

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
	Min - Max	Min - Max	Min - Max	Min - Max	Min - Max	Min - Max
Tomato (M)	8.82 - 13.23	11.00 - 15.43	13.23 - 15.43	15.41 - 30.86	15.43 - 17.64	17.64
Cabbage (Local)	11.02 - 13.23	8.82 - 13.23	11.02 - 15.43	8.80 - 17.61	13.23 - 15.43	11.02 - 15.43
Pumpkin	2.20 - 6.61	2.20 - 5.51	4.41 - 6.61	2.20 - 8.80	6.61 - 8.82	4.41 - 5.51
Melongene (M)	4.41 - 11.02	8.82 - 13.23	8.82 - 13.23	8.99 - 22.99	17.64	17.64 - 19.84
Cucumber	11.02 - 13.23	8.82 - 15.43	11.02 - 15.43	10.99 - 21.99	15.43 - 17.64	13.23
Sweet Pepper (M)	6.61 - 15.43	8.82 - 15.43	13.23	13.21 - 23.81	22.05	19.84
Pimento	0.10 - 0.25	0.20 - 0.40	0.20 - 0.33	0.20 - 0.30	0.60	0.40 - 0.60
Ochro	0.17 - 0.42	0.20 - 0.60	0.20 - 0.50	0.20 - 0.60	0.60	0.33
Callaloo (roll)	5.00 - 7.00	5.00 - 7.00	6.00 - 7.00	4.99 - 6.99	NA	6.50 - 9.00
Callaloo (open)	3.00 - 6.00	3.00 - 6.00	4.00 - 5.00	3.50 - 6.00	5.00	2.50 - 7.00
Lettuce (M)	2.50 - 5.00	4.00 - 7.00	5.00	4.99 - 7.00	7.00 - 10.00	6.00 - 8.00
Chive	1.00 - 3.00	1.00 - 3.00	1.50 - 3.50	1.00 - 3.50	4.00	3.00
Carrot	11.00 - 13.20	8.80 - 15.40	11.00 - 17.60	8.78 - 17.58	15.40 - 17.60	17.60
Cassava	5.51 - 8.82	6.61 - 8.82	6.61 - 8.82	6.70 - 9.99	11.02	8.82
Plantain	11.02 - 17.64	11.02 - 15.43	11.02 - 17.64	11.00 - 23.99	17.64	19.84
Sweet Potato	5.51 - 11.02	6.61 - 11.02	6.61 - 11.02	5.99 - 14.99	13.23	11.02 - 15.43
Papaya	6.61 - 11.02	8.82 - 13.23	11.02 - 15.43	11.00 - 15.99	15.43	15.43
Banana	8.82 - 13.23	8.82 - 11.02	11.00 - 11.02	9.99 - 13.21	11.02	13.23
Watermelon	5.51 - 8.82	6.61 - 8.82	5.51 - 8.82	6.99 - 12.50	NA	8.82

TRINIDAD

FISH	Municipal
Carite	44.09 - 55.12
Cavalli	22.05 - 33.07
Salmon	33.07 - 39.68
Shark	26.46
Shrimp (M)	55.12
Red Fish	44.09 - 52.91
King Fish	44.09 - 55.12

FOOTNOTES

Prices -\$/kg except chive and callaloo - \$/bdl, pimento and ochro - \$/each, NA - Not Available M - Medium, Farmers' Markets (7) - prices collected from 19-21 Feb 10, Municipal Markets (18), Veggie Marts (12) & Supermarkets (41) - prices collected from 18-20 Feb 10, Tobago - Average prices collected at the Municipal Market, Vege Marts (2) and supermarkets (2) on 19 Feb 2010.

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