Maize is the main staple crop in Tanzania. Rice and beans are also very important, the latter constituting the main source of protein for most low- and middle-income households. Dar es Salaam is the main consumer market in the country. Arusha is another important market and is linked with Kenya in the north. Dodoma represents the central region of the country, a semi-arid, deficit area. Mtwara sits in a south coastal deficit area while Songea and Mbeya represent the southern highlands. Tanga is also a coastal town in the north, with trade connections with Kenya.
Milled rice: Nominal wholesale prices in Dar es Salaam

TZS/kg

5 Year Average 2014 - 2018

Previous Year 2018

Current Year 2019

Jan

Feb

Mar

Apr

May

Jun

Jul

Aug

Sep

Oct

Nov

Dec