

Contact Heleen@grainsa.co.za for more information.

**Vegetable oil market prices**

Commodity	2026/01/22	1 WEEK AGO 2026/01/08			1 MONTH AGO 2025/12/11			1 YEAR AGO 2025/01/22		
		Δ	%Δ	Data	%Δ	Data	%Δ	Data		
<b>International Oilseed (US\$/ton)</b>										
SOYA-OIL, ARGENTINA, FOB	1150	44	3,98%	1106	3,42%	1112	3,98%	1106		
SOYA-PELLETS, ARGENTINA, CIF	335	-16	-4,56%	351	-2,05%	342	0,30%	334		
SOYBEAN, US, CIF	451	-7	-1,53%	458	2,50%	440	2,87%	422		
USA RUNNER 40/50 GROUNDNUTS	1225	25	2,08%	1200	2,08%	1200	25,76%	1650		
SUNFLOWER OIL, ARGENTINA, FOB	1350	80	6,30%	1270	8,43%	1245	2,73%	1100		
SUNFLOWER SEED, BLACK SEA	650	10	1,56%	640	0,00%	650	3,17%	630		
RAPESEED, EU CIF	563	7	1,26%	556	-0,88%	568	2,55%	549		
PALM OIL MALAYSIA FOB	1020	-8	-0,78%	1028	-0,78%	1028	-3,32%	1055		
<b>Local Oilseed (R/ton)</b>										
SOY Spot	6620	40	0,61%	6580	2,14%	6765	3,09%	9607		
SOY Mar'26	6536	-35	-0,54%	6571	5,21%	6895	28,55%	9160		
SUN Spot	11040	-283	2,50%	11323	2,94%	10725	10,87%	9949		
SUN Mar'26	9480	-448	4,54%	9928	0,22%	9459	-5,47%	10029		

**Vegetable oil market commentary**

**Soybeans / Soybean Oil**

Over the past week, soybean oil futures have been mixed to slightly softer after a recent rally, with some sessions showing modest losses driven by profit-taking and weaker crude oil, although they remain elevated on broader edible oil support. Soybean seed (the oilseed itself) hasn't seen large spikes, reflecting relatively ample supplies from the Americas and subdued trade pressure. Overall, soybean oil is trading marginally lower or flat week-on-week in many benchmarks.

**Sunflower / Sunflower Oil**

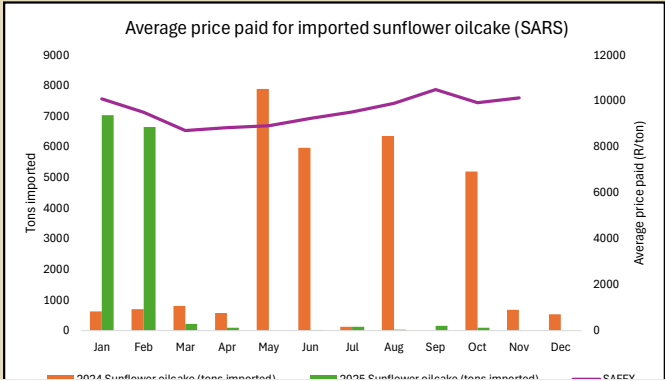
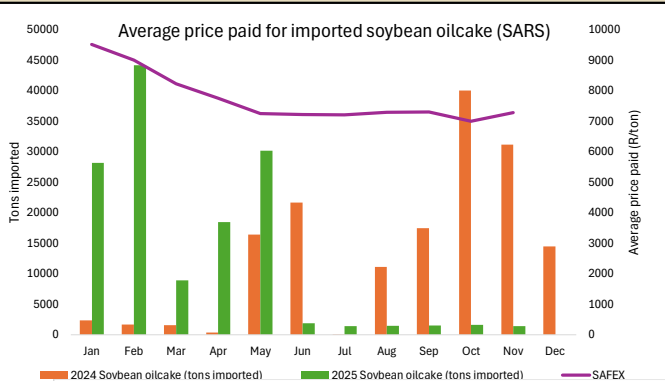
Sunflower oil prices show modest gains or price resilience this week, continuing a broader trend of higher levels due to tighter supply from key producers and competitive demand relative to other oils. Data from export markets shows sunflower oil has been rising over recent weeks, though this week's change has been small positive overall.

**Canola (Rapeseed)**

Canola/rapeseed oil prices have been roughly stable to slightly soft over the past week as part of the broader vegetable oils complex. There hasn't been a standout directional move (unlike in sunflower or palm), with prices fairly range-bound amid mixed signals on global supply and demand. Market indices tracking rapeseed and related oils are not showing major week-on-week increases or decreases.

**Palm Oil**

Palm oil (CPO) has seen some upside in recent sessions, rebounding from short-term losses with a notable gain in futures due to tighter near-term production expectations and support from related oil demand dynamics. However, broader price indices (FAO and other benchmarks) point to only modest overall weekly moves, with prices still influenced by seasonal production changes and inventory levels.



**Vergelyking van oliesaadpryse/ Comparison between oilseed prices**

