

MARKET WATCH

Shop Wisely To Beat Food Price Inflation

FRESH PRODUCE	TRINIDAD				TOBAGO	
	Farmers' Market	Municipal Market	Veggie Mart	Super-Market	Municipal Market	Veggie Mart
	Average	Average	Average	Average	Average	Average
Tomato (M)	13.45	15.28	16.40	22.16	17.64	NA
Cabbage (Local)	10.75	10.20	10.75	13.58	17.64	17.64
Pumpkin	4.41	5.24	5.88	6.63	8.08	NA
Melongene (M)	5.83	5.51	7.35	11.02	15.43	15.43
Cucumber	7.57	7.34	7.84	9.84	13.23	15.43
Sweet Pepper (M)	11.44	12.12	13.23	21.40	17.64	17.64
Pimento	0.34	0.32	0.32	0.51	0.60	0.60
Ochro	0.32	0.34	0.40	0.52	0.72	0.60
Callaloo (roll)	5.50	6.28	6.25	5.99	NA	8.00
Callaloo (open)	4.16	4.63	4.63	5.27	6.50	7.00
Lettuce (M)	3.64	4.61	4.50	5.97	7.00	NA
Chive	2.46	2.23	3.23	2.67	4.00	4.00
Carrot	10.05	10.04	13.20	12.14	15.40	15.40
Cassava	6.09	7.27	7.23	8.72	7.34	13.23
Plantain	10.33	10.27	12.31	14.85	16.17	NA
Sweet Potato	7.98	10.02	11.20	14.18	11.76	15.43
Papaya	9.88	11.85	12.74	13.40	13.78	14.33
Banana	11.02	10.34	11.30	11.30	12.13	13.23
Watermelon	5.75	6.20	8.27	9.02	11.02	11.02

TRINIDAD (Average Prices)

FISH	Municipal
Carite	32.41
Cavalli	25.36
Salmon	26.46
Shark	25.72
Shrimp (M)	44.09
Red Fish	39.68
King Fish	36.50

FOOTNOTES

NA – Not Available M – Medium Prices -\$/kg except chive and callaloo - \$/bd, pimento and ochro - \$/each, Farmers' Markets (5) – prices collected from 19-21 Jun 09, Municipal Markets (12), Veggie Marts (13) & Supermarkets (38)– prices collected from 17 - 18 Jun 09, Tobago - Average prices collected at the Municipal Market and 2 supermarkets on 18 Jun 09

**For further information
visit our website: www.namistt.com**