

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 - 14.70	11.02 - 15.43	13.23 - 15.43	11.00 - 32.99	22.05	22.05
Cabbage (Local)	6.61 - 13.23	6.61 - 13.23	8.82 - 13.23	9.99 - 18.75	13.23 - 15.43	22.05
Pumpkin	2.20 - 6.61	2.20 - 6.61	3.31 - 6.61	3.99 - 8.80	6.61 - 8.82	NA
Melongene (M)	4.41 - 11.02	4.41 - 11.02	6.61 - 15.41	8.80 - 16.25	13.23 - 15.43	15.43
Cucumber	6.61 - 13.23	6.61 - 11.02	6.59 - 11.02	6.59 - 13.99	8.82 - 11.02	13.23
Sweet Pepper (M)	6.61 - 13.23	8.82 - 15.43	11.02 - 15.43	13.99 - 27.50	22.05	22.05
Pimento	0.15 - 0.33	0.16 - 0.25	0.20 - 0.40	0.20 - 0.40	0.60	0.60
Ochro	0.12 - 0.30	0.12 - 0.50	0.20 - 0.30	0.20 - 0.60	0.60	0.60
Callaloo (roll)	4.00 - 7.00	4.00 - 8.00	4.00 - 7.00	5.99 - 6.99	NA	9.00
Callaloo (open)	3.00 - 6.00	3.00 - 6.00	5.00	3.50 - 6.00	NA	6.00
Lettuce (M)	3.00 - 5.00	3.00 - 5.00	4.00 - 5.00	4.99 - 6.99	6.00	9.00
Chive	1.25 - 2.50	0.99 - 2.00	1.50 - 2.50	1.49 - 3.00	4.00	3.00
Carrot	7.33 - 11.00	6.61 - 11.00	8.81 - 13.20	8.78 - 13.18	11.00	15.40
Cassava	3.68 - 8.82	5.51 - 8.82	5.51 - 8.82	5.95 - 8.80	11.02	13.23
Plantain	8.82 - 15.43	8.82 - 15.43	13.23 - 17.64	11.00 - 22.05	17.64	22.05
Sweet Potato	4.41 - 11.02	5.51 - 11.02	6.61 - 13.23	5.65 - 19.90	13.23 - 17.64	13.23-17.64
Papaya	6.61 - 11.02	8.82 - 13.23	11.02 - 13.23	9.99 - 15.75	15.43	17.64
Banana	8.82 - 11.02	8.82 - 13.23	11.00 - 11.02	9.99 - 11.99	NA	NA
Watermelon	6.61 - 8.82	6.61 - 11.02	8.82 - 9.92	8.99 - 11.25	NA	11.02

TRINIDAD

FISH	Municipal
Carite	55.12 - 66.14
Cavalli	30.86 - 44.09
Salmon	39.68 - 44.09
Shark	22.05 - 33.07
Shrimp (M)	44.09 - 55.12
Red Fish	44.09
King Fish	55.15 - 66.14

FOOTNOTES

Prices -\$/kg except chive and callaloo - \$/bdl, pimento and ochro - \$/each, NA - Not Available M - Medium, Farmers' Markets (7) - prices collected from 8-10 Jan 10, Municipal Markets (18), Veggie Marts (12) & Supermarkets (41) - prices collected from 8-9 Jan 10, Tobago - Average prices collected at the Municipal Market, Vege Marts (2) and supermarkets (2) on 8 Jan 2010.

For further information

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