Maize, rice, and cassava are the most important food commodities. Markets selected represent the entire geographic length of the country: two markets in each of the north, center, and south. In the north, Karonga is one of the most active markets in maize and rice and is influenced by informal cross-border trade with Tanzania. Mzimba is a major maize producing area in the northern region. Salima, in the center along the lake, is an important market where some of the fishing populations are almost entirely dependent on the market for staple cereals. Mitundu is a very busy peri-urban market in Lilongwe. In the south, the Lunzu market is the main supplier of food commodities such as maize and rice for Blantyre. The Bangula market in Nsanje district was chosen to represent the Lower Shire area, covering Chikwawa and Nsanje districts.
Maize: Nominal retail prices in Mzuzu

Maize: Nominal retail prices in Nsanje

Maize: Nominal retail prices in Salima

Rice: Nominal retail prices in Karonga

Rice: Nominal retail prices in Lilongwe

Rice: Nominal retail prices in Lunzu

Rice: Nominal retail prices in Mitundu

Rice: Nominal retail prices in Mzuzu
Rice: Nominal retail prices in Salima

Cassava: Nominal retail prices in Karonga

Cassava: Nominal retail prices in Lunzu

Cassava: Nominal retail prices in Mitunda

Cassava: Nominal retail prices in Mzuzu

Cassava: Nominal retail prices in Ntcheu

Cassava: Nominal retail prices in Salima