In Persian, haft-seen literally means “seven things that start with the letter S” (haft is the word for the number seven and seen is the word for the letter S). These items symbolize hopes for a successful and happy new year.

As you look at the haft-seen table, use this book to help you identify the Persian names and meanings of each of the seven items found on the haft-seen table. In addition to these seven items, there are other symbolic items that can go on the haft-seen table.

Somagh, sumac berries, symbolize the spice of life.

Seeb, apple, symbolizes beauty.

Seer, garlic, for good health.

Seenh, coins, symbolize prosperity and wealth.

Seeb, apple, symbolizes beauty.

Senjed, a sweet, dry fruit of the lotus family, symbolizes love.

Sekhe, coins, symbolize prosperity and wealth.

Sakhe, vinegar symbolizes age and wisdom.

Sekheh, apple, symbolizes beauty.

Sakheh, sprouts (or wheat grass), symbolizes new life.

Sekheh, coins, symbolize prosperity and wealth.

Senjed, a sweet, dry fruit of the lotus family, symbolizes love.

Sekhe, vinegar symbolizes age and wisdom.

Sonbol, hyacinth, symbolizes the spring season and renewal.