



# Haft-sin Trail

Nowruz, meaning 'new day' in Persian, is the most important festival in Iran, with roots extending over 3,000 years. Widely observed in various regions, including the Middle East, Asia, the Balkans, and East Africa, the celebration has evolved with diverse traditions centred around the theme of rebirth. Celebrated around the spring equinox, Nowruz announces the transition from winter to spring in the northern hemisphere.

During the joyous celebration, families gather around the Haft-sin table, decorated with items which represent renewal and prosperity. Each item begins with the letter 's' and has a unique meaning which combine to create a tapestry of wishes and aspirations for the year ahead. Other items, such as a mirror, goldfish, painted eggs, candles, are frequently added, as they also represent life, love, health, and prosperity.

Lauderdale House is proud to have partnered with members of the local Iranian community to put on our first Nowruz festival, programmed by Artist/Curator Mehrdad Aref-Adib, with a range of events including exhibitions, a bazaar, musical performances, and this trail. The house and programme run by a charity which champions arts, culture and education in our local communities by offering a range of free and low-cost activities year-round, all while preserving our amazing 442 year-old building.

**Use the map and clues on the following pages to help us find the seven elements of the Haft-sin table hidden on eggs around the park!**

# Trail Map

## Key

 Accessible Route

 Trail Route

 Park Entrance



Please note you may start the trail in either direction, but we recommend you follow the route.

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

# Trail Clues

1 Sumac is a lovely spice,  
Delicious, red, and bright.  
But can you see what it stands for?  
Hint – it's the bringer of light

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2 When you think of love,  
You might draw a heart.  
So, can you count how many  
There are on this piece of art?

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3 Vampires may not like it,  
For Nowruz, it brings good health.  
Can you see it in this picture,  
Sitting on the shelf?

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4 My fruits stand for beauty,  
In a vibrant, red sheen.  
They're crunchy and shiny,  
How many can be seen?

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5 Serkeh represents patience,  
We'd all like to be wise.  
What is the sour and tangy sauce  
You put on your fries?

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6 Eat up your pudding like this hero,  
And you can't go wrong.  
If you finish all your Samanu,  
You'll grow up big and

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7 Sprouted seeds, that's Sabzeh,  
Nature's colourful art on display.  
Can you spot what's growing here?  
It's spring saying, 'Hello!' in a lovely way.

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**Now turn to the back page to  
find the answers and what  
they mean!**

Lauderdale House is a charity and receives no regular government or council funding. We rely on donations from generous people like you to offer free activities, such as this magical trail created with members of the Iranian community.

Please consider donating so we can continue to expand our free programme.

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# Answers

## 1. Answer: Sun

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 veggies.

## 2. Answer: 4

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

## 3. Answer: Garlic

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

## 4. Answer: 7

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

## 5. 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.

## 6. Answer: Strong

The sixth element is saman, which is a sweet pudding made from wheat. The hero holding the saman is the Iranian legend Rostam, who faced seven challenging trials in the epic poem by Ferdowsi. Saman brings hope of wealth and sweetness in the new year.

## 7. Answer: Grass

Sabzeh, which means 'sprouts,' represent rebirth and growth.

Enjoying the trail?

Please consider donating to Lauderdale House to make more free activities happen.

