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.