

On a Nowruz table, the hyacinth symbolizes the arrival of spring and the renewal of nature. Its Persian name, sonbol, begins with the sound represented by the letter sin, so the flower is often placed alongside the traditional Haft Sin items.

Why hyacinth belongs on the table

Nowruz marks the Persian New Year and takes place at the spring equinox. Hyacinths bloom in spring, making them a fitting part of a table set for a celebration tied to the changing season.

The flower also brings color and fragrance to the display. A potted hyacinth can be purple, pink, white or another color, and its dense cluster of small flowers rises above narrow green leaves. The scent can be strong, especially indoors.

There is no need to assign a separate meaning to each flower color. The connection is primarily between the hyacinth as a spring flower and the season Nowruz celebrates.

How sonbol relates to Haft Sin

Haft Sin means seven items beginning with sin, a letter in the Persian alphabet that makes an s sound. Families arrange these items on a table or cloth as part of their Nowruz preparations. Common examples include sabzeh, or sprouts, and sib, or apples.

Sonbol also begins with that sound, but it is often treated as an addition to the table rather than one of the seven principal items. The exact arrangement varies among families, so a hyacinth may sit among the seven items or beside them.

Other objects and decorations may share the table without being counted as part of the seven. The hyacinth gives the arrangement a living flower as well as a visible sign of spring.

How to place a hyacinth on the table

A small potted plant is easy to add to a Haft Sin display. Choose a position that lets the flower be seen without crowding the other objects.

1. Choose a hyacinth in a pot with drainage holes. A plant with some unopened buds will continue to develop after you set it out.
2. Place the pot on a saucer to catch water and protect the tablecloth or surface.
3. Set it where its flower and leaves have room, leaving space around bowls and other decorations.
4. Keep the plant in a cool, bright spot and water the soil when it begins to feel dry. Avoid leaving the pot standing in water.

If the scent feels too strong in a small room, move the plant a little farther from where people sit. The flower can still be part of the display without being placed at its center.

Questions about hyacinths at Nowruz

Is a hyacinth required on a Nowruz table?

No. It is a familiar addition, but table arrangements and family customs vary.

Does the flower have to be purple?

No. Hyacinths come in several colors, and the symbolism does not depend on choosing purple.

Can a cut hyacinth be used instead of a potted one?

Yes. A cut stem can add the same spring color and fragrance. Place it in a clean vase with water, away from items that could be damaged by a spill.

More on this: local SEO for florists