

Haft Sīn

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Haft Sīn (هفت سین) or the seven 'S's is a major tradition of Nowruz. The haft sin table includes seven specific items starting with the letter 'S' or *Sīn* (س) in the [Persian alphabet](#). The items symbolically correspond to seven creations and holy immortals called [Amesha Sepanta](#) protecting them. The seven elements of Life, namely Fire, Earth, Water, Air, Plants, Animals, and Human, are represented. They also have Astrological correlations to five planets Mercury, Venus, Mars, Jupiter, Saturn, and Sun and Moon. With the advent of Islam the word Amesha Sepanta shortened to and eventually was remembered by just the letter S and the number 7. The *Haft Sin* has evolved over time, but has kept its symbolism. Traditionally, families attempt to set as beautiful a *Haft Sīn* table as they can, as it is not only of traditional and spiritual value, but also noticed by visitors during Nowruzi visitations and is a reflection of their good taste.



The *Haft Sīn* items are:

- *sabzeh* - [wheat](#), [barley](#) or [lentil](#) sprouts growing in a dish - symbolizing rebirth
- *samanu* - a sweet pudding made from [wheat germ](#) - symbolizing affluence
- *senjed* - the dried fruit of the [oleaster](#) tree - symbolizing love
- *sīr* - [garlic](#) - symbolizing medicine
- *sīb* - [apples](#) - symbolizing beauty and health
- *somaq* - [sumac](#) berries - symbolizing (the color of) sunrise
- *serkeh* - [vinegar](#) - symbolizing age and patience

Other items on the table may include:

- *Sonbol* - [Hyacinth \(plant\)](#)
- *Sekkeh* - [Coins](#) - representative of wealth
- traditional Iranian pastries such as [baghlava](#), [toot](#), naan-nokhodchi

- *Aajeel* - dried nuts, berries and raisins
- lit [candles](#) (enlightenment and happiness)
- a [mirror](#) (symbolizing cleanness and honesty)
- [decorated eggs](#), sometimes one for each member of the family (fertility)
- a bowl of water with [goldfish](#) (life within life, and the sign of [Pisces](#) which the sun is leaving). As an essential object of the Nowruz table, this [goldfish](#) is also "very ancient and meaningful" and with Zoroastrian connection.^[45]
- [rosewater](#), believed to have magical cleansing powers
- the [national colours](#), for a patriotic touch
- a holy book (e.g., the [Avesta](#), [Qur'an](#), [Bible](#), [Torah](#), or [Kitáb-i-Aqdas](#)) and/or a poetry book (almost always either the [Shahnama](#) or the Divan of [Hafez](#))