

Sofreh Haft Seen

Haft Seen or seven S's represent the main items on the sofreh Haft Seen (Haft Seen table). Each item has a meaning and is a symbol of what we wish for ourselves, our family, and our friends in the new year.

THE SEVEN SYMBOLS

Senjed: Silverberry, symbol of love

Seeb: Apple, symbol of beauty

Sabzeh: Sprouts, symbol of grown and rebirth

Seer: Garlic, symbol of good health

Samanoo: Sweet wheat pudding, symbol of affluence

Serkeh: Vinegar, symbol of patience and old age

Somagh: Sumac (red spice), symbol of sunrise

OTHER SYMBOLS ON THE SOFREH HAFTSEEN

Coin: Wealth

Hyacinth: Nice Fragrances

Mirror: Clarity and Reflection

Candles: Warmth and Happiness

Painted Eggs: Fertility

Water/Rosewater: Purity

Bread: Prosperity

Goldfish: New life

Book of Quran, Hafez or Shahnameh: Knowledge

Traditional Iranian Pastries: Sweetness

Esfand: Protecting against the evil eye



My Haft Seen

Cut and paste the Haft Seen items from the next page and decorate your Haft Seen Table below.



