





Trail Map

-  Trail Route
-  Park Entrance
-  Haft-sin Table
-  Family Photo Spot



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

Lauderdale House, Waterlow Park, Highgate Hill N6 5HG • 020 8348 8716 • lauderdalehouse.org.uk

Trail Clues

1 This is Sumac,
A delicious, zingy spice.
It represents good defeating evil,
And its _____ colour is so nice.

2 I represent beauty,
I'm gorgeous, can't you see?
I'm shiny and red,
And I'm hanging on this tree.
What fruit am I?

3 Oleaster is a berry
That tastes very tart.
It's a symbol of this emotion
That you feel in your heart.

4 You'll find me in the chippy,
Next to the pepper and salt,
I come in lots of different types:
Apple cider, balsamic, and malt.

5 Samanu is a pudding -
It's an after-dinner treat.
It helps you grow big and strong,
but it's not savoury, its ?

6 Mince, crush or chop me
And add me to your dish,
I come as a clove or as a bulb
And with butter I'm delish.
What am I?

7 Plant a seed in the winter,
It'll need some time to come out
Give it lots of sun and water
And in spring it will _____

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

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Answers

1. 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.

2. Answer: Apple

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

3. Answer: Love

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.

4. 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.

5. Answer: Sweet

The fifth element is samanu, which is a sweet pudding made from wheat. Holding the samanu is the legendary Iranian hero Rustam, who faced seven challenging trials in the epic poem by Ferdowsi. Samanu brings hope of wealth and sweetness in the new year.

6. Answer: Garlic

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

7. Answer: Sprout

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

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