

Haft-Sin

Iran is normally referred to as the cradles of civilization and its impact on different regions and traditions is still observable. One of the most beautiful customs which has been celebrated for over 3000 years now is Nowruz.

For honoring such a great day, Iranian people follow many different customs and traditions. Each one of them has a special meaning and refers to one important and essential aspect of Persian culture. Here, we are going to explore Haft-Sin, one of the most beautiful traditions of Nowruz and the hidden meaning behind it.

THE ITEMS OF Haft-Sin

Sabzeh (wheat, barley, or lentil sprouts): Symbolizing rebirth and growth.

Samanu (sweet pudding made from wheat germ): Symbolizing sweetness and fertility.

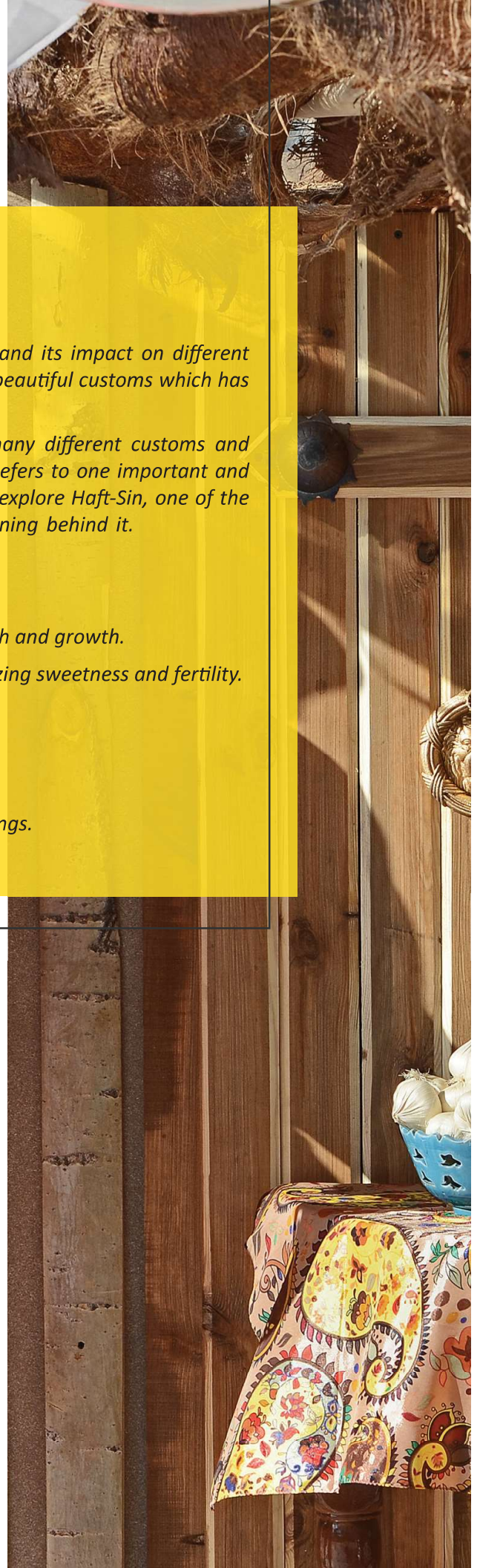
Senjed (dried oleaster fruit): Symbolizing love.

Seer (garlic): Symbolizing medicine and health.

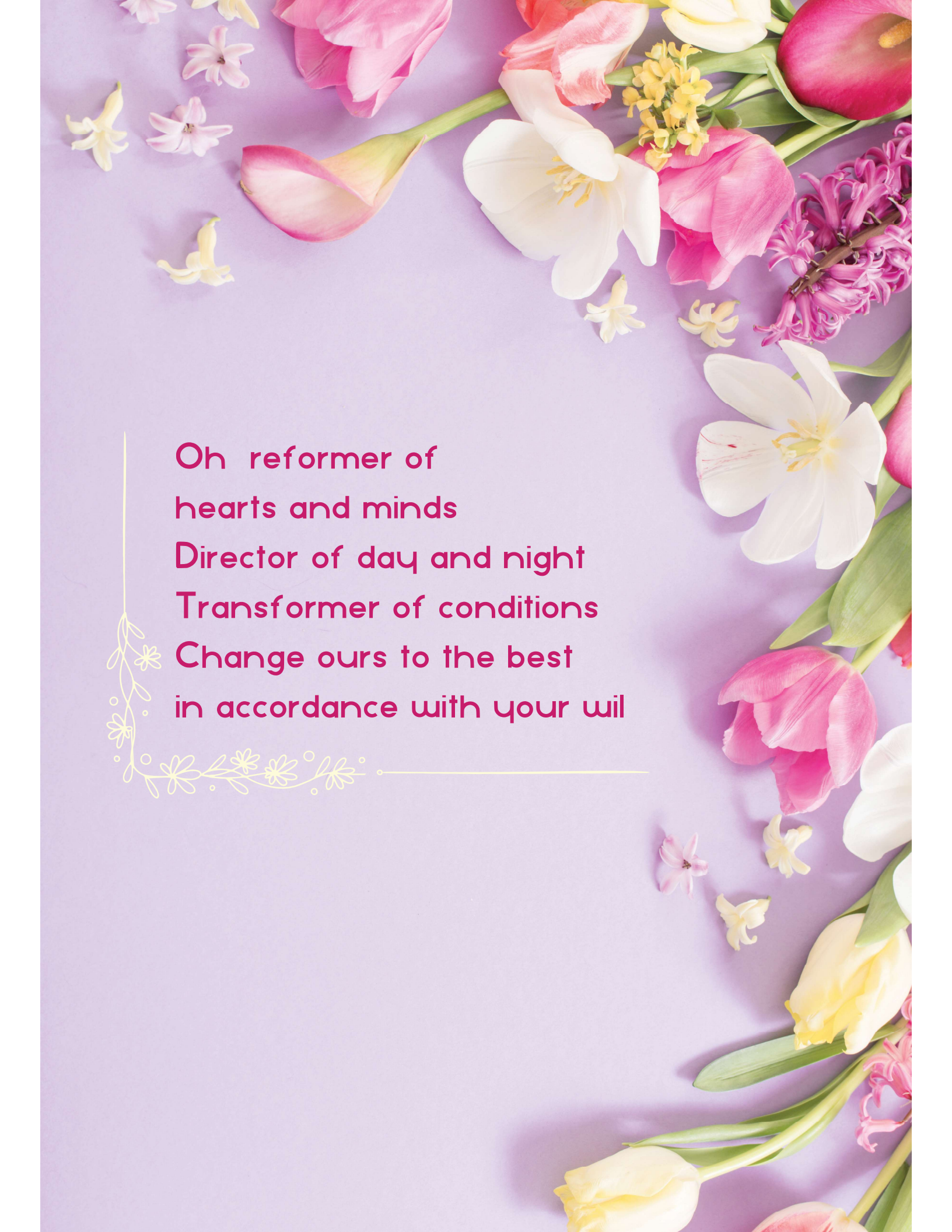
Seeb (apple): Symbolizing beauty and health.

Somag (sumac): Symbolizing the sunrise and new beginnings.

Serkeh (vinegar): Symbolizing age and patience.







Oh reformer of
hearts and minds
Director of day and night
Transformer of conditions
Change ours to the best
in accordance with your will