

Nowruz Mubarak!

Serkeh

Vinegar represents
age or patience

Seeb

Apples represent
beauty or health

Senjed

Dried fruit
represents love

Fish

Fish
represents life

Samanu

Wheat pudding represents
affluence

Sumac

Sumac berries
represent sunshine

Seer

Garlic represents
medicine

Eggs

Eggs represent fertility

Sekkeh

Coins represent
prosperity and wealth

Sabzeh

Wheatgrass
represents rebirth

