

Triti Haftseen Table Arning - A Celebration of Iranian New Year



Iranian New Year, also known as Nowruz, is one of the most ancient and celebrated holidays in Iran and other countries influenced by Persian culture. It marks the beginning of spring and is a time to celebrate the rebirth of nature and a fresh start. One of the key elements of Nowruz celebrations is the Haftseen, a

table adorned with seven specific items that symbolize different aspects of life and bless the coming year.

The Haftseen Table

The Haftseen table is a beautifully arranged display that captivates everyone's attention during the Nowruz celebrations. The table is typically set on the last Wednesday evening before Nowruz and remains throughout the 13 days of the festivities. Each item on the table represents a specific symbol or wish.



Triti's Haftseen Table by L.E. Arning(Kindle Edition)

★★★★★ 5 out of 5

Language : English

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The main items commonly found on the Haftseen table include:

- Sabzeh: Sprouted wheat or lentil representing rebirth and growth
- Samano: Sweet, thick syrup symbolizing affluence
- Sir: Garlic representing medicine and good health
- Sib: Apple symbolizing beauty and fertility
- Somaq: Sumac berries representing the color of the sunrise
- Serkeh: Vinegar representing age and patience
- Sekkeh: Coins symbolizing wealth and prosperity

Symbolism and Tradition

The Haftseen table is deeply rooted in the traditions of Nowruz and carries a multitude of symbolic meanings:

- Sabzeh represents rebirth and growth, symbolizing the renewal of nature during spring.
- Samano represents affluence and abundance, signifying a prosperous year ahead.
- Sir, garlic, symbolizes medicine and good health, wishing for a year free from illness.
- Sib, apple, is an emblem of beauty and fertility, symbolizing the preservation of youth, health, and vitality.
- Somaq, sumac berries, represents the color of sunrise and is a token of the rising sun, bringing hope for a new day and new beginnings.
- Vinegar, represented by serkeh, symbolizes age and patience, reminding us to appreciate the wisdom that comes with time.
- Sekkeh, coins, is a symbol of wealth and prosperity, symbolizing financial abundance for the coming year.

These symbolic items are often accompanied by additional elements based on personal preferences and regional customs. Some common additions include a mirror representing self-reflection, colored eggs symbolizing fertility, and candles symbolizing light and enlightenment.

Preparing the Haftseen Table

Preparing the Haftseen table is a joyous activity filled with family bonding and anticipation for the coming year. Families meticulously arrange the items on a

tablecloth or a sofreh (a traditional Iranian spread), paying attention to the aesthetics and harmony of the display.

Each item is carefully placed, often accompanied by flowers like hyacinths and tulips – symbols of spring and beauty. The purpose is to create an inviting tableau that radiates positive energy and good fortune.

The Magical Celebration

As the first day of spring arrives, families come together around the Haftseen table to mark the beginning of the New Year. This magical celebration includes various traditions:

Visiting loved ones: Iranians visit relatives, friends, and neighbors, conveying warm wishes and exchanging gifts.

Spring cleaning: Before the arrival of spring, Iranians thoroughly clean their homes, signifying a fresh start and the removal of negativity.

Sofreh Haftseen: Families gather around the Haftseen table, recite prayers, and share traditional food like pastries, nuts, and fruits. They also light candles and burn wild rue, a traditional herb believed to ward off evil spirits and bring good luck.

Haji Firuz: Celebrations are incomplete without the presence of Haji Firuz, a fictional character dressed in vibrant clothes, playing a tambourine, and singing joyful songs to entertain and spread happiness.

The Spirit of Unity

Nowruz and the Haftseen table reflect the rich cultural heritage and vibrant spirit of the Iranian people. The tradition not only brings families closer but also fosters

unity among the communities, regardless of their religious or ethnic backgrounds.

With its symbolic elements and profound meanings, the Haftseen table is a cherished part of Nowruz celebrations. It serves as a reminder to appreciate the beauty of nature, embrace new beginnings, and pray for a year filled with joy, prosperity, and peace.



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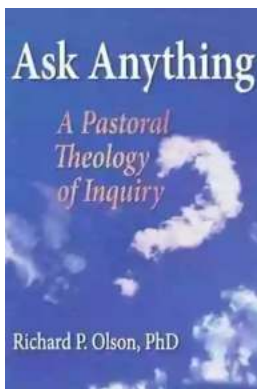
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Triti is excited to show her dad her unique Haftseen table. He loves it and decides to ...

This story is about creating a personal connection with Nowrouz and the Haftseen table.

This book is written in Persian and as well as in Persian words written by Roman alphabets (popularly known as Finglish). All the proceeds of the book will be donated to charities working for children.



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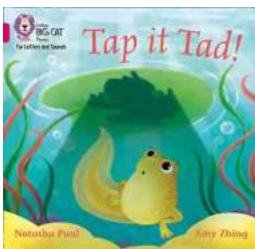
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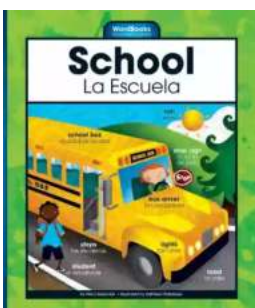
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