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HAFT SEEN, is a tabletop arrangement of seven symbolic items traditionally displayed at Norouz, the Persian new year. The haft seen table includes seven items all starting with the letter seen in the Persian alphabet:

1. Sabzeh (wheat, barley, mung bean or lentil sprouts growing in a dish) - symbolizing rebirth
2. Samanu (sweet pudding made from wheat germ) - symbolizing affluence
3. Senjed (dried oleaster Wild Olive fruit) - symbolizing love
4. Seer (garlic) - symbolizing medicine
5. Seeb (apple) symbolizing beauty and health
6. Somāq (sumac fruit) - symbolizing (the color of) sunrise
7. Serkeh (vinegar) - symbolizing old-age and patience

Other symbols of good luck can also be placed on the table, such as:

- Garlic (seer), to bring good health
- A gold fish, to mark the Passage from Pisces to Aries
- A mirror, to reflect the light of wisdom and creation
- A brazier, to burn wild rue, a sacred herb, and to ward off evil spirits
- A book of poetry by the fourteenth-century writer Hafiz, whose poems are believed to predict the future
- Rose water, to purify and sweeten
- An orange floating in a bowl of water, to represent the earth floating in space
- Candles, to symbolize holy fire
- Decorated eggs, to represent fertility

## ***Iranian New Year (Norouz) “New Day”***

The Norouz celebration is an ancient national Iranian custom. The name comes from Avestan meaning “new day” or “daylight”. Norouz, the first day of spring, is the beginning of new Persian year and has been celebrated for at least 3,000 years. Iranians celebrate New Year by Setting the “Haft seen” (Norouz table that includes seven specific items starting with the letter `S` in the Persian alphabet. Each item symbolizes a meaning like wisdom, love, prosperity, etc.) and sitting around it at the turn of the year, wearing new garments, presenting Eidi (gifts of crisp paper money) to children. Another important activity of the New Year is to visit relatives and friends. Today, all Iranians around the world celebrate this day through several traditions of the most important feast of the Iranians.