.00	210.00 - 240.00	185.00 - 200.00	170.00 - 180.00
Norochhole (DEC)	-	-	-	-	-
Nuwara Eliya	-	-	-	-	-
Dambulla (DEC)	-	-	-	-	-
Kandy	35.00 - 40.00	35.00 - 40.00	220.00 - 230.00	170.00 - 180.00	130.00 - 140.00
Hambantota	-	-	-	-	-
Thambuththegama (DEC)	-	-	-	145.00 - 150.00	125.00 - 130.00
Tissamaharama	-	-	-	-	-
Jaffna	-	-	-	-	-
Bandarawela	-	-	-	-	-
Veyangoda	35.00 - 40.00	35.00 - 40.00	200.00 - 220.00	-	-

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

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

Week 22: 30 May - 05 Jun 2025

LOCATIONS	Up Country Varieties																
	Butter Beans		Green Beans		Carrot		Leeks		Beetroot		Knol Khol		Raddish		Cabbage		Tomato
Colombo	-	320.00 - 600.00	600.00 - 800.00	320.00 - 560.00	480.00 - 680.00	300.00 - 600.00	160.00 - 400.00	380.00 - 560.00	600.00 - 800.00	-	-	-	-	-	-	-	-
Gampaha	-	360.00 - 480.00	680.00 - 720.00	360.00 - 420.00	500.00 - 600.00	480.00 - 500.00	280.00 - 320.00	400.00 - 520.00	620.00 - 700.00	-	-	-	-	-	-	-	-
Kurunegala	-	400.00 - 480.00	680.00 - 720.00	340.00 - 400.00	500.00 - 600.00	420.00 - 500.00	220.00 - 280.00	400.00 - 520.00	580.00 - 640.00	-	-	-	-	-	-	-	-
Nikaweratiya	-	480.00 - 600.00	880.00 - 1000.00	400.00 - 480.00	600.00 - 720.00	480.00 - 560.00	240.00 - 320.00	440.00 - 600.00	640.00 - 720.00	-	-	-	-	-	-	-	-
Dambulla	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Anuradhapura	-	520.00 - 600.00	880.00 - 1000.00	440.00 - 480.00	640.00 - 800.00	-	240.00 - 320.00	480.00 - 600.00	640.00 - 760.00	-	-	-	-	-	-	-	-
Thambuththegama	-	580.00 - 650.00	880.00 - 1000.00	440.00 - 500.00	650.00 - 720.00	-	220.00 - 280.00	500.00 - 600.00	700.00 - 750.00	-	-	-	-	-	-	-	-
Polonnaruwa	-	540.00 - 570.00	760.00 - 800.00	460.00 - 500.00	580.00 - 620.00	380.00 - 400.00	200.00 - 240.00	460.00 - 500.00	660.00 - 700.00	-	-	-	-	-	-	-	-
Kaluthara	-	460.00 - 520.00	720.00 - 760.00	440.00 - 500.00	600.00 - 680.00	540.00 - 600.00	200.00 - 240.00	540.00 - 600.00	720.00 - 850.00	-	-	-	-	-	-	-	-
Badulla	-	400.00 - 480.00	660.00 - 800.00	320.00 - 380.00	600.00 - 600.00	480.00 - 520.00	220.00 - 240.00	460.00 - 480.00	480.00 - 520.00	-	-	-	-	-	-	-	-
Keppetipola	-	420.00 - 450.00	660.00 - 700.00	300.00 - 330.00	380.00 - 420.00	350.00 - 360.00	140.00 - 150.00	340.00 - 360.00	450.00 - 480.00	-	-	-	-	-	-	-	-
Moneragala	-	400.00 - 480.00	680.00 - 800.00	400.00 - 480.00	600.00 - 720.00	-	200.00 - 240.00	480.00 - 600.00	520.00 - 600.00	-	-	-	-	-	-	-	-
Kegalle	-	520.00 - 560.00	680.00 - 720.00	400.00 - 440.00	600.00 - 640.00	480.00 - 520.00	280.00 - 320.00	440.00 - 480.00	640.00 - 680.00	-	-	-	-	-	-	-	-
Ampara	-	460.00 - 500.00	840.00 - 960.00	380.00 - 420.00	500.00 - 600.00	400.00 - 420.00	200.00 - 280.00	440.00 - 520.00	600.00 - 640.00	-	-	-	-	-	-	-	-
Dehiattakandiya	-	600.00 - 800.00	800.00 - 1000.00	400.00 - 480.00	480.00 - 600.00	320.00 - 400.00	200.00 - 320.00	520.00 - 600.00	600.00 - 680.00	-	-	-	-	-	-	-	-
Nuwaraeliya	-	520.00 - 540.00	740.00 - 760.00	400.00 - 420.00	440.00 - 460.00	380.00 - 400.00	240.00 - 250.00	440.00 - 450.00	560.00 - 600.00	-	-	-	-	-	-	-	-
Kandy	-	450.00 - 480.00	800.00 - 900.00	450.00 - 480.00	550.00 - 600.00	320.00 - 360.00	180.00 - 200.00	400.00 - 450.00	550.00 - 600.00	-	-	-	-	-	-	-	-
Puttalam	-	600.00 - 600.00	1000.00 - 1000.00	500.00 - 520.00	600.00 - 650.00	300.00 - 400.00	200.00 - 240.00	520.00 - 650.00	720.00 - 800.00	-	-	-	-	-	-	-	-
Hambantota	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Rathnapura	-	440.00 - 480.00	850.00 - 900.00	400.00 - 440.00	550.00 - 600.00	-	200.00 - 240.00	600.00 - 650.00	650.00 - 750.00	-	-	-	-	-	-	-	-
Matara	-	440.00 - 600.00	800.00 - 1000.00	400.00 - 480.00	560.00 - 600.00	-	220.00 - 300.00	520.00 - 600.00	780.00 - 800.00	-	-	-	-	-	-	-	-
Galle	-	540.00 - 600.00	700.00 - 800.00	400.00 - 460.00	620.00 - 700.00	-	240.00 - 280.00	480.00 - 600.00	600.00 - 700.00	-	-	-	-	-	-	-	-
Tissamaharama	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Meegoda (DEC)	-	480.00 - 560.00	800.00 - 960.00	440.00 - 520.00	560.00 - 600.00	520.00 - 600.00	240.00 - 300.00	520.00 - 600.00	660.00 - 800.00	-	-	-	-	-	-	-	-
Embilipitiya	-	480.00 - 520.00	800.00 - 900.00	320.00 - 400.00	560.00 - 640.00	320.00 - 400.00	200.00 - 280.00	550.00 - 600.00	600.00 - 800.00	-	-	-	-	-	-	-	-
Jaffna	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Vavuniya	-	650.00 - 700.00	1000.00 - 1100.00	500.00 - 550.00	600.00 - 650.00	300.00 - 320.00	240.00 - 250.00	500.00 - 540.00	800.00 - 840.00	-	-	-	-	-	-	-	-
Mannar	-	550.00 - 600.00	750.00 - 800.00	465.00 - 480.00	680.00 - 700.00	-	250.00 - 255.00	490.00 - 500.00	750.00 - 800.00	-	-	-	-	-	-	-	-
Killinochchi	-	760.00 - 780.00	950.00 - 1000.00	580.00 - 590.00	580.00 - 620.00	-	240.00 - 260.00	480.00 - 520.00	780.00 - 820.00	-	-	-	-	-	-	-	-
Mullaittivu	-	600.00 - 650.00	980.00 - 1050.00	400.00 - 450.00	600.00 - 650.00	-	280.00 - 320.00	600.00 - 650.00	800.00 - 840.00	-	-	-	-	-	-	-	-
Batticaloa	-	360.00 - 400.00	720.00 - 750.00	320.00 - 360.00	600.00 - 700.00	480.00 - 520.00	240.00 - 260.00	450.00 - 480.00	720.00 - 740.00	-	-	-	-	-	-	-	-
Trincomalee	-	520.00 - 550.00	960.00 - 1000.00	370.00 - 400.00	550.00 - 570.00	-	220.00 - 240.00	360.00 - 400.00	800.00 - 850.00	-	-	-	-	-	-	-	-
Hanguranketha	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Veyangoda	-	480.00 - 600.00	760.00 - 880.00	360.00 - 440.00	480.00 - 600.00	480.00 - 560.00	160.00 - 220.00	400.00 - 520.00	600.00 - 700.00	-	-	-	-	-	-	-	-
Galenbindunuwewa	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Bandarawela	-	500.00 - 580.00	700.00 - 800.00	320.00 - 360.00	460.00 - 500.00	340.00 - 360.00	140.00 - 160.00	380.00 - 420.00	480.00 - 560.00	-	-	-	-	-	-	-	-
Matale	-	480.00 - 520.00	800.00 - 1000.00	360.00 - 400.00	520.00 - 600.00	400.00 - 440.00	160.00 - 200.00	380.00 - 400.00	600.00 - 640.00	-	-	-	-	-	-	-	-

Table 07 (Contd.)

LOCATIONS	Low Country Varieties										
	Ladies Fingers	Brinjal	Capsicum	Pumpkin	Cucumber	Bitter Gourd	Snake Gourd	Drumstick	Luffa	Long Beans	
Colombo	160.00 - 400.00	320.00 - 600.00	650.00 - 1200.00	160.00 - 320.00	120.00 - 300.00	480.00 - 600.00	240.00 - 480.00	1000.00 - 1400.00	260.00 - 580.00	260.00 - 450.00	
Gampaha	280.00 - 360.00	500.00 - 560.00	960.00 - 1100.00	240.00 - 280.00	160.00 - 200.00	560.00 - 620.00	300.00 - 400.00	-	300.00 - 400.00	340.00 - 400.00	
Kurunegala	280.00 - 360.00	450.00 - 500.00	900.00 - 1000.00	200.00 - 260.00	130.00 - 160.00	500.00 - 560.00	300.00 - 360.00	-	300.00 - 400.00	320.00 - 360.00	
Nikaweratiya	200.00 - 280.00	380.00 - 480.00	850.00 - 1000.00	240.00 - 330.00	100.00 - 240.00	600.00 - 650.00	240.00 - 340.00	-	280.00 - 420.00	250.00 - 280.00	
Dambulla	-	-	-	-	-	-	-	-	-	-	
Anuradhapura	240.00 - 280.00	400.00 - 480.00	800.00 - 1000.00	200.00 - 260.00	120.00 - 160.00	520.00 - 640.00	280.00 - 360.00	-	280.00 - 360.00	280.00 - 320.00	
Thambuththegama	160.00 - 200.00	440.00 - 500.00	900.00 - 1100.00	180.00 - 220.00	80.00 - 100.00	560.00 - 650.00	350.00 - 400.00	-	320.00 - 380.00	300.00 - 350.00	
Polonnaruwa	280.00 - 320.00	540.00 - 580.00	960.00 - 1000.00	220.00 - 250.00	120.00 - 160.00	600.00 - 640.00	260.00 - 300.00	-	260.00 - 300.00	340.00 - 360.00	
Kaluthara	240.00 - 300.00	400.00 - 500.00	840.00 - 950.00	200.00 - 300.00	140.00 - 160.00	560.00 - 600.00	320.00 - 400.00	-	340.00 - 400.00	300.00 - 400.00	
Badulla	240.00 - 280.00	420.00 - 440.00	760.00 - 800.00	240.00 - 300.00	160.00 - 200.00	520.00 - 580.00	320.00 - 380.00	980.00 - 1000.00	380.00 - 400.00	320.00 - 360.00	
Keppetipola	160.00 - 180.00	340.00 - 360.00	750.00 - 800.00	180.00 - 200.00	100.00 - 140.00	500.00 - 520.00	200.00 - 220.00	-	200.00 - 220.00	280.00 - 300.00	
Moneragala	200.00 - 240.00	400.00 - 480.00	800.00 - 1000.00	200.00 - 240.00	140.00 - 160.00	600.00 - 720.00	320.00 - 400.00	-	240.00 - 320.00	240.00 - 280.00	
Kegalle	320.00 - 360.00	440.00 - 480.00	850.00 - 900.00	240.00 - 280.00	120.00 - 160.00	600.00 - 640.00	320.00 - 360.00	-	320.00 - 360.00	320.00 - 360.00	
Ampara	280.00 - 320.00	360.00 - 400.00	860.00 - 1000.00	220.00 - 320.00	140.00 - 200.00	500.00 - 600.00	300.00 - 400.00	-	300.00 - 400.00	300.00 - 400.00	
Dehiattakandiya	200.00 - 300.00	400.00 - 400.00	800.00 - 1000.00	240.00 - 300.00	100.00 - 200.00	600.00 - 600.00	300.00 - 300.00	-	400.00 - 450.00	300.00 - 300.00	
Nuwaraeliya	200.00 - 220.00	400.00 - 420.00	800.00 - 850.00	220.00 - 240.00	140.00 - 150.00	550.00 - 600.00	260.00 - 280.00	-	250.00 - 260.00	320.00 - 340.00	
Kandy	160.00 - 200.00	360.00 - 400.00	800.00 - 900.00	160.00 - 180.00	100.00 - 120.00	500.00 - 550.00	300.00 - 320.00	-	240.00 - 260.00	320.00 - 360.00	
Puttalam	250.00 - 300.00	400.00 - 500.00	700.00 - 1000.00	280.00 - 320.00	160.00 - 200.00	600.00 - 660.00	300.00 - 320.00	800.00 - 1000.00	400.00 - 500.00	320.00 - 400.00	
Rathnapura	240.00 - 320.00	400.00 - 460.00	900.00 - 1000.00	200.00 - 240.00	140.00 - 180.00	540.00 - 600.00	320.00 - 360.00	-	370.00 - 400.00	300.00 - 350.00	
Hambantota	-	-	-	-	-	-	-	-	-	-	
Matara	200.00 - 240.00	360.00 - 400.00	900.00 - 1100.00	160.00 - 200.00	120.00 - 160.00	580.00 - 720.00	300.00 - 340.00	-	320.00 - 360.00	320.00 - 360.00	
Galle	280.00 - 320.00	460.00 - 500.00	980.00 - 1050.00	240.00 - 260.00	150.00 - 220.00	480.00 - 620.00	400.00 - 440.00	-	420.00 - 460.00	380.00 - 420.00	
Tissamaharama	-	-	-	-	-	-	-	-	-	-	
Meegoda (DEC)	160.00 - 200.00	440.00 - 520.00	920.00 - 1000.00	200.00 - 240.00	140.00 - 200.00	600.00 - 720.00	300.00 - 360.00	-	320.00 - 400.00	320.00 - 400.00	
Embilipitiya	150.00 - 200.00	300.00 - 400.00	700.00 - 850.00	180.00 - 240.00	80.00 - 120.00	520.00 - 600.00	280.00 - 320.00	-	320.00 - 400.00	300.00 - 400.00	
Jaffna	-	-	-	-	-	-	-	-	-	-	
Vavuniya	220.00 - 250.00	400.00 - 450.00	800.00 - 840.00	200.00 - 240.00	200.00 - 230.00	900.00 - 950.00	320.00 - 350.00	1300.00 - 1400.00	-	300.00 - 340.00	
Mannar	380.00 - 400.00	550.00 - 600.00	-	200.00 - 220.00	240.00 - 240.00	480.00 - 520.00	300.00 - 320.00	800.00 - 850.00	400.00 - 400.00	300.00 - 350.00	
Killinochchi	280.00 - 320.00	580.00 - 620.00	780.00 - 820.00	180.00 - 200.00	200.00 - 220.00	780.00 - 820.00	280.00 - 300.00	1560.00 - 1600.00	-	240.00 - 260.00	
Mullaittivu	250.00 - 280.00	400.00 - 450.00	800.00 - 850.00	190.00 - 220.00	150.00 - 160.00	820.00 - 850.00	300.00 - 350.00	1300.00 - 1400.00	-	230.00 - 260.00	
Batticaloa	320.00 - 350.00	400.00 - 500.00	-	200.00 - 220.00	150.00 - 160.00	550.00 - 620.00	250.00 - 280.00	750.00 - 850.00	350.00 - 400.00	270.00 - 280.00	
Trincomalee	360.00 - 400.00	440.00 - 460.00	1000.00 - 1100.00	230.00 - 250.00	220.00 - 230.00	640.00 - 660.00	350.00 - 380.00	-	270.00 - 300.00	370.00 - 400.00	
Hanguranketha	-	-	-	-	-	-	-	-	-	-	
Veyangoda	180.00 - 240.00	440.00 - 560.00	800.00 - 1100.00	160.00 - 200.00	100.00 - 160.00	560.00 - 640.00	280.00 - 360.00	-	240.00 - 320.00	240.00 - 320.00	
Galenbindunuwewa	-	-	-	-	-	-	-	-	-	-	
Bandarawela	160.00 - 200.00	360.00 - 420.00	850.00 - 900.00	180.00 - 220.00	100.00 - 120.00	460.00 - 520.00	240.00 - 300.00	-	260.00 - 320.00	280.00 - 300.00	
Matale	200.00 - 240.00	400.00 - 480.00	780.00 - 800.00	180.00 - 240.00	100.00 - 120.00	560.00 - 600.00	280.00 - 320.00	-	240.00 - 320.00	240.00 - 320.00	

Table 07 (Contd.)

LOCATIONS	Low Country Varieties					Leafy Vegetable			Coconut (Rs/nut)	
	Ash Plantain	Green Chillies	Lime	Sweet Potato	Manioc	Mukunuwenna	Kankun	Gotukola	Large	Small
Colombo	120.00 - 350.00	500.00 - 1000.00	350.00 - 800.00	230.00 - 480.00	160.00 - 240.00	50.00 - 80.00	50.00 - 80.00	180.00 - 320.00	200.00 - 230.00	180.00 - 200.00
Gampaha	200.00 - 240.00	560.00 - 640.00	500.00 - 560.00	300.00 - 320.00	150.00 - 200.00	70.00 - 70.00	70.00 - 70.00	90.00 - 90.00	200.00 - 230.00	160.00 - 180.00
Kurunegala	170.00 - 200.00	550.00 - 600.00	450.00 - 540.00	260.00 - 300.00	180.00 - 200.00	70.00 - 80.00	70.00 - 80.00	70.00 - 80.00	200.00 - 220.00	170.00 - 180.00
Nikaweratiya	120.00 - 280.00	500.00 - 620.00	320.00 - 420.00	240.00 - 260.00	150.00 - 160.00	50.00 - 50.00	50.00 - 50.00	150.00 - 150.00	180.00 - 190.00	120.00 - 160.00
Dambulla	-	-	-	-	-	-	-	-	-	-
Anuradhapura	160.00 - 200.00	800.00 - 900.00	350.00 - 500.00	240.00 - 320.00	200.00 - 240.00	50.00 - 60.00	50.00 - 60.00	50.00 - 60.00	180.00 - 200.00	120.00 - 160.00
Thambuththegama	120.00 - 180.00	880.00 - 1000.00	320.00 - 380.00	240.00 - 280.00	150.00 - 200.00	-	-	-	160.00 - 170.00	140.00 - 150.00
Polonnaruwa	200.00 - 240.00	1000.00 - 1000.00	550.00 - 600.00	280.00 - 300.00	160.00 - 180.00	50.00 - 60.00	50.00 - 50.00	50.00 - 50.00	180.00 - 200.00	120.00 - 140.00
Kaluthara	200.00 - 250.00	780.00 - 800.00	550.00 - 600.00	250.00 - 300.00	200.00 - 200.00	80.00 - 100.00	80.00 - 100.00	120.00 - 120.00	220.00 - 230.00	170.00 - 180.00
Badulla	200.00 - 240.00	620.00 - 780.00	520.00 - 580.00	260.00 - 280.00	220.00 - 240.00	70.00 - 80.00	70.00 - 80.00	70.00 - 80.00	200.00 - 200.00	160.00 - 180.00
Keppetipola	150.00 - 160.00	700.00 - 750.00	350.00 - 400.00	220.00 - 230.00	100.00 - 120.00	60.00 - 70.00	60.00 - 70.00	50.00 - 60.00	210.00 - 220.00	160.00 - 170.00
Moneragala	120.00 - 140.00	600.00 - 800.00	320.00 - 400.00	240.00 - 300.00	100.00 - 120.00	60.00 - 70.00	60.00 - 70.00	60.00 - 80.00	180.00 - 200.00	150.00 - 160.00
Kegalle	160.00 - 200.00	650.00 - 700.00	450.00 - 500.00	280.00 - 320.00	180.00 - 200.00	70.00 - 80.00	70.00 - 80.00	50.00 - 60.00	190.00 - 200.00	170.00 - 180.00
Ampara	160.00 - 200.00	600.00 - 720.00	400.00 - 600.00	240.00 - 280.00	120.00 - 160.00	60.00 - 70.00	60.00 - 60.00	200.00 - 200.00	200.00 - 220.00	180.00 - 180.00
Dehiattakandiya	120.00 - 200.00	800.00 - 1000.00	600.00 - 600.00	200.00 - 260.00	200.00 - 200.00	50.00 - 70.00	50.00 - 70.00	50.00 - 70.00	170.00 - 180.00	130.00 - 150.00
Nuwaraeliya	180.00 - 200.00	700.00 - 760.00	440.00 - 460.00	320.00 - 340.00	200.00 - 220.00	60.00 - 70.00	60.00 - 70.00	50.00 - 60.00	210.00 - 220.00	190.00 - 200.00
Kandy	160.00 - 180.00	750.00 - 800.00	550.00 - 600.00	240.00 - 260.00	150.00 - 160.00	50.00 - 60.00	50.00 - 60.00	50.00 - 60.00	185.00 - 200.00	150.00 - 165.00
Puttalam	120.00 - 160.00	800.00 - 800.00	400.00 - 400.00	320.00 - 360.00	200.00 - 200.00	50.00 - 70.00	50.00 - 60.00	40.00 - 40.00	170.00 - 180.00	120.00 - 140.00
Rathnapura	160.00 - 220.00	600.00 - 700.00	400.00 - 500.00	240.00 - 280.00	120.00 - 160.00	80.00 - 80.00	80.00 - 80.00	100.00 - 100.00	200.00 - 220.00	140.00 - 180.00
Hambanthota	-	-	-	-	-	-	-	-	-	-
Matara	120.00 - 140.00	600.00 - 650.00	450.00 - 600.00	200.00 - 240.00	120.00 - 160.00	50.00 - 60.00	50.00 - 60.00	90.00 - 110.00	210.00 - 240.00	190.00 - 200.00
Galle	200.00 - 220.00	800.00 - 900.00	600.00 - 600.00	240.00 - 320.00	180.00 - 240.00	70.00 - 70.00	60.00 - 70.00	80.00 - 100.00	200.00 - 230.00	170.00 - 180.00
Tissamaharama	-	-	-	-	-	-	-	-	-	-
Meegoda (DEC)	160.00 - 240.00	800.00 - 850.00	480.00 - 600.00	280.00 - 320.00	150.00 - 160.00	80.00 - 80.00	80.00 - 80.00	100.00 - 120.00	200.00 - 220.00	180.00 - 190.00
Embilipitiya	60.00 - 80.00	700.00 - 900.00	500.00 - 600.00	300.00 - 320.00	140.00 - 160.00	60.00 - 80.00	50.00 - 70.00	100.00 - 120.00	190.00 - 230.00	140.00 - 180.00
Jaffna	-	-	-	-	-	-	-	-	-	-
Vavuniya	220.00 - 250.00	650.00 - 700.00	300.00 - 340.00	240.00 - 260.00	200.00 - 240.00	70.00 - 80.00	65.00 - 70.00	80.00 - 90.00	200.00 - 230.00	140.00 - 160.00
Mannar	300.00 - 320.00	600.00 - 650.00	550.00 - 600.00	280.00 - 320.00	200.00 - 240.00	50.00 - 50.00	50.00 - 60.00	50.00 - 60.00	-	100.00 - 120.00
Killinochchi	140.00 - 160.00	580.00 - 620.00	440.00 - 460.00	280.00 - 300.00	230.00 - 250.00	60.00 - 70.00	45.00 - 55.00	45.00 - 50.00	200.00 - 220.00	120.00 - 140.00
Mullaittivu	180.00 - 200.00	500.00 - 520.00	400.00 - 450.00	240.00 - 280.00	240.00 - 260.00	75.00 - 80.00	75.00 - 80.00	50.00 - 60.00	-	130.00 - 140.00
Batticaloa	150.00 - 160.00	500.00 - 600.00	470.00 - 500.00	250.00 - 290.00	150.00 - 160.00	70.00 - 70.00	80.00 - 80.00	80.00 - 80.00	180.00 - 200.00	100.00 - 100.00
Trincomalee	240.00 260.00	650.00 700.00	550.00 600.00	340.00 350.00	230.00 250.00	65.00 70.00	70.00 75.00	50.00 55.00	190.00 210.00	140.00 150.00
Hanguranketha	-	-	-	-	-	-	-	-	-	-
Veyangoda	140.00 - 200.00	800.00 - 900.00	360.00 - 400.00	180.00 - 220.00	140.00 - 200.00	60.00 - 70.00	60.00 - 70.00	100.00 - 120.00	200.00 - 220.00	160.00 - 180.00
Galenbindunuwewa	-	-	-	-	-	-	-	-	-	-
Bandarawela	140.00 - 160.00	600.00 - 650.00	400.00 - 500.00	220.00 - 260.00	150.00 - 180.00	70.00 - 80.00	70.00 - 80.00	80.00 - 100.00	190.00 - 210.00	150.00 - 180.00
Matale	160.00 - 200.00	720.00 - 800.00	380.00 - 400.00	320.00 - 400.00	160.00 - 180.00	60.00 - 70.00	60.00 - 70.00	50.00 - 60.00	180.00 - 200.00	150.00 - 170.00

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

Week 22: 30 May - 05 Jun 2025

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LOCATIONS	Banana					Pineapple			Mango	
	Ambul (Rs/kg)	Kolikuttu (Rs/kg)	Seeni (Rs/kg)	Anamalu	Ambun	Large	Medium	Small	Betti	Karthakolomban
Colombo	100.00 - 180.00	200.00 - 320.00	100.00 - 200.00	25.00 - 50.00	35.00 - 70.00	330.00 - 460.00	250.00 - 350.00	200.00 - 280.00	-	140.00 - 270.00
Gampaha	140.00 - 160.00	250.00 - 270.00	140.00 - 150.00	32.00 - 32.00	44.00 - 44.00	320.00 - 350.00	-	200.00 - 250.00	-	150.00 - 190.00
Kurunegala	120.00 - 140.00	260.00 - 280.00	140.00 - 150.00	36.00 - 36.00	52.00 - 56.00	400.00 - 400.00	-	-	-	150.00 - 175.00
Nikaweratiya	130.00 - 160.00	300.00 - 350.00	120.00 - 160.00	-	50.00 - 55.00	500.00 - 600.00	400.00 - 480.00	-	-	-
Dambulla	-	-	-	-	-	-	-	-	-	-
Anuradhapura	100.00 - 200.00	300.00 - 380.00	120.00 - 200.00	28.00 - 36.00	38.00 - 45.00	480.00 - 600.00	320.00 - 400.00	250.00 - 280.00	-	100.00 - 150.00
Thambuththegama	80.00 - 120.00	300.00 - 380.00	80.00 - 100.00	25.00 - 28.00	42.00 - 50.00	350.00 - 380.00	250.00 - 280.00	-	-	-
Polonnaruwa	180.00 - 220.00	300.00 - 350.00	180.00 - 220.00	35.00 - 40.00	40.00 - 45.00	650.00 - 700.00	450.00 - 500.00	250.00 - 300.00	-	200.00 - 250.00
Kaluthara	120.00 - 140.00	230.00 - 250.00	130.00 - 140.00	30.00 - 32.00	32.00 - 35.00	445.00 - 475.00	350.00 - 360.00	275.00 - 290.00	-	115.00 - 125.00
Badulla	80.00 - 90.00	200.00 - 200.00	120.00 - 120.00	18.00 - 21.00	41.00 - 41.00	350.00 - 350.00	250.00 - 300.00	180.00 - 200.00	33.00 - 50.00	200.00 - 250.00
Keppetipola	140.00 - 150.00	240.00 - 260.00	150.00 - 160.00	26.00 - 30.00	40.00 - 44.00	-	300.00 - 340.00	250.00 - 260.00	-	-
Moneragala	80.00 - 100.00	180.00 - 200.00	70.00 - 80.00	16.00 - 20.00	20.00 - 22.00	520.00 - 630.00	370.00 - 450.00	320.00 - 350.00	-	100.00 - 100.00
Kegalle	110.00 - 130.00	250.00 - 300.00	120.00 - 140.00	25.00 - 30.00	40.00 - 50.00	650.00 - 800.00	450.00 - 550.00	250.00 - 350.00	-	-
Ampara	140.00 - 150.00	280.00 - 300.00	130.00 - 130.00	38.00 - 38.00	50.00 - 50.00	330.00 - 350.00	-	-	-	115.00 - 115.00
Dehiattakandiya	100.00 - 150.00	280.00 - 350.00	100.00 - 150.00	-	30.00 - 50.00	-	350.00 - 450.00	180.00 - 250.00	-	100.00 - 120.00
Nuwaraeliya	150.00 - 160.00	250.00 - 280.00	140.00 - 160.00	30.00 - 32.00	44.00 - 46.00	-	320.00 - 350.00	250.00 - 260.00	-	150.00 - 160.00
Kandy	140.00 - 160.00	280.00 - 300.00	150.00 - 170.00	25.00 - 27.00	40.00 - 45.00	450.00 - 500.00	300.00 - 350.00	200.00 - 220.00	-	140.00 - 150.00
Puttalam	100.00 - 180.00	300.00 - 350.00	100.00 - 200.00	24.00 - 30.00	-	500.00 - 500.00	300.00 - 400.00	200.00 - 250.00	-	100.00 - 150.00
Rathnapura	90.00 - 120.00	200.00 - 250.00	80.00 - 100.00	21.00 - 23.00	33.00 - 40.00	420.00 - 490.00	300.00 - 350.00	240.00 - 280.00	-	160.00 - 200.00
Hambantota	-	-	-	-	-	-	-	-	-	-
Matara	100.00 - 110.00	200.00 - 220.00	100.00 - 110.00	19.00 - 20.00	30.00 - 31.00	400.00 - 460.00	250.00 - 350.00	150.00 - 200.00	50.00 - 60.00	160.00 - 210.00
Galle	100.00 - 120.00	200.00 - 280.00	120.00 - 140.00	32.00 - 35.00	34.00 - 36.00	460.00 - 500.00	350.00 - 400.00	250.00 - 300.00	-	140.00 - 160.00
Tissamaharama	-	-	-	-	-	-	-	-	-	-
Meegoda (DEC)	100.00 - 120.00	220.00 - 250.00	100.00 - 120.00	37.00 - 44.00	48.00 - 56.00	390.00 - 480.00	300.00 - 365.00	230.00 - 280.00	-	120.00 - 150.00
Embilipitiya	40.00 - 60.00	120.00 - 180.00	70.00 - 80.00	20.00 - 30.00	25.00 - 30.00	450.00 - 500.00	350.00 - 420.00	200.00 - 300.00	60.00 - 80.00	120.00 - 150.00
Jaffna	-	-	-	-	-	-	-	-	-	-
Vavuniya	100.00 - 120.00	180.00 - 190.00	110.00 - 140.00	28.00 - 30.00	30.00 - 32.00	400.00 - 440.00	300.00 - 340.00	250.00 - 270.00	-	-
Mannar	200.00 - 240.00	400.00 - 420.00	180.00 - 200.00	30.00 - 34.00	-	650.00 - 690.00	550.00 - 580.00	350.00 - 380.00	-	-
Killinochchi	100.00 - 120.00	250.00 - 300.00	120.00 - 140.00	32.00 - 34.00	36.00 - 38.00	540.00 - 560.00	440.00 - 460.00	340.00 - 360.00	-	100.00 - 120.00
Mullaittivu	150.00 - 160.00	320.00 - 350.00	140.00 - 160.00	40.00 - 42.00	44.00 - 46.00	600.00 - 650.00	400.00 - 450.00	-	-	-
Batticaloa	140.00 - 160.00	350.00 - 380.00	130.00 - 180.00	35.00 - 36.00	40.00 - 44.00	450.00 - 500.00	350.00 - 400.00	200.00 - 220.00	-	250.00 - 280.00
Trincomalee	165.00 - 175.00	420.00 - 430.00	170.00 - 180.00	-	-	700.00 - 740.00	520.00 - 540.00	420.00 - 440.00	-	-
Veyangoda	120.00 - 140.00	220.00 - 240.00	110.00 - 140.00	23.00 - 26.00	30.00 - 34.00	340.00 - 440.00	260.00 - 320.00	200.00 - 250.00	-	110.00 - 130.00
Galenbindunuwewa	-	-	-	-	-	-	-	-	-	-
Bandarawela	120.00 - 160.00	250.00 - 280.00	140.00 - 160.00	25.00 - 28.00	40.00 - 46.00	450.00 - 500.00	350.00 - 400.00	280.00 - 320.00	-	160.00 - 200.00
Matale	120.00 - 160.00	280.00 - 300.00	160.00 - 180.00	30.00 - 32.00	42.00 - 45.00	520.00 - 580.00	380.00 - 420.00	220.00 - 280.00	-	-

Table 08 (Contd.)

LOCATIONS	Mango		Other Fruits							
	Vilad	Kohu	Papaw (Rs/kg)	Passion	Wood Apple	Orange	Avocado	Slime Apple	Grapes (Rs/kg)	King Coconut
Colombo	-	-	120.00 - 250.00	40.00 - 80.00	140.00 - 300.00	100.00 - 200.00	150.00 - 250.00	40.00 - 120.00	1900.00 - 3000.00	160.00 - 200.00
Gampaha	-	-	160.00 - 180.00	-	200.00 - 240.00	150.00 - 150.00	100.00 - 125.00	80.00 - 90.00	-	150.00 - 160.00
Kurunegala	-	-	150.00 - 170.00	-	200.00 - 200.00	150.00 - 175.00	120.00 - 138.00	85.00 - 95.00	2000.00 - 2200.00	150.00 - 170.00
Nikaweratiya	-	-	130.00 - 220.00	28.00 - 38.00	-	120.00 - 150.00	150.00 - 160.00	40.00 - 50.00	2500.00 - 2700.00	-
Dambulla	-	-	-	-	-	-	-	-	-	-
Anuradhapura	-	-	100.00 - 150.00	-	-	80.00 - 100.00	125.00 - 150.00	50.00 - 70.00	2500.00 - 3000.00	150.00 - 200.00
Thambuththegama	-	-	100.00 - 150.00	40.00 - 50.00	-	-	115.00 - 130.00	-	2200.00 - 2500.00	130.00 - 150.00
Polonnaruwa	-	-	150.00 - 180.00	50.00 - 60.00	-	-	160.00 - 200.00	50.00 - 80.00	2800.00 - 3000.00	180.00 - 240.00
Kaluthara	-	-	170.00 - 180.00	-	-	-	115.00 - 125.00	50.00 - 60.00	2800.00 - 3000.00	150.00 - 170.00
Badulla	-	20.00 - 30.00	120.00 - 120.00	45.00 - 45.00	200.00 - 200.00	60.00 - 60.00	112.00 - 133.00	50.00 - 60.00	2500.00 - 3000.00	250.00 - 250.00
Keppetipola	-	-	150.00 - 160.00	40.00 - 50.00	120.00 - 130.00	90.00 - 100.00	100.00 - 120.00	50.00 - 55.00	2700.00 - 2900.00	170.00 - 180.00
Moneragala	50.00 - 70.00	-	100.00 - 130.00	20.00 - 30.00	-	60.00 - 80.00	70.00 - 80.00	30.00 - 40.00	2800.00 - 3000.00	150.00 - 180.00
Kegalle	-	-	120.00 - 130.00	20.00 - 25.00	150.00 - 160.00	80.00 - 100.00	130.00 - 150.00	40.00 - 60.00	2300.00 - 2500.00	180.00 - 200.00
Ampara	75.00 - 75.00	-	130.00 - 160.00	-	-	60.00 - 70.00	90.00 - 90.00	-	2200.00 - 2500.00	180.00 - 200.00
Dehiattakandiya	-	-	160.00 - 180.00	-	100.00 - 100.00	-	70.00 - 120.00	80.00 - 120.00	2500.00 - 3000.00	150.00 - 200.00
Nuwaraeliya	-	-	160.00 - 180.00	50.00 - 60.00	130.00 - 140.00	110.00 - 120.00	120.00 - 140.00	55.00 - 65.00	2800.00 - 2900.00	180.00 - 190.00
Kandy	-	-	140.00 - 150.00	35.00 - 40.00	150.00 - 160.00	90.00 - 100.00	100.00 - 120.00	50.00 - 60.00	2400.00 - 2800.00	170.00 - 180.00
Puttalam	-	-	150.00 - 200.00	40.00 - 60.00	-	70.00 - 100.00	80.00 - 120.00	50.00 - 60.00	2800.00 - 3000.00	150.00 - 200.00
Hambantota	-	-	-	-	-	-	-	-	-	-
Rathnapura	-	-	120.00 - 150.00	-	100.00 - 130.00	-	100.00 - 133.00	40.00 - 60.00	2000.00 - 2200.00	130.00 - 150.00
Matara	70.00 - 80.00	-	100.00 - 120.00	45.00 - 55.00	160.00 - 180.00	150.00 - 160.00	100.00 - 120.00	50.00 - 60.00	2300.00 - 2500.00	180.00 - 200.00
Galle	80.00 - 90.00	-	120.00 - 160.00	36.00 - 48.00	-	120.00 - 140.00	116.00 - 130.00	60.00 - 70.00	2500.00 - 2800.00	140.00 - 160.00
Tissamaharama	-	-	-	-	-	-	-	-	-	-
Meegoda (DEC)	45.00 - 50.00	-	140.00 - 160.00	-	-	80.00 - 80.00	135.00 - 150.00	42.00 - 60.00	2000.00 - 2500.00	150.00 - 160.00
Embilipitiya	60.00 - 80.00	40.00 - 50.00	120.00 - 140.00	30.00 - 50.00	-	120.00 - 150.00	70.00 - 100.00	-	2600.00 - 2800.00	160.00 - 180.00
Jaffna	-	-	-	-	-	-	-	-	-	-
Vavuniya	-	-	120.00 - 140.00	36.00 - 38.00	140.00 - 150.00	140.00 - 150.00	-	-	2450.00 - 2500.00	200.00 - 240.00
Mannar	-	-	150.00 - 180.00	70.00 - 78.00	-	80.00 - 90.00	130.00 - 150.00	120.00 - 150.00	2500.00 - 2500.00	180.00 - 190.00
Killinochchi	-	-	110.00 - 130.00	40.00 - 45.00	-	-	-	-	2400.00 - 2450.00	200.00 - 250.00
Mullaittivu	-	-	120.00 - 140.00	50.00 - 60.00	-	-	-	-	2400.00 - 2500.00	160.00 - 180.00
Batticaloa	-	-	180.00 - 200.00	25.00 - 35.00	100.00 - 120.00	115.00 - 150.00	100.00 - 110.00	-	2500.00 - 2600.00	180.00 - 200.00
Trincomalee	-	50.00 - 54.00	125.00 - 135.00	65.00 - 70.00	-	86.00 - 88.00	122.00 - 124.00	-	2440.00 - 2450.00	230.00 - 235.00
Veyangoda	-	-	110.00 - 130.00	38.00 - 45.00	110.00 - 150.00	65.00 - 68.00	125.00 - 135.00	35.00 - 40.00	2400.00 - 2500.00	150.00 - 180.00
Galenbindunuwewa	-	-	-	-	-	-	-	-	-	-
Bandarawela	-	-	140.00 - 160.00	40.00 - 45.00	-	90.00 - 110.00	100.00 - 150.00	50.00 - 60.00	2400.00 - 2500.00	180.00 - 200.00
Matale	-	-	120.00 - 130.00	30.00 - 35.00	140.00 - 150.00	80.00 - 100.00	70.00 - 70.00	50.00 - 60.00	2800.00 - 3000.00	120.00 - 160.00

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

Week 22: 30 May - 05 Jun 2025

Locations	Sea Fish					
	Salaya	Hurulla	Balaya	Kelawalla	Thora	Paraw
Colombo	650.00 – 800.00	1150.00 – 1550.00	1400.00 – 1600.00	1600.00 – 1900.00	3000.00 – 3700.00	1500.00 – 1700.00
Kandy	650.00 – 700.00	-	1300.00 – 1400.00	1800.00 – 2000.00	2500.00 – 2700.00	1500.00 – 1600.00
Kaluthara	550.00 – 600.00	-	1200.00 – 1300.00	1600.00 – 1700.00	-	-
Puttalam	-	-	-	-	-	-
Matara	500.00 – 550.00	-	1250.00 – 1400.00	1800.00 – 1900.00	-	-
Hambantota	-	-	-	-	-	-
Galle	-	-	1000.00 – 1200.00	1500.00 – 1600.00	-	1400.00 – 1500.00
Batticaloa	450.00 – 500.00	900.00 – 1000.00	1000.00 – 1200.00	1400.00 – 1500.00	-	-
Trincomalee	440.00 – 460.00	1050.00 – 1070.00	1100.00 – 1130.00	1850.00 – 1870.00	-	1500.00 – 1540.00
Mannar	-	-	-	-	-	-

Locations	Sea Fish				Eggs	
	Mora	Shrimps	Thalapath	Teppeli	Brown	White
Colombo	1200.00 – 1700.00	1200.00 – 1500.00	2300.00 – 3000.00	-	31.00 – 35.00	29.00 – 33.00
Kandy	1500.00 – 1600.00	1800.00 – 1900.00	2300.00 – 2400.00	-	32.00 – 33.00	30.00 – 32.00
Kaluthara	-	1600.00 – 1800.00	2000.00 – 2150.00	-	-	-
Puttalam	-	-	-	-	-	-
Matara	-	2000.00 – 2100.00	1900.00 – 2000.00	-	28.00 – 30.00	26.00 – 27.50
Hambantota	-	-	-	-	-	-
Galle	1200.00 – 1400.00	-	1800.00 – 1800.00	-	29.00 – 34.00	28.00 – 32.00
Batticaloa	1200.00 – 1300.00	1750.00 – 1800.00	2200.00 – 2300.00	-	30.00 – 30.00	28.00 – 28.00
Trincomalee	1700.00 – 1750.00	1020.00 – 1050.00	-	-	30.00 – 32.00	28.00 – 30.00
Mannar	1300.00 – 1300.00	1200.00 – 1200.00	-	-	34.00 – 34.00	32.00 – 32.00

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

Week 22: 30 May - 05 Jun 2025

Locations	Local Dried Fish					
	Sprats	Kattawa	Thora	Mora	Balaya	Anguluwa
Colombo	70000 – 75000	-	-	87500 – 110000	60000 – 95000	-
Kandy	70000 – 75000	-	-	97500 – 100000	70000 – 75000	-
Batticaloa	42500 – 45000	90000 – 97500	-	-	77500 – 80000	-
Trincomalee	52000 – 52250	-	-	-	54600 – 54800	48500 – 49000
Mannar	-	80000 – 105000	-	75000 – 75000	-	39000 – 40000

Locations	Local Dried Fish			Imported Dried Fish		
	Maduwa	Koduwa	Salaya	Sprats	Kattawa	Thora
Colombo	65000 – 85000	-	32500 – 40000	27500 – 42500	80000 – 95000	-
Kandy	70000 – 75000	-	42500 – 45000	32500 – 40000	90000 – 95000	-
Batticaloa	-	-	40000 – 42500	39500 – 40000	-	-
Trincomalee	50750 – 51000	-	28500 – 28600	42650 – 42750	98700 – 98750	-
Mannar	45000 – 48000	-	-	-	-	-

Locations	Imported Dried Fish					
	Mora	Balaya	Anguluwa	Maduwa	Koduwa	Salaya
Colombo	-	-	72500 – 90000	-	-	-
Kandy	-	-	-	-	-	-
Batticaloa	-	-	-	-	-	-
Trincomalee	-	-	-	-	-	-
Mannar	-	-	-	-	-	-

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

Week 22: 30 May - 05 Jun 2025

LOCATIONS	Sea Fish								Eggs	
	Salaya	Hurulla	Balaya	Kelawalla	Thora	Paraw	Mora	Thalapath	Brown	White
Colombo	800.00 - 1000.00	-	1600.00 - 1700.00	2000.00 - 3200.00	3200.00 - 5400.00	1700.00 - 3200.00	-	2800.00 - 3500.00	33.00 - 37.00	30.00 - 34.00
Gampaha	600.00 - 700.00	-	1800.00 - 1800.00	2000.00 - 2000.00	-	-	-	2800.00 - 2800.00	34.00 - 34.00	32.00 - 32.00
Kurunegala	600.00 - 700.00	-	1900.00 - 2000.00	2200.00 - 2200.00	-	2200.00 - 2300.00	-	2600.00 - 2700.00	30.00 - 33.00	28.00 - 30.00
Nikaweratiya	800.00 - 850.00	1400.00 - 1500.00	1300.00 - 1350.00	2800.00 - 2900.00	-	1400.00 - 1500.00	-	2800.00 - 2850.00	28.00 - 35.00	28.00 - 32.00
Dambulla	-	-	-	-	-	-	-	-	-	-
Anuradhapura	900.00 - 1000.00	-	1500.00 - 1800.00	2500.00 - 2600.00	-	1600.00 - 1800.00	-	2600.00 - 2800.00	-	30.00 - 32.00
Thambuththegama	-	-	-	-	-	-	-	-	33.00 - 35.00	32.00 - 34.00
Polonnaruwa	750.00 - 800.00	1200.00 - 1300.00	1750.00 - 1800.00	2200.00 - 2300.00	-	1600.00 - 1700.00	1700.00 - 1800.00	2300.00 - 2400.00	35.00 - 36.00	32.00 - 34.00
Kaluthara	900.00 - 1000.00	-	-	2800.00 - 3000.00	-	-	-	3000.00 - 3200.00	32.00 - 33.00	28.00 - 30.00
Badulla	600.00 - 600.00	1100.00 - 1100.00	1800.00 - 1800.00	2200.00 - 2200.00	2900.00 - 2900.00	1800.00 - 1800.00	1800.00 - 1800.00	2600.00 - 2600.00	32.00 - 34.00	28.00 - 30.00
Keppetipola	850.00 - 900.00	-	1600.00 - 1700.00	2200.00 - 2300.00	-	-	-	2500.00 - 2600.00	33.00 - 35.00	30.00 - 32.00
Moneragala	900.00 - 1000.00	-	1600.00 - 1800.00	2600.00 - 2700.00	-	-	-	2800.00 - 3000.00	32.00 - 35.00	30.00 - 32.00
Kegalle	900.00 - 1000.00	-	1900.00 - 2000.00	2700.00 - 2800.00	-	-	1750.00 - 1800.00	2650.00 - 2800.00	37.00 - 38.00	35.00 - 36.00
Ampara	-	-	-	-	-	-	-	-	-	30.00 - 32.00
Dehiattakandiya	700.00 - 700.00	-	1100.00 - 1100.00	-	-	-	1400.00 - 1800.00	2600.00 - 2600.00	30.00 - 32.00	29.00 - 30.00
Nuwaraeliya	900.00 - 950.00	-	1800.00 - 1900.00	2400.00 - 2500.00	-	-	-	2800.00 - 2900.00	33.00 - 34.00	30.00 - 33.00
Kandy	800.00 - 840.00	-	1600.00 - 1700.00	2600.00 - 2700.00	3200.00 - 3300.00	1700.00 - 1800.00	1750.00 - 1800.00	2600.00 - 2700.00	35.00 - 37.00	33.00 - 35.00
Puttalam	900.00 - 1000.00	1400.00 - 1500.00	1500.00 - 1600.00	1700.00 - 1800.00	-	1500.00 - 1600.00	-	-	32.00 - 35.00	30.00 - 32.00
Hambantota	-	-	-	-	-	-	-	-	-	-
Rathnapura	800.00 - 900.00	-	1400.00 - 1600.00	2300.00 - 2400.00	3600.00 - 3800.00	-	1700.00 - 1800.00	2450.00 - 2600.00	32.00 - 34.00	30.00 - 31.00
Matara	900.00 - 1000.00	-	1800.00 - 2100.00	2300.00 - 2400.00	-	-	-	2400.00 - 2500.00	30.00 - 32.00	28.00 - 30.00
Galle	800.00 - 900.00	-	1500.00 - 1800.00	2800.00 - 2800.00	2800.00 - 3000.00	-	1800.00 - 2000.00	2800.00 - 3000.00	30.00 - 35.00	28.00 - 34.00
Tissamaharama	-	-	-	-	-	-	-	-	-	-
Meegoda	-	-	-	-	-	-	-	-	35.00 - 36.00	32.00 - 35.00
Embilipitiya	850.00 - 900.00	-	1600.00 - 1700.00	2550.00 - 2600.00	-	1700.00 - 1800.00	1600.00 - 1700.00	2550.00 - 2600.00	32.00 - 34.00	30.00 - 32.00
Jaffna	-	-	-	-	-	-	-	-	-	-
Vavuniya	600.00 - 700.00	1000.00 - 1150.00	1200.00 - 1300.00	2400.00 - 2500.00	-	1600.00 - 1700.00	1800.00 - 1900.00	2400.00 - 2500.00	32.00 - 34.00	30.00 - 32.00
Mannar	-	-	-	-	-	1200.00 - 1300.00	-	-	34.00 - 34.00	32.00 - 32.00
Killinochchi	500.00 - 550.00	-	980.00 - 1000.00	-	-	1500.00 - 1550.00	-	-	-	32.00 - 33.00
Mullaittivu	500.00 - 600.00	1000.00 - 1200.00	1000.00 - 1000.00	2100.00 - 2200.00	-	1600.00 - 1700.00	-	-	-	28.00 - 30.00
Batticaloa	600.00 - 700.00	1200.00 - 1300.00	1400.00 - 1500.00	2000.00 - 2200.00	-	-	1500.00 - 1600.00	2700.00 - 2800.00	32.00 - 32.00	30.00 - 30.00
Trincomalee	580.00 - 600.00	1150.00 - 1170.00	1220.00 - 1240.00	2320.00 - 2350.00	-	1650.00 - 1680.00	1850.00 - 1870.00	-	33.00 - 34.00	30.00 - 32.00
Veyangoda	900.00 - 900.00	-	-	2200.00 - 2200.00	-	-	-	2600.00 - 2600.00	32.00 - 35.00	30.00 - 33.00
Galenbindunuwewa	-	-	-	-	-	-	-	-	-	-
Bandarawela	600.00 - 650.00	-	1800.00 - 1800.00	-	-	1800.00 - 1900.00	-	-	35.00 - 36.00	32.00 - 34.00
Matale	720.00 - 800.00	1200.00 - 1400.00	1400.00 - 1500.00	2500.00 - 2600.00	2800.00 - 3000.00	1600.00 - 1700.00	1800.00 - 1900.00	2600.00 - 2800.00	34.00 - 35.00	32.00 - 33.00

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

Week 22: 30 May - 05 Jun 2025

LOCATIONS	Dried Fish													
	Sprats-Imported		Kattawa		Thora		Mora		Balaya		Anguluwa		Salaya	
Colombo	900.00	1200.00	2400.00	2800.00	-	-	2200.00	2800.00	1600.00	2600.00	2300.00	2400.00	1200.00	1200.00
Gampaha	800.00	850.00	-	-	3600.00	3600.00	2400.00	2400.00	1600.00	1600.00	2400.00	2400.00	980.00	1000.00
Kurunegala	800.00	900.00	-	-	-	-	2200.00	2300.00	1300.00	1400.00	-	-	900.00	900.00
Nikaweratiya	800.00	1000.00	2200.00	2400.00	-	-	2400.00	2600.00	2000.00	2200.00	2400.00	2500.00	1000.00	1200.00
Dambulla	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Anuradhapura	900.00	1100.00	2300.00	2400.00	-	-	2300.00	2500.00	1800.00	2200.00	2300.00	2400.00	1000.00	1200.00
Thambuththegama	800.00	1000.00	2000.00	2200.00	-	-	2200.00	2400.00	1500.00	1650.00	2200.00	2400.00	1000.00	1200.00
Polonnaruwa	1000.00	1100.00	2100.00	2200.00	-	-	2300.00	2400.00	1800.00	2000.00	2100.00	2200.00	-	-
Kaluthara	1000.00	1200.00	2380.00	2500.00	-	-	2400.00	2600.00	1400.00	1500.00	2300.00	2400.00	-	-
Badulla	800.00	800.00	2400.00	2400.00	-	-	2400.00	2400.00	1800.00	1800.00	1600.00	1600.00	-	-
Keppetipola	800.00	900.00	2280.00	2300.00	-	-	2200.00	2250.00	1450.00	1520.00	2350.00	2400.00	900.00	950.00
Moneragala	1000.00	1200.00	2200.00	2300.00	-	-	2300.00	2400.00	2000.00	2200.00	2300.00	2400.00	-	-
Kegalle	850.00	1040.00	2300.00	2800.00	-	-	2200.00	2600.00	1300.00	1800.00	-	-	-	-
Ampara	800.00	1000.00	2000.00	2400.00	-	-	2200.00	2400.00	1600.00	2000.00	1200.00	2000.00	-	-
Dehiattakandiya	950.00	1200.00	2200.00	2400.00	-	-	2200.00	2200.00	1800.00	2200.00	1400.00	1500.00	-	-
Nuwaraeliya	860.00	900.00	2450.00	2500.00	2900.00	3000.00	2300.00	2400.00	1600.00	1650.00	2200.00	2400.00	1000.00	1100.00
Kandy	800.00	1000.00	2300.00	2400.00	3200.00	3300.00	2300.00	2400.00	1900.00	2000.00	2100.00	2200.00	1000.00	1100.00
Puttalam	900.00	1000.00	2600.00	2800.00	-	-	2200.00	2400.00	1600.00	1800.00	2000.00	2400.00	1000.00	1200.00
Hambantota	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Rathnapura	800.00	980.00	2300.00	2600.00	3560.00	3560.00	2300.00	2600.00	1800.00	2300.00	2200.00	2400.00	-	-
Matara	800.00	900.00	2000.00	2200.00	-	-	2000.00	2200.00	1400.00	1600.00	2000.00	2200.00	-	-
Galle	800.00	1200.00	2200.00	2500.00	-	-	2400.00	2400.00	1800.00	2400.00	2000.00	2200.00	-	-
Tissamaharama	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Meegoda	800.00	1000.00	2200.00	2400.00	-	-	2100.00	2400.00	-	-	2200.00	2400.00	800.00	800.00
Embilipitiya	900.00	1200.00	2300.00	2400.00	-	-	2250.00	2400.00	2350.00	2500.00	2300.00	2400.00	900.00	1000.00
Jaffna	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Vavuniya	-	-	1800.00	1900.00	-	-	2400.00	2500.00	1000.00	1150.00	1200.00	1300.00	-	-
Mannar	1050.00	1100.00	1800.00	1800.00	-	-	1800.00	1900.00	-	-	-	-	800.00	850.00
Killinochchi	900.00	950.00	2400.00	2500.00	-	-	1850.00	1900.00	1300.00	1400.00	980.00	1000.00	800.00	850.00
Mullaittivu	940.00	960.00	1900.00	2000.00	-	-	2500.00	2600.00	1000.00	1100.00	1000.00	1000.00	-	-
Batticaloa	950.00	1100.00	2400.00	2500.00	-	-	-	-	1900.00	2000.00	-	-	1200.00	1200.00
Trincomalee	1040.00	1060.00	2350.00	2370.00	-	-	-	-	1250.00	1270.00	1180.00	1200.00	-	-
Veyangoda	800.00	1120.00	2000.00	2000.00	-	-	2100.00	2400.00	-	-	2000.00	2200.00	1000.00	1000.00
Galenbindunuwewa	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Bandarawela	800.00	1200.00	2200.00	2300.00	-	-	2300.00	2400.00	1700.00	1800.00	2200.00	2300.00	900.00	1100.00
Matale	800.00	1000.00	2200.00	2400.00	-	-	2200.00	2400.00	1700.00	1800.00	2300.00	2400.00	900.00	1100.00

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

Week 22: 30 May - 05 Jun 2025

LOCATIONS	Meat	Meat (Chicken)		Meat	
	Beef	Broiler	Curry	Mutton	Pork
Colombo	2600.00 - 2800.00	1180.00 - 1300.00	1000.00 - 1280.00	3400.00 - 4000.00	1800.00 - 2200.00
Gampaha	-	1200.00 - 1200.00	1250.00 - 1250.00	3500.00 - 3500.00	-
Kurunegala	2800.00 - 2800.00	1050.00 - 1200.00	1250.00 - 1250.00	3200.00 - 3200.00	-
Nikaweratiya	2200.00 - 2400.00	1200.00 - 1400.00	-	-	-
Dambulla	-	-	-	-	-
Anuradhapura	2600.00 - 2700.00	1100.00 - 1150.00	1250.00 - 1300.00	3600.00 - 3700.00	1500.00 - 1800.00
Thambuththegama	-	1000.00 - 1100.00	-	-	1360.00 - 1500.00
Polonnaruwa	2300.00 - 2400.00	1000.00 - 1100.00	1200.00 - 1300.00	3300.00 - 3400.00	-
Kaluthara	2500.00 - 2500.00	1100.00 - 1200.00	1080.00 - 1100.00	-	1400.00 - 1500.00
Badulla	2300.00 - 2300.00	1100.00 - 1350.00	-	3200.00 - 3200.00	-
Keppetipola	-	1250.00 - 1260.00	1340.00 - 1350.00	3200.00 - 3300.00	-
Moneragala	2800.00 - 2800.00	1050.00 - 1300.00	-	3400.00 - 3400.00	1800.00 - 1800.00
Kegalle	2500.00 - 2500.00	1200.00 - 1300.00	-	3100.00 - 3100.00	-
Ampara	2200.00 - 2200.00	1050.00 - 1150.00	-	-	2300.00 - 2400.00
Dehiattakandiya	-	1190.00 - 1250.00	-	-	1850.00 - 1900.00
Nuwaraeliya	2500.00 - 2600.00	1240.00 - 1280.00	1350.00 - 1380.00	3200.00 - 3400.00	1500.00 - 1600.00
Kandy	2300.00 - 2400.00	1180.00 - 1200.00	1200.00 - 1220.00	3400.00 - 3400.00	1600.00 - 1650.00
Puttalam	2500.00 - 2500.00	1250.00 - 1250.00	1400.00 - 1400.00	3800.00 - 3800.00	-
Hambantota	-	-	-	-	-
Rathnapura	2600.00 - 2600.00	1150.00 - 1200.00	1350.00 - 1400.00	3500.00 - 3500.00	2000.00 - 2000.00
Matara	-	1220.00 - 1240.00	-	-	-
Galle	2400.00 - 2600.00	1200.00 - 1250.00	-	3400.00 - 3400.00	-
Tissamaharama	-	-	-	-	-
Meegoda	-	1250.00 - 1280.00	1200.00 - 1250.00	-	2000.00 - 2100.00
Embilipitiya	2000.00 - 2100.00	1100.00 - 1250.00	1250.00 - 1300.00	3150.00 - 3500.00	1800.00 - 2000.00
Jaffna	-	-	-	-	-
Vavuniya	2100.00 - 2200.00	1300.00 - 1340.00	1600.00 - 1700.00	3200.00 - 3300.00	-
Mannar	2100.00 - 2200.00	1330.00 - 1330.00	-	-	-
Killinochchi	2150.00 - 2200.00	1200.00 - 1250.00	1450.00 - 1500.00	3200.00 - 3300.00	-
Mullaittivu	2200.00 - 2200.00	1300.00 - 1350.00	1400.00 - 1450.00	-	-
Batticaloa	2100.00 - 2200.00	1150.00 - 1200.00	1250.00 - 1300.00	3500.00 - 3600.00	-
Trincomalee	2300.00 - 2350.00	1100.00 - 1150.00	1760.00 - 1800.00	3550.00 - 3580.00	-
Veyangoda	2450.00 - 2500.00	1200.00 - 1300.00	-	-	1700.00 - 1800.00
Galenbindunuwewa	-	-	-	-	-
Bandarawela	2300.00 - 2400.00	1150.00 - 1250.00	-	3300.00 - 3400.00	-
Matale	2300.00 - 2500.00	1150.00 - 1240.00	1300.00 - 1350.00	3200.00 - 3400.00	1500.00 - 1600.00

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

Week 22: 30 May - 05 Jun 2025

COMMODITY	Range	Average Price			Change Compared to		COMMODITY	Range	Average Price			Change Compared to						
		This Week	Last Week	Last Year	Last Week (%)	Last Year (%)			This Week	Last Week	Last Year	Last Week (%)	Last Year (%)					
Rice							Coconut											
Local							Large						175.00 - 195.00	184.00	190.00	102.50	-3.16	79.51
Samba 1	240.00 - 250.00	243.13	241.67	237.10	0.60	2.54	Small						155.00 - 165.00	160.00	163.00	87.13	-1.84	83.64
Samba 2	235.00 - 238.00	236.50	236.50	229.50	0.00	3.05	Fruits (Rs/fruit)											
Keeri Samba	270.00 - 300.00	283.33	284.00	312.00	-0.23	-9.19	Plantain											
Nadu 1	225.00 - 230.00	228.00	227.17	212.22	0.37	7.43	Ambul (Rs/kg)						50.00 - 100.00	73.00	66.00	100.00	10.61	-27.00
Nadu 2	220.00 - 222.00	221.00	221.00	204.43	0.00	8.11	Kolikuttu (Rs/kg)						150.00 - 200.00	174.00	158.00	283.33	10.13	-38.59
Raw (Red)	210.00 - 215.00	212.43	213.00	184.00	-0.27	15.45	Seeni (Rs/kg)						70.00 - 100.00	86.00	73.00	100.00	17.81	-14.00
Raw (White)	210.00 - 215.00	212.71	212.83	205.00	-0.06	3.76	Anamalu						20.00 - 28.00	24.60	25.90	21.25	-5.02	15.76
Imported							Ambun						30.00 - 38.00	35.10	35.80	27.33	-1.96	28.41
Samba	230.00 - 240.00	235.00	232.50	265.63	1.08	-11.53	Papaw(Rs/kg)						80.00 - 120.00	106.00	97.50	85.83	8.72	23.50
Nadu							Passion Fruit						30.00 - 40.00	35.00	33.13	69.00	5.66	-49.28
Raw (Red)							Pineapple Large						280.00 - 350.00	306.67	328.33	730.00	-6.60	-57.99
Raw (White)	205.00 - 210.00	208.00	207.50		0.24		Pineapple Medium						220.00 - 270.00	236.67	253.33	521.43	-6.58	-54.61
Dried Chillies							Pineapple Small						180.00 - 210.00	191.11	200.00	417.14	-4.44	-54.19
Imported	500.00 - 550.00	525.00	541.67	761.43	-3.08	-31.05	Mango											
Onion							Betti											
Sinnan			206.67				Karthakolomban						130.00 - 160.00	152.00	162.22	65.56	-6.30	131.86
Vedalan				439.44			Vilad											
Imported	300.00 - 400.00	347.50	350.00	365.00	-0.71	-4.79	Kohu											
Big Onion							Other											
Imported	80.00 - 110.00	95.71	92.50	183.33	3.47	-47.79	Wood Apple						100.00 - 130.00	118.00	123.00	150.00	-4.07	-21.33
Local							Orange						80.00 - 100.00	87.00	70.00	91.25	24.29	-4.66
Potato							Avocado						100.00 - 130.00	119.00	146.67	72.00	-18.86	65.28
Welimada							Slime Apple						20.00 - 40.00	27.00	26.67	19.33	1.25	39.66
N'Eliya	320.00 - 350.00	335.00	290.00	290.00	15.52	15.52	Grapes (Imp., Rs/kg)						1700.00 - 2000.00	1883.33	1783.33	1673.33	5.61	12.55
Imported	130.00 - 200.00	161.67	180.00	155.56	-10.19	3.93	King Coconut						100.00 - 160.00	132.00	135.00	162.50	-2.22	-18.77
Pulses							Sea Fish											
Green Gram	700.00 - 825.00	762.50	750.00	1016.67	1.67	-25.00	Salaya						650.00 - 800.00	715.00	544.44	440.83	31.33	62.19
Cowpea (White)	650.00 - 700.00	683.33	660.00	778.57	3.54	-12.23	Hurulla						1150.00 - 1550.00	1330.00	1094.44	641.67	21.52	107.27
Cowpea (Red)	700.00 - 800.00	750.00	542.00	742.86	38.38	0.96	Balaya						1400.00 - 1600.00	1460.00	1261.11	997.50	15.77	46.37
Red Dhal	250.00 - 255.00	252.00	252.00	277.14	0.00	-9.07	Kelawalla						1600.00 - 1900.00	1795.00	1777.78	1311.67	0.97	36.85
Vegetable							Thora						3000.00 - 3700.00	3420.00	2788.89	2383.33	22.63	43.50
Beans (Butter)							Paraw						1500.00 - 1700.00	1560.00	1550.00	1335.83	0.65	16.78
Beans (Green)	200.00 - 550.00	375.00	296.00	612.00	26.69	-38.73	Mora						1200.00 - 1700.00	1445.00	1377.78	990.00	4.88	45.96
Carrot	500.00 - 600.00	563.00	585.00	130.00	-3.76	333.08	Shrimps						1200.00 - 1500.00	1350.00	1400.00	1722.31	-3.57	-21.62
Leeks	180.00 - 250.00	208.00	198.00	267.00	5.05	-22.10	Thalapath						2300.00 - 3000.00	2700.00	2488.89	2020.83	8.48	33.61
Beetroot	320.00 - 480.00	405.00	459.29	311.54	-11.82	30.00	Eggs											
Knolkhol	200.00 - 300.00	250.00	224.00	180.00	11.61	38.89	Brown						31.00 - 35.00	33.00	30.78	47.38	7.22	-30.34
Raddish	100.00 - 150.00	134.00	125.00	143.00	7.20	-6.29	White						29.00 - 33.00	30.89	28.56	45.19	8.17	-31.64
Cabbage	250.00 - 350.00	308.00	300.00	70.00	2.67	340.00	Dried Fish											
Tomato	450.00 - 600.00	513.00	526.00	120.00	-2.47	327.50	Sprats						1400.00 - 1500.00	1472.22	1487.50	1570.83	-1.03	-6.28
Ladies Fingers	50.00 - 130.00	85.00	100.00	116.00	-15.00	-26.72	Sprats (Imported)						550.00 - 850.00	706.25	625.00	785.83	13.00	-10.13
Brinjal	300.00 - 400.00	354.00	350.00	242.00	1.14	46.28	Kattawa											
Capsicum	600.00 - 750.00	685.00	665.00	221.00	3.01	209.95	Kattawa (Imported)						1600.00 - 1900.00	1777.78	1762.50	1395.83	0.87	27.36
Pumpkin	100.00 - 130.00	114.00	130.00	72.00	-12.31	58.33	Thora											
Cucumber	40.00 - 70.00	55.00	45.00	111.00	22.22	-50.45	Thora (Imported)											
Bitter Gourd	400.00 - 500.00	459.00	398.18	362.00	15.27	26.80	Mora						1750.00 - 2200.00	1975.00	1962.50	1839.17	0.64	7.39
Snake Gourd	150.00 - 250.00	215.00	206.00	286.00	4.37	-24.83	Mora (Imported)											
Drumstick	700.00 - 900.00	780.00	646.15		20.71		Balaya						1200.00 - 1900.00	1577.78	1462.50	1055.83	7.88	49.43
Luffa	150.00 - 200.00	186.00	176.00	298.00	5.68	-37.58	Balaya (Imported)											
Long Beans	120.00 - 200.00	162.00	176.00	207.00	-7.95	-21.74	Anguluwa											
Ash Plantain	60.00 - 120.00	79.00	67.00	119.00	17.91	-33.61	Anguluwa (Imported)						1450.00 - 1800.00	1616.67	1600.00	1416.00	1.04	14.17
Green Chillies	400.00 - 600.00	487.00	283.00	106.00	72.08	359.43	Maduwa						1300.00 - 1700.00	1516.67	1487.50	1500.00	1.96	1.11
Lime	250.00 - 300.00	281.00	276.00	1000.00	1.81	-71.90	Maduwa (Imported)											
Root Crops							Koduwa											
Sweet Potato	160.00 - 200.00	176.00	206.00	140.00	-14.56	25.71	Koduwa (Imported)											
Manioc	80.00 - 120.00	100.00	100.00	92.00	0.00	8.70	Salaya						650.00 - 800.00	737.50	856.25	525.83	-13.87	40.25
Leafy Vegetable							Salaya (Imported)											
Mukunuwenna	32.00 - 38.00	35.30	32.50	48.33	8.62	-26.97												
Kankun	32.00 - 38.00	35.30	32.50	48.33	8.62	-26.97												
Gotukola (Rs/kg)	300.00 - 320.00	312.00	310.00	283.33	0.65	10.12												

This Week: Week 22: 30 May - 05 Jun 2025

Last Week: Week 21: 23 - 29 May 2025

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

Week 22: 30 May - 05 Jun 2025

COMMODITY	Range	Average Price			Change Compared to		COMMODITY	Range	Average Price			Change Compared to								
		This Week	Last Week	Last Year	Last Week (%)	Last Year (%)			This Week	Last Week	Last Year	Last Week (%)	Last Year (%)							
Rice							Coconut													
Local							Large						200.00 · 230.00 215.75 215.50 110.71 0.25 94.87							
Samba 1							245.00 · 260.00 251.67 248.08 251.89 3.59 -0.09						Small		180.00 · 200.00 195.00 195.25 89.60 -0.25 117.63					
Samba 2																				
Keeri Samba							280.00 · 320.00 286.67 290.00 365.26 -3.33 -21.52						Fruits (Rs/fruit)							
Nadu 1							230.00 · 250.00 234.21 233.33 225.00 0.88 4.09						Plantain							
Nadu 2													Ambul (Rs/kg)						100.00 · 180.00 145.00 144.00 196.21 1.00 -26.10	
Raw (Red)							220.00 · 240.00 223.81 226.36 200.83 -2.55 11.44						Kolikutu (Rs/kg)						200.00 · 320.00 271.43 269.00 389.26 2.43 -30.27	
Raw (White)							220.00 · 230.00 223.50 224.76 216.67 -1.26 3.15						Seeni (Rs/kg)						100.00 · 200.00 160.95 159.44 206.00 1.51 -21.87	
Imported													Anamalu						25.00 · 50.00 38.24 40.13 35.46 -1.90 7.82	
Samba							240.00 · 260.00 251.11 250.77 279.57 0.34 -10.18						Ambun						35.00 · 70.00 52.35 55.47 46.12 -3.11 13.53	
Nadu							220.00 · 230.00 227.50 235.00 -7.50						Papaw(Rs/kg)						120.00 · 250.00 182.22 173.33 180.38 8.89 1.02	
Raw (Red)													Passion Fruit						40.00 · 80.00 57.69 56.47 90.09 1.22 -35.96	
Raw (White)							210.00 · 220.00 218.00 216.67 1.33						Pineapple Large						330.00 · 460.00 379.23 434.38 827.14 -55.14 -54.15	
Dried Chillies													Pineapple Medium						250.00 · 350.00 294.67 324.71 632.73 -30.04 -53.43	
Imported							650.00 · 900.00 778.42 780.00 1050.00 -1.58 -25.86						Pineapple Small						200.00 · 280.00 235.33 262.35 434.12 -27.02 -45.79	
Onion													Mango							
Sinnan													Betti							
Vedalan													Karthakolomban						140.00 · 270.00 194.17 209.17 116.20 -15.00 67.10	
Imported							400.00 · 520.00 468.89 472.17 457.00 -3.29 2.60						Vilad							
Big Onion													Kohu							
Imported							120.00 · 180.00 150.43 145.86 230.59 4.57 -34.76						Other							
Local													Wood Apple						140.00 · 300.00 210.91 232.50 165.83 -21.59 27.18	
Potato													Orange						100.00 · 200.00 150.83 128.00 122.00 22.83 23.63	
Welimada													Avocado						150.00 · 250.00 198.57 204.00 122.50 -5.43 62.10	
N'Eliya							380.00 · 480.00 438.00 435.00 400.95 3.00 9.24						Slime Apple						40.00 · 120.00 90.00 67.27 65.55 22.73 37.30	
Imported							180.00 · 260.00 230.00 236.32 210.53 -6.32 9.25						Grapes (Imp., Rs/kg)						1900.00 · 3000.00 2585.71 2545.45 2205.00 40.26 17.27	
Pulses													King Coconut						160.00 · 200.00 186.67 186.88 203.50 -0.21 -8.27	
Green Gram							800.00 · 1100.00 910.63 899.00 1380.95 11.63 -34.06						Sea Fish							
Cowpea (White)							750.00 · 1000.00 872.73 832.35 1042.86 40.37 -16.31						Salaya						800.00 · 1000.00 898.24 688.82 735.00 209.41 22.21	
Cowpea (Red)							800.00 · 1000.00 874.00 791.88 1033.33 82.13 -15.42						Hurulla							
Red Dhal							270.00 · 320.00 288.64 286.79 330.00 1.85 -12.53						Balaya						1600.00 · 1700.00 1614.29 1500.00 1390.91 114.29 16.06	
Vegetable													Kelawalla						2000.00 · 3200.00 2683.33 2633.33 2129.09 50.00 26.03	
Beans (Butter)													Thora						3200.00 · 5400.00 4100.00 3500.00 2893.75 600.00 41.68	
Beans(Green)							320.00 · 600.00 446.82 434.58 846.67 12.23 -47.23						Paraw						1700.00 · 3200.00 2492.86 2128.57 2228.82 364.29 11.85	
Carrot							600.00 · 800.00 747.37 707.31 297.93 40.06 150.85						Mora							
Leeks							320.00 · 560.00 397.39 364.00 460.69 33.39 -13.74						Shrimps						1600.00 · 2600.00 2144.44 2192.86 2076.09 -48.41 3.29	
Beetroot							480.00 · 680.00 584.29 684.40 542.67 -100.11 7.67						Thalpath						2800.00 · 3500.00 3138.89 3005.88 2745.24 133.01 14.34	
Knolkhol							300.00 · 600.00 442.67 439.09 390.00 3.58 13.50						Eggs							
Raddish							160.00 · 400.00 273.33 236.00 315.19 37.33 -13.28						Brown						33.00 · 37.00 34.88 33.23 49.70 1.65 -29.82	
Cabbage							380.00 · 560.00 470.91 451.60 255.71 19.31 84.15						White						30.00 · 34.00 32.88 31.46 47.32 1.42 -30.51	
Tomato							600.00 · 800.00 733.64 776.54 241.25 -42.90 204.10						Dried Fish							
Ladies Fingers							160.00 · 400.00 293.48 306.00 276.33 -12.52 6.20						Sprats						1600.00 · 2000.00 1940.00 1733.33 1759.38 206.67 10.27	
Brijjal							320.00 · 600.00 477.92 475.83 401.07 2.08 19.16						Sprats (Imported)						900.00 · 1200.00 1111.11 961.76 1018.75 149.35 9.07	
Capsicum							650.00 · 1200.00 929.57 923.20 379.31 6.37 145.07						Kattawa						2400.00 · 2800.00 2450.00 2378.95 2035.00 71.05 20.39	
Pumpkin							160.00 · 320.00 258.18 270.77 201.00 -12.59 28.45						Thora							
Cucumber							120.00 · 300.00 204.76 179.63 251.33 25.13 -18.53						Mora						2200.00 · 2800.00 2570.00 2555.56 2547.06 14.44 0.90	
Bitter Gourd							480.00 · 600.00 559.50 534.17 590.34 25.33 -5.22						Balaya						1600.00 · 2600.00 2026.67 1800.00 1915.38 226.67 5.81	
Snake Gourd							240.00 · 480.00 375.00 367.20 390.67 7.80 -4.01						Anguluwa						2300.00 · 2400.00 2383.33 2291.67 2150.00 91.67 10.85	
Drumstick							1000.00 · 1400.00 1173.33 1166.67 991.30 6.67 18.36						Maduwa						1500.00 · 1800.00 1660.00 1633.33 26.67	
Luffa							260.00 · 580.00 386.88 363.33 468.15 23.54 -17.36						Koduwa							
Long Beans							260.00 · 450.00 345.26 360.42 380.00 -15.15 -9.14						Salaya						1200.00 · 1200.00 1200.00 1203.13 965.00 -3.13 24.35	
Ash Plantain							120.00 · 350.00 234.29 221.60 314.48 12.69 -25.50						Meat							
Green Chillies							500.00 · 1000.00 766.09 502.17 398.53 263.91 92.23						Beef (without Bones)						2600.00 · 2800.00 2714.29 2700.00 2466.67 14.29 10.04	
Lime							350.00 · 800.00 620.87 533.60 1710.00 87.27 -63.69						Chicken (Broiler)						1180.00 · 1300.00 1251.54 1196.36 1225.38 55.17 2.13	
Root Crops													Chicken (Curry)						1000.00 · 1280.00 1147.27 1117.50 1187.27 29.77 -3.37	
Sweet Potato							230.00 · 480.00 298.57 312.61 314.29 -14.04 -5.00						Mutton						3400.00 · 4000.00 3750.00 3700.00 3370.00 50.00 11.28	
Manioc							160.00 · 240.00 210.00 211.85 238.97 -1.85 -12.12						Pork						1800.00 · 2200.00 2000.00 1920.00 1383.33 80.00 44.58	
Leafy Vegetable																				
Mukunuwenna							50.00 · 80.00 75.00 74.44 76.21 0.56 -1.58													
Kankun							50.00 · 80.00 75.00 74.44 76.21 0.56 -1.58													
Gotukola							180.00 · 320.00 253.89 254.44 103.08 -0.56 146.31													

This Week: Week 22: 30 May - 05 Jun 2025
 Last Week: Week 21: 23 - 29 May 2025

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

Week 22: 30 May - 05 Jun 2025

COMMODITY	Range	Average Price	COMMODITY	Range	Average Price	COMMODITY	Range	Average Price
<u>Paddy</u>			<u>Vegetable (Up Country)</u>			<u>Snake Gourd</u>		
Short Grain			Beans			Dambulla	-	
A'pura	134.00 - 140.00	136.40	Dambulla	-		Hambantota	-	
P'naruwa	138.00 - 141.00	139.20	Welimada	350.00 - 380.00	365.00	Embilipitiya	150.00 - 180.00	165.00
Kalawewa	138.00 - 140.00	139.00	Badulla	280.00 - 310.00	296.67	Matara	-	
Kurunegala	133.00 - 136.00	134.50	Carrot			A'pura	180.00 - 200.00	188.00
Dehiattakandiya	128.00 - 130.00	128.67	N'Eliya	640.00 - 660.00	648.00	Luffa		
Nikaweratiya	135.00 - 138.00	136.80	Welimada	600.00 - 630.00	619.00	Dambulla	-	
Ampara	132.00 - 135.00	133.33	Hanguranketha	-		Hambantota	-	
Long Grain (White)			Leeks			Embilipitiya	200.00 - 230.00	212.50
A'pura	129.00 - 132.00	130.20	N'Eliya	230.00 - 245.00	236.00	Matara	-	
P'naruwa	130.00 - 133.00	131.40	Welimada	230.00 - 250.00	238.00	A'pura	180.00 - 200.00	188.00
Kalawewa	128.00 - 132.00	130.80	Beetroot			Green Chillies		
Kurunegala	125.00 - 128.00	126.67	N'Eliya	320.00 - 330.00	325.00	Dambulla	-	
Dehiattakandiya	126.00 - 127.00	126.67	Dambulla	-		Hambantota	-	
Embilipitiya	-		Kurunegala	-		Embilipitiya	500.00 - 550.00	527.50
Nikaweratiya	128.00 - 132.00	130.00	Welimada	300.00 - 325.00	318.00	Puttalam	350.00 - 475.00	412.50
Hambantota	-		Hanguranketha	-		A'pura	600.00 - 650.00	620.00
Ampara	122.00 - 125.00	123.67	Knol Khol			Pumpkin		
Long Grain (Red)			N'Eliya	240.00 - 260.00	250.00	Dambulla	-	
Matara	125.00 - 128.00	126.33	Welimada	260.00 - 280.00	269.00	Hambantota	-	
Hambantota	-		Hanguranketha	-		Embilipitiya	100.00 - 130.00	118.75
Embilipitiya	125.00 - 128.00	126.33	Raddish			Matara	100.00 - 120.00	110.00
Keeri Samba			N'Eliya	80.00 - 90.00	84.00	A'pura	90.00 - 110.00	98.00
A'pura	151.00 - 156.00	153.00	Welimada	45.00 - 55.00	51.00	Moneragala	80.00 - 90.00	84.00
P'naruwa	150.00 - 152.00	150.80	Hambantota	-		Cucumber		
Kalawewa	148.00 - 155.00	151.40	Hanguranketha	-		A'pura	30.00 - 40.00	34.00
Kurunegala	140.00 - 144.00	142.00	Cabbage			Dambulla	-	
Dehiattakandiya	147.00 - 149.00	148.00	N'Eliya	280.00 - 300.00	287.00	Hambantota	-	
Red Onion			Welimada	260.00 - 280.00	269.00	Matara	28.00 - 35.00	31.00
Puttalam	238.00 - 285.00	255.75	Badulla	280.00 - 310.00	296.67	Long Beans		
Jaffna	-		Hanguranketha	-		Dambulla	-	
Big Onion			Tomato			Hambantota	-	
Dambulla	-		Welimada	350.00 - 380.00	365.00	Embilipitiya	220.00 - 240.00	230.00
Kalawewa	-		Hambantota	-		Matara	160.00 - 180.00	170.00
A'pura	-		Dambulla	-		A'pura	160.00 - 180.00	168.00
Potato			Hanguranketha	-		Ash Plantain		
N'Eliya	250.00 - 260.00	255.00	Vegetable (Low Country)			Hambantota	-	
Badulla	260.00 - 270.00	265.00	Ladies Fingers			Embilipitiya	30.00 - 40.00	35.00
Welimada	260.00 - 275.00	268.00	A'pura	100.00 - 120.00	108.00	Matara	60.00 - 70.00	65.00
Pulses			Dambulla	-		Lime		
Green Gram			Hambantota	-		Hambantota	-	
Hambantota	-		Embilipitiya	80.00 - 100.00	92.50	Embilipitiya	300.00 - 320.00	307.50
Moneragala	480.00 - 500.00	488.00	Matara	75.00 - 80.00	78.33	Moneragala	200.00 - 220.00	208.00
Embilipitiya	570.00 - 580.00	575.00	Brinjal			Fruits (Rs/kg)		
Nikaweratiya	600.00 - 650.00	616.67	A'pura	300.00 - 320.00	308.00	Banana		
A'pura	480.00 - 520.00	496.00	Dambulla	-		Ambul		
Cowpea			Hambantota	-		Moneragala	30.00 - 40.00	34.00
Hambantota	-		Embilipitiya	240.00 - 260.00	250.00	Embilipitiya	15.00 - 30.00	22.00
Nikaweratiya	500.00 - 550.00	516.67	Matara	250.00 - 280.00	263.33	Hambantota	-	
Moneragala	400.00 - 450.00	420.00	Welimada	255.00 - 280.00	266.00	Kolikuttu		
Embilipitiya	530.00 - 540.00	535.00	Capsicum			Moneragala	120.00 - 140.00	128.00
Maize			Badulla	620.00 - 660.00	643.33	Embilipitiya	60.00 - 100.00	78.00
A'pura	-		Welimada	600.00 - 650.00	625.00	Hambantota	-	
Kalawewa	-		Bitter Gourd			Papaw		
Gingelly			A'pura	400.00 - 420.00	408.00	Moneragala	50.00 - 60.00	54.00
A'pura	-		Dambulla	-		Embilipitiya	65.00 - 75.00	70.00
Kalawewa	-		Hambantota	-		Hambantota	-	
Black Gram			Embilipitiya	420.00 - 450.00	433.33	Pineapple		
A'pura	-		Matara	340.00 - 360.00	350.00	Divulapitiya	-	
Kalawewa	-							

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

Week 22: 30 May - 05 Jun 2025

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CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<i>Rice</i>									
Local									
Samba 1	245.00 - 245.00	260.00 - 260.00	250.00 - 260.00	250.00 - 250.00	250.00 - 250.00	250.00 - 250.00	245.00 - 260.00	-	245.00 - 260.00
Samba 2	-	-	-	-	-	-	-	-	-
Keeri Samba	280.00 - 280.00	280.00 - 280.00	280.00 - 280.00	280.00 - 280.00	320.00 - 320.00	320.00 - 320.00	280.00 - 280.00	-	280.00 - 280.00
Nadu 1	230.00 - 240.00	230.00 - 230.00	230.00 - 240.00	230.00 - 230.00	230.00 - 250.00	250.00 - 250.00	230.00 - 240.00	230.00 - 230.00	230.00 - 230.00
Nadu 2	-	-	-	-	-	-	-	-	-
Raw (Red)	220.00 - 230.00	220.00 - 220.00	220.00 - 230.00	220.00 - 220.00	220.00 - 230.00	240.00 - 240.00	220.00 - 240.00	220.00 - 220.00	220.00 - 220.00
Raw (White)	220.00 - 230.00	220.00 - 220.00	220.00 - 230.00	220.00 - 230.00	220.00 - 230.00	230.00 - 230.00	220.00 - 230.00	220.00 - 220.00	220.00 - 220.00
Imported									
Samba	240.00 - 240.00	240.00 - 240.00	240.00 - 260.00	240.00 - 260.00	260.00 - 260.00	-	260.00 - 260.00	-	-
Nadu	230.00 - 230.00	-	230.00 - 230.00	-	230.00 - 230.00	-	-	220.00 - 220.00	-
Raw (Red)	-	-	-	-	-	-	-	-	-
Raw (White)	220.00 - 220.00	-	220.00 - 220.00	210.00 - 210.00	220.00 - 220.00	-	-	220.00 - 220.00	-
<i>Dried Chillies</i>									
Imported	650.00 - 700.00	900.00 - 900.00	800.00 - 900.00	750.00 - 800.00	700.00 - 900.00	850.00 - 850.00	800.00 - 800.00	720.00 - 720.00	800.00 - 850.00
<i>Red Onion</i>									
Sinnan	-	-	-	-	-	-	-	-	-
Vedalan	-	-	-	-	-	-	-	-	-
Imported	400.00 - 420.00	520.00 - 520.00	400.00 - 480.00	400.00 - 520.00	480.00 - 500.00	480.00 - 480.00	480.00 - 480.00	480.00 - 520.00	500.00 - 520.00
<i>Big Onion</i>									
Imported	120.00 - 140.00	150.00 - 180.00	140.00 - 160.00	160.00 - 160.00	120.00 - 180.00	140.00 - 180.00	130.00 - 140.00	130.00 - 140.00	150.00 - 160.00
Local	-	-	-	-	-	-	-	-	-
<i>Potato</i>									
Welimada	-	-	-	-	-	-	-	-	-
N'Eliya	-	480.00 - 480.00	440.00 - 440.00	400.00 - 440.00	400.00 - 440.00	480.00 - 480.00	-	380.00 - 380.00	-
Imported	180.00 - 200.00	240.00 - 260.00	200.00 - 240.00	230.00 - 240.00	240.00 - 240.00	240.00 - 260.00	240.00 - 260.00	200.00 - 220.00	220.00 - 240.00
<i>Pulses</i>									
Green Gram	800.00 - 850.00	820.00 - 820.00	800.00 - 900.00	1000.00 - 1000.00	1000.00 - 1100.00	880.00 - 880.00	800.00 - 900.00	820.00 - 820.00	1000.00 - 1100.00
Cowpea (White)	750.00 - 800.00	820.00 - 820.00	800.00 - 900.00	1000.00 - 1000.00	880.00 - 900.00	-	-	750.00 - 750.00	1000.00 - 1000.00
Cowpea (Red)	850.00 - 850.00	820.00 - 820.00	800.00 - 900.00	800.00 - 1000.00	880.00 - 900.00	800.00 - 800.00	800.00 - 800.00	880.00 - 880.00	1000.00 - 1000.00
Red Dhal	280.00 - 280.00	280.00 - 320.00	280.00 - 300.00	280.00 - 320.00	290.00 - 320.00	280.00 - 280.00	270.00 - 280.00	270.00 - 280.00	280.00 - 320.00

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

Week 22: 30 May - 05 Jun 2025

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CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<i>Vegetable</i>									
Beans	360.00 - 400.00	600.00 - 600.00	550.00 - 600.00	560.00 - 600.00	400.00 - 400.00	360.00 - 400.00	350.00 - 400.00	320.00 - 400.00	400.00 - 400.00
Carrot	600.00 - 600.00	800.00 - 800.00	800.00 - 800.00	800.00 - 800.00	800.00 - 800.00	800.00 - 800.00	600.00 - 600.00	800.00 - 800.00	800.00 - 800.00
Leeks	320.00 - 350.00	450.00 - 550.00	360.00 - 400.00	560.00 - 560.00	360.00 - 380.00	360.00 - 400.00	320.00 - 340.00	350.00 - 400.00	360.00 - 400.00
Beetroot	480.00 - 500.00	600.00 - 680.00	650.00 - 680.00	680.00 - 680.00	560.00 - 600.00	600.00 - 600.00	550.00 - 560.00	560.00 - 600.00	560.00 - 600.00
Knolkhol	300.00 - 340.00	480.00 - 560.00	-	600.00 - 600.00	-	-	400.00 - 450.00	440.00 - 480.00	400.00 - 450.00
Raddish	160.00 - 180.00	320.00 - 400.00	260.00 - 280.00	350.00 - 400.00	-	300.00 - 300.00	200.00 - 220.00	230.00 - 240.00	240.00 - 260.00
Cabbage	400.00 - 400.00	480.00 - 560.00	520.00 - 550.00	560.00 - 560.00	400.00 - 450.00	450.00 - 450.00	380.00 - 400.00	480.00 - 540.00	400.00 - 440.00
Tomato	600.00 - 650.00	800.00 - 800.00	760.00 - 800.00	750.00 - 800.00	650.00 - 680.00	800.00 - 800.00	600.00 - 650.00	800.00 - 800.00	800.00 - 800.00
Ladies Fingers	160.00 - 180.00	360.00 - 400.00	300.00 - 320.00	350.00 - 400.00	320.00 - 340.00	320.00 - 320.00	200.00 - 220.00	230.00 - 240.00	350.00 - 350.00
Brinjal	320.00 - 350.00	560.00 - 600.00	360.00 - 400.00	560.00 - 600.00	400.00 - 400.00	450.00 - 480.00	400.00 - 450.00	460.00 - 560.00	600.00 - 600.00
Capsicum	650.00 - 700.00	900.00 - 1000.00	900.00 - 1000.00	1100.00 - 1200.00	950.00 - 1000.00	1000.00 - 1000.00	680.00 - 800.00	1100.00 - 1200.00	800.00 - 900.00
Pumpkin	160.00 - 180.00	280.00 - 300.00	320.00 - 320.00	280.00 - 320.00	320.00 - 320.00	280.00 - 320.00	160.00 - 180.00	230.00 - 260.00	230.00 - 230.00
Cucumber	120.00 - 140.00	240.00 - 280.00	200.00 - 200.00	300.00 - 300.00	180.00 - 200.00	240.00 - 260.00	150.00 - 160.00	240.00 - 240.00	180.00 - 180.00
Bitter Gourd	480.00 - 500.00	560.00 - 600.00	600.00 - 600.00	560.00 - 600.00	-	-	500.00 - 550.00	520.00 - 600.00	560.00 - 600.00
Snake Gourd	240.00 - 260.00	450.00 - 480.00	350.00 - 400.00	480.00 - 480.00	-	320.00 - 320.00	340.00 - 350.00	300.00 - 320.00	480.00 - 480.00
Drumstick	1100.00 - 1100.00	1200.00 - 1200.00	1100.00 - 1200.00	1400.00 - 1400.00	-	1400.00 - 1400.00	1100.00 - 1200.00	1000.00 - 1200.00	1000.00 - 1000.00
Luffa	260.00 - 280.00	550.00 - 580.00	400.00 - 400.00	560.00 - 580.00	-	-	340.00 - 350.00	280.00 - 320.00	350.00 - 350.00
Long Beans	260.00 - 280.00	450.00 - 450.00	360.00 - 400.00	380.00 - 400.00	-	320.00 - 320.00	320.00 - 320.00	300.00 - 320.00	340.00 - 340.00
Ash Plantain	120.00 - 140.00	240.00 - 320.00	260.00 - 280.00	350.00 - 350.00	240.00 - 260.00	320.00 - 320.00	130.00 - 140.00	230.00 - 260.00	240.00 - 240.00
Green Chillies	680.00 - 700.00	900.00 - 1000.00	800.00 - 800.00	950.00 - 1000.00	800.00 - 800.00	900.00 - 1000.00	500.00 - 550.00	560.00 - 600.00	600.00 - 600.00
Lime	350.00 - 400.00	680.00 - 800.00	650.00 - 700.00	650.00 - 680.00	750.00 - 800.00	800.00 - 800.00	400.00 - 450.00	600.00 - 600.00	600.00 - 600.00
<i>Root Crops</i>									
Sweet Potato	260.00 - 280.00	240.00 - 320.00	360.00 - 400.00	480.00 - 480.00	-	450.00 - 480.00	260.00 - 280.00	230.00 - 240.00	230.00 - 240.00
Manioc	160.00 - 180.00	220.00 - 240.00	230.00 - 240.00	200.00 - 220.00	-	200.00 - 220.00	160.00 - 180.00	200.00 - 220.00	220.00 - 220.00
<i>Leafy Vegetable</i>									
Mukunuwenna	50.00 - 60.00	80.00 - 80.00	70.00 - 80.00	80.00 - 80.00	80.00 - 80.00	80.00 - 80.00	70.00 - 70.00	70.00 - 80.00	80.00 - 80.00
Kankun	50.00 - 60.00	80.00 - 80.00	70.00 - 80.00	80.00 - 80.00	80.00 - 80.00	80.00 - 80.00	70.00 - 70.00	70.00 - 80.00	80.00 - 80.00
Gotukola	180.00 - 220.00	260.00 - 280.00	240.00 - 280.00	280.00 - 320.00	240.00 - 260.00	240.00 - 260.00	230.00 - 240.00	260.00 - 280.00	240.00 - 260.00
<i>Coconut</i>									
Large	200.00 - 205.00	220.00 - 230.00	220.00 - 230.00	210.00 - 220.00	205.00 - 215.00	200.00 - 220.00	215.00 - 220.00	220.00 - 230.00	220.00 - 230.00
Small	180.00 - 185.00	200.00 - 200.00	195.00 - 200.00	190.00 - 200.00	190.00 - 195.00	190.00 - 195.00	190.00 - 200.00	200.00 - 200.00	200.00 - 200.00

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

Week 22: 30 May - 05 Jun 2025

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CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<i>Plantain</i>									
Ambul (Rs/Kg)	100.00 - 150.00	180.00 - 180.00	150.00 - 180.00	160.00 - 180.00	150.00 - 150.00	100.00 - 150.00	100.00 - 100.00	130.00 - 150.00	100.00 - 120.00
Kolikuttu (Rs/Kg)	200.00 - 250.00	320.00 - 320.00	300.00 - 300.00	300.00 - 300.00	300.00 - 300.00	200.00 - 250.00	200.00 - 200.00	240.00 - 250.00	200.00 - 250.00
Seeni (Rs/Kg)	100.00 - 150.00	180.00 - 180.00	200.00 - 200.00	160.00 - 180.00	150.00 - 170.00	120.00 - 150.00	100.00 - 120.00	150.00 - 150.00	150.00 - 180.00
Anamalu	30.00 - 36.00	43.00 - 46.00	50.00 - 50.00	43.00 - 50.00	43.00 - 43.00	30.00 - 36.00	30.00 - 40.00	29.00 - 29.00	25.00 - 26.00
Ambun	40.00 - 50.00	53.00 - 60.00	70.00 - 70.00	60.00 - 70.00	60.00 - 60.00	40.00 - 50.00	40.00 - 56.00	40.00 - 40.00	35.00 - 36.00
<i>Pineapple</i>									
Large	330.00 - 330.00	400.00 - 420.00	400.00 - 400.00	400.00 - 400.00	400.00 - 400.00	460.00 - 460.00	330.00 - 330.00	330.00 - 330.00	330.00 - 400.00
Medium	250.00 - 250.00	300.00 - 320.00	300.00 - 350.00	300.00 - 350.00	300.00 - 300.00	350.00 - 350.00	250.00 - 250.00	250.00 - 250.00	250.00 - 300.00
Small	200.00 - 200.00	240.00 - 250.00	240.00 - 280.00	240.00 - 280.00	240.00 - 240.00	280.00 - 280.00	200.00 - 200.00	200.00 - 200.00	200.00 - 240.00
<i>Mango</i>									
Betti	-	-	-	-	-	-	-	-	-
Karthakolomban	170.00 - 200.00	-	270.00 - 270.00	200.00 - 200.00	170.00 - 220.00	150.00 - 150.00	140.00 - 140.00	200.00 - 200.00	140.00 - 140.00
Vilad	-	-	-	-	-	-	-	-	-
Kohu	-	-	-	-	-	-	-	-	-
<i>Other Fruits</i>									
Wood Apple	180.00 - 200.00	-	300.00 - 300.00	300.00 - 300.00	240.00 - 240.00	140.00 - 140.00	-	-	140.00 - 160.00
Orange	150.00 - 150.00	160.00 - 160.00	130.00 - 200.00	160.00 - 200.00	140.00 - 150.00	120.00 - 120.00	-	100.00 - 100.00	140.00 - 160.00
Avocado	170.00 - 200.00	200.00 - 200.00	250.00 - 250.00	200.00 - 240.00	240.00 - 240.00	150.00 - 150.00	170.00 - 170.00	200.00 - 200.00	150.00 - 170.00
Slime Apple	40.00 - 40.00	100.00 - 100.00	120.00 - 120.00	120.00 - 120.00	80.00 - 100.00	-	50.00 - 50.00	80.00 - 80.00	80.00 - 100.00
Grapes (Rs/Kg)	1900.00 - 2300.00	2600.00 - 2600.00	2800.00 - 2800.00	3000.00 - 3000.00	2700.00 - 2700.00	-	2000.00 - 2000.00	2500.00 - 2600.00	2500.00 - 2500.00
Papaw (Rs/Kg)	150.00 - 200.00	220.00 - 220.00	250.00 - 250.00	200.00 - 200.00	180.00 - 200.00	200.00 - 200.00	150.00 - 180.00	150.00 - 150.00	120.00 - 150.00
Passion	45.00 - 50.00	60.00 - 60.00	70.00 - 80.00	70.00 - 70.00	55.00 - 60.00	50.00 - 50.00	40.00 - 40.00	50.00 - 50.00	50.00 - 70.00
King Coconut	160.00 - 200.00	200.00 - 200.00	200.00 - 200.00	200.00 - 200.00	180.00 - 200.00	200.00 - 200.00	200.00 - 200.00	180.00 - 180.00	180.00 - 200.00

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

Week 22: 30 May - 05 Jun 2025

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CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<i>Sea Fish</i>									
Salaya	850.00 - 900.00	960.00 - 960.00	800.00 - 1000.00	960.00 - 1000.00	-	800.00 - 800.00	840.00 - 840.00	920.00 - 960.00	900.00 - 920.00
Hurulla	-	-	-	-	-	-	-	-	-
Balaya	1600.00 - 1700.00	1600.00 - 1600.00	1600.00 - 1600.00	-	-	-	-	-	-
Kelawalla	2000.00 - 2200.00	3000.00 - 3000.00	2600.00 - 2800.00	3000.00 - 3000.00	3200.00 - 3200.00	2200.00 - 2400.00	2800.00 - 2800.00	2800.00 - 2800.00	2800.00 - 2800.00
Thora	3400.00 - 3600.00	-	4400.00 - 4400.00	4400.00 - 4400.00	5400.00 - 5400.00	3200.00 - 3600.00	-	4000.00 - 4000.00	4600.00 - 4600.00
Paraw	1700.00 - 1800.00	2800.00 - 2800.00	1800.00 - 2000.00	2800.00 - 3000.00	3200.00 - 3200.00	2600.00 - 2600.00	-	-	3000.00 - 3000.00
Mora	-	-	-	-	-	-	-	-	-
Shrimps Small	1600.00 - 1800.00	2000.00 - 2200.00	2400.00 - 2600.00	2000.00 - 2400.00	2400.00 - 2400.00	2000.00 - 2200.00	2400.00 - 2600.00	1800.00 - 2200.00	2200.00 - 2200.00
Talapath	3000.00 - 3200.00	3200.00 - 3200.00	3200.00 - 3200.00	3200.00 - 3200.00	3500.00 - 3500.00	2800.00 - 3000.00	3000.00 - 3000.00	3300.00 - 3300.00	3000.00 - 3000.00
<i>Eggs (Rs/egg)</i>									
Brown	34.00 - 34.00	35.00 - 35.00	36.00 - 37.00	35.00 - 36.00	35.00 - 35.00	34.00 - 35.00	33.00 - 35.00	35.00 - 35.00	34.00 - 35.00
White	32.00 - 32.00	33.00 - 33.00	32.00 - 33.00	33.00 - 34.00	34.00 - 34.00	33.00 - 34.00	30.00 - 33.00	33.00 - 33.00	33.00 - 34.00
<i>Dried Fish</i>									
Sprats	-	1600.00 - 2000.00	-	2000.00 - 2000.00	1800.00 - 2000.00	-	-	2000.00 - 2000.00	2000.00 - 2000.00
Kattawa	2400.00 - 2500.00	2400.00 - 2400.00	2400.00 - 2400.00	2800.00 - 2800.00	2400.00 - 2400.00	2400.00 - 2400.00	2400.00 - 2400.00	2400.00 - 2400.00	2400.00 - 2400.00
Thora	-	-	-	-	-	-	-	-	-
Mora	2200.00 - 2400.00	2200.00 - 2600.00	2600.00 - 2600.00	2600.00 - 2600.00	2600.00 - 2800.00	2600.00 - 2600.00	2600.00 - 2600.00	2600.00 - 2600.00	2600.00 - 2600.00
Balaya	1800.00 - 2000.00	2400.00 - 2400.00	2000.00 - 2000.00	2600.00 - 2600.00	1600.00 - 1800.00	-	2000.00 - 2000.00	2000.00 - 2000.00	1800.00 - 2000.00
Anguluwa	2300.00 - 2400.00	-	2400.00 - 2400.00	2400.00 - 2400.00	-	-	-	-	-
Salaya	-	-	-	-	1200.00 - 1200.00	-	-	1200.00 - 1200.00	1200.00 - 1200.00
<i>Meat</i>									
Beef (without Bones)	2700.00 - 2700.00	2700.00 - 2700.00	2800.00 - 2800.00	2700.00 - 2700.00	2700.00 - 2700.00	-	2600.00 - 2600.00	2800.00 - 2800.00	-
Chicken (Broiler)	1180.00 - 1200.00	1300.00 - 1300.00	1280.00 - 1280.00	1280.00 - 1280.00	1180.00 - 1180.00	1250.00 - 1250.00	1250.00 - 1250.00	1240.00 - 1250.00	1300.00 - 1300.00
Chicken (Curry)	1050.00 - 1100.00	1100.00 - 1100.00	1280.00 - 1280.00	1280.00 - 1280.00	1050.00 - 1050.00	1100.00 - 1100.00	1000.00 - 1000.00	-	1100.00 - 1100.00
Mutton	3700.00 - 3800.00	3700.00 - 3700.00	3800.00 - 3800.00	3900.00 - 3900.00	3700.00 - 3700.00	3800.00 - 3800.00	3400.00 - 3400.00	3700.00 - 3700.00	4000.00 - 4000.00
Pork	1800.00 - 2000.00	2200.00 - 2200.00	-	2000.00 - 2000.00	-	-	-	2000.00 - 2000.00	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 (µg/100g)	Vit C (mg/100g)	Calcium (mg/100g)	Magnesium (mg/100g)	Iron (mg/100g)	Zinc (mg/100g)
Rice												
Rice - (white Kekulu - normal)	361	9.88	1.52	-	0.03	0.09	10.67	-	6.94	26.29	1.22	1.5
Rice - (white Kekulu Samba)	355	8.81	1.53	-	0.03	0.09	8.11	-	9.82	30.48	0.92	1.7
Rice - (Red Kekulu - normal)	366	8.64	2.12	-	0.05	0.1	8.39	-	4.73	31.7	0.88	1.84
Rice -Samba	369	6.86	2.45	-	0.05	0.13	12.79	-	8.71	37.26	1.18	1.49
Rice - Nadu White	366	7.76	1.48	-	0.03	0.12	9.35	-	4.57	20.1	0.64	1.61
Dried chilies	233	12.68	6.41	437	0.84	0.42	46.83	NA	107	231	5.39	1.65
Onion												
Big onions	48	1.67	0.24	0.16	0.01	0.1	32.99	7.58	14.82	16.94	0.45	0.25
Red onions	55	2.13	0.15	0.18	0.02	0.13	30.15	14.26	20.37	19.32	0.31	0.28
Potatoes	71	1.67	0.25		0.01	0.09	14.31	20.5	9.83	23.84	0.46	0.29
Pulses												
Green gram	290	21.97	0.93	19.5	0.28	0.33	135	NA	98.96	146	4.15	2.86
White cowpea	320	21.25	1.14	1.36	0.09	0.26	249	NA	84.1	213	5.04	3.57
Red cowpea	320	20.24	1.08	0.96	0.11	0.27	273	NA	81.83	194	4.95	3.4
Red Dhal	319	23.09	0.77	1.06	1.6	0.22	55	NA	41.27	66.63	7.45	3.34
Vegetables												
Beans	46	3.95	0.15	6.64	0.1	0.3	45.2	7.02	35.68	45.56	0.7	0.59
Carrot	30	0.85	0.45	1240	0.03	0.1	24.71	5.93	27.65	11.7	0.59	0.25
Leeks	30	1.74	0.49	18.56	0.02	0.19	42.63	4.65	29.28	11.77	1.49	0.43
Beetroot	31	2.12	0.15	1.52	0.01	0.09	108	4.51	20.29	34.88	0.77	0.29
Knolkhol	16	1.69	0.34		0.05	0.19	12.7	77.64	40.09	19.35	0.23	0.18
Radish	29	0.75	0.11		0.02	0.09	18.09	12.13	35.64	13.56	0.38	0.16
Cabbage	21	1.35	0.14	3.35	0.05	0.14	52.66	29.62	56.85	18.47	0.33	0.16

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

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

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

Dried Fish

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

Eggs

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

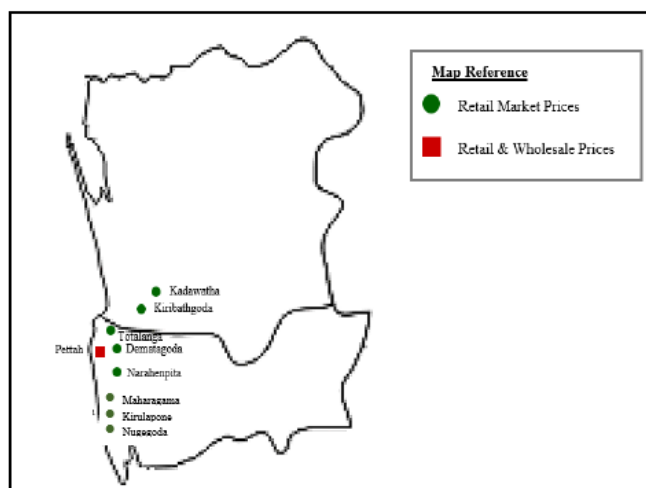
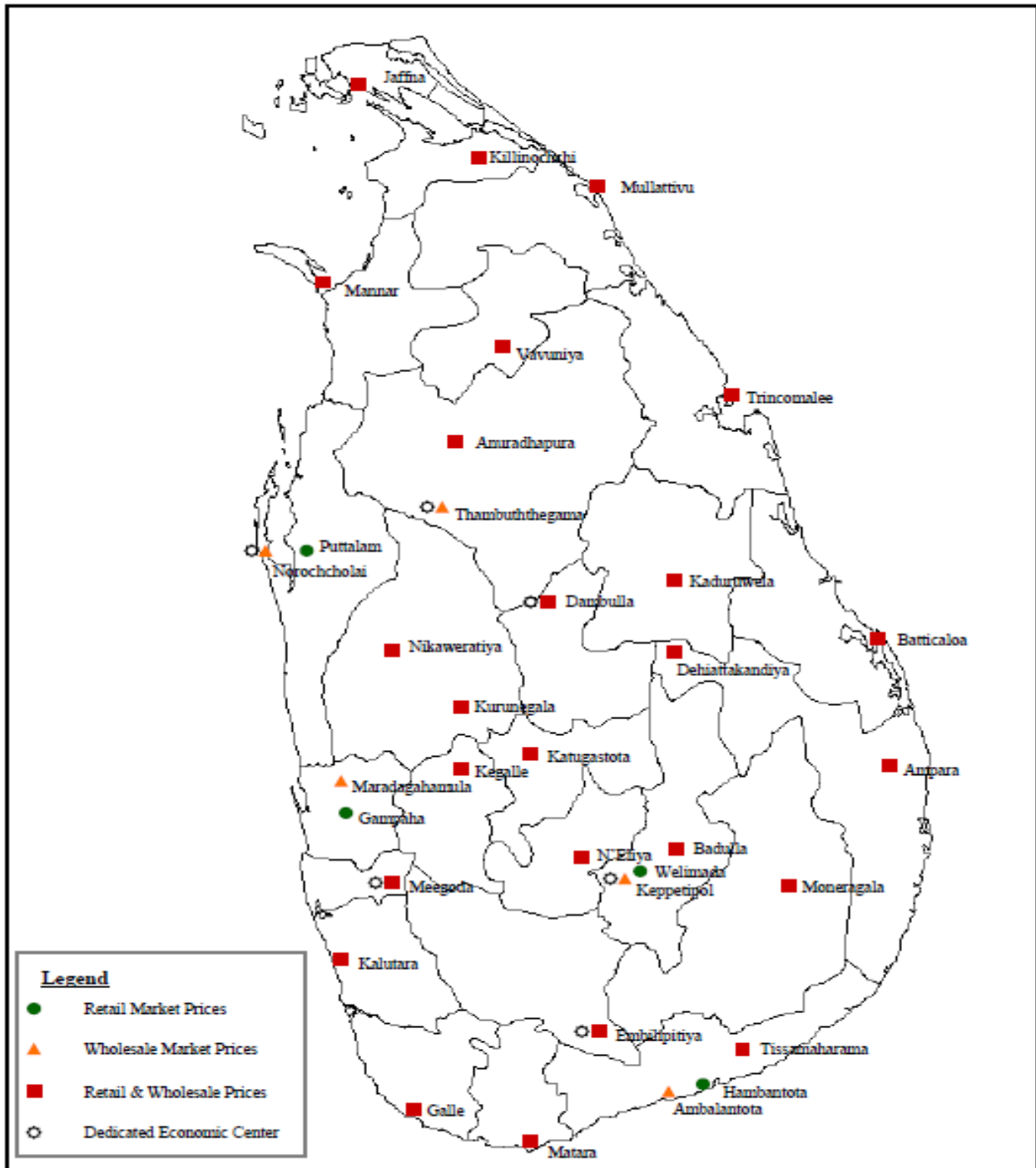
Fruits

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

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

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

Price Collecting Areas





HARTI



Ministry of Agriculture

**Food Systems and Market Research Division & Data Management Division
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