Russia

What it produces, exports, imports and uses, among the commodities tracked here

Top-ten producer of

Commodity	World rank	Share of world	Year
Barley	1	12%	2024
Linseed	1	39%	2024
Palladium	1	44%	2025
Sunflower oil	1	31%	2023
Antimony	2	29%	2025
Gallium	2	0.7%	2025
Gold	2	9.4%	2025
Magnesium	2	5.5%	2025

And 51 more on the full page.

Top-ten exporter of

Commodity	World rank	Share of world exports	Export value
Linseed	1	38%	$471.5 million
Palladium	1	22%	$2.9 billion
Urea	1	16%	$3.2 billion
Wheat	1	16%	$9.1 billion
Crude oil	2	9.4%	$124.2 billion
Potash	2	24%	$4.7 billion

Commodity	World rank	Share of world exports	Export value
Sunflower oil	2	23%	$4.4 billion
Aluminum	3	9.1%	$7.3 billion

Of $249.3 billion of tracked-commodity exports, 50% is crude oil, then natural gas (16%).

Top-ten importer of: chromium (#3), oranges (#4), eggs (#5), tea (#5), hazelnuts (#6), peanuts (#6), bananas (#7), feldspar (#7).

What it uses (FAO food balances, 2023)

Commodity	Domestic supply	kg per person	Self-sufficiency	Imported
Wheat	49.4 million tonnes	136	153%	0.5%
Milk	36.6 million tonnes	198	94%	11%
Potatoes	20.8 million tonnes	84	99%	2.2%
Barley	16.6 million tonnes	2.1	121%	0.1%
Corn	12.5 million tonnes	1.1	128%	0.2%
Soybeans	7.2 million tonnes	0.0	100%	21%

Single-supplier import markets

Russia buys half or more of its imports from one country in 9 of 15 import markets of $250 million or more: palm oil from Indonesia (65%); bananas from Ecuador (97%); soybeans from Brazil (80%); steel from Kazakhstan (96%); beef from Brazil (57%).

Sources: FAOSTAT, USGS Mineral Commodity Summaries, Energy Institute Statistical Review (production); CEPII BACI (trade); FAOSTAT Food Balances (use). Ranks count only the commodities on this site. Cite as: Commodity Origins, "Russia", https://commodityorigins.com/countries/RUS/ (CC BY 4.0). Full page, sources and downloads: https://commodityorigins.com/countries/RUS/. Text is written with AI assistance and checked against the cited data; figures are computed from the sources (https://commodityorigins.com/about/#how-ai-is-used).