



# Trail Map



You can start the trail in either direction, but we recommend you follow the route.

Tag us @LauderdaleHouse so we can see your pictures! #NowruzInTheHouse

# Trail Clues

1 If you eat me, you'll be safe  
I keep vampires at bay  
but best to brush your teeth  
For I am stinky, they say.  
What am I?

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2 Find me at the chippy,  
where you'll have to wait in line,  
Patience is key, I always say,  
But I go with chips so fine

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3 Just like baby ducklings,  
I'm only starting out,  
You'll see me in the park in spring,  
I am a tiny green . . .

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4 I'm a juicy, crunchy fruit  
You can pick me from a tree,  
I'm a beautiful apple  
How many can you see?

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5 I am a branch of Sumac,  
Part of the Haft-sin spread,  
I'm a tangy, lemony spice  
and my colour is . . .

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6 I'm fresh and sweet and tart  
what I'm called can vary  
For Haft-sin I represent love,  
I'm oleaster, a type of . . .

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7 I'm a wheat pudding,  
My name is saman, u,  
I'm a sweet treat after dinner,  
served up in my bowl so . . . .

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**Now turn to the back page to  
find the answers and the good  
fortune the elements bring!**

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# Answers

## 1. Answer: Garlic

Seer, or garlic, is associated with protection and good health in the tradition of Haft-sin.

## 2. Answer: Vinegar

Serkeh, or vinegar, symbolises patience and wisdom. It reminds us of the value of experience and the ability to endure challenges with resilience and grace.

## 3. Answer: Sprout

Sabzeh, or sprouts, represent rebirth and growth.

## 4. Answer: 6

Seeb, or apple, represents beauty on the Haft-sin table.

## 5. Answer: Red

Somagh, or Sumac, symbolises the sunrise and the victory of light over darkness. Sumac is a tangy spice which tastes a bit like lemon and can be used to flavour meat and vegetables.

## 6. Answer: Berry

Senjed, or oleaster (also known as wild olive or silver berry), represents love and affection. Traditionally renowned for its medicinal purposes, the fruit is sweet and a good source of vitamins.

## 7. Answer: Blue

Samanu is a sweet pudding made from wheat and brings hope of wealth and sweetness in the new year.

Enjoyed the trail?

Please consider donating to Lauderdale House to support more free activities.

