

## Setting up a Sofreyeh Haft Seen The Spread of Seven S's

In preparation, refer to the book *No Rouz: Our Persian New Year* by E.S. Zameen and to the website links of Haft Seen pictures to get the feel of how it is usually set up.

To begin, first find a suitable place and a beautiful tablecloth. (Sofreyeh means tablecloth or spread; it would likely have been on the floor in ancient times, but now the Haft Seen is commonly on a table.)

Choose seven "S" items from among these:

<u>Persian name</u>	<u>English</u>	<u>Represents</u>
sombol	hyacinth flower	the coming of Spring
serkeh	vinegar	age and patience
sekeh	coins	prosperity / wealth
sabzeh	sprouts	rebirth & Spring
seeb	apple	health and beauty
seer	garlic	medicine
sumac	sumac - a sour spice	color of sunrise
samanu	a wheat pudding	affluence
senjed	dried lotus fruit	love
sohan	a pistaccio cookie	sweets

The first six items are usually widely available. The last four items are available to print from the website — a picture will suffice if need be. Be sure you have seven items, and place them on the table.

Also place these items on the table:

goldfish	life (a stuffed animal fish or picture will work)
mirror	the reflections of creation on the first day of spring
candles	enlightenment and happiness
colored eggs	fertility

These items are optional:

- pictures of family members
- a book of poetry
- a Qur'an or holy book