



Perpetual Haft Sheen Garden

"Nemo urvaire vanghui mazdadhate"

"Homage unto the righteous tree created by Ahura Mazda"



What is a "Perpetual Haft Sheen Garden"?

The word "Haft sheen" or "Haft seen" is a Persian word which means seven (items) (haft) beginning with the letters "sh" or "s". These items are used for the "Haft sheen (or "Haft seen") table" which is displayed on Navroz on the spring equinox. The fruits on the table symbolically represent prosperity, growth, health, beauty and love. Hence, the motivation for growing a "Haft sheen Garden" are two-fold. Firstly, to encourage the community in starting a sustainable garden for an eco-friendly environment for the future generations and secondly, to consume those fruits for maintaining health all the time as well as for using the plants for the Navroz Haft sheen/Haft seen table. This garden could be grown in a backyard, on a balcony, inside a house or an apartment (see below for some of the useful hints).

What are some of the fruits that I can grow in the "Perpetual Haft sheen/Haft seen Garden"?

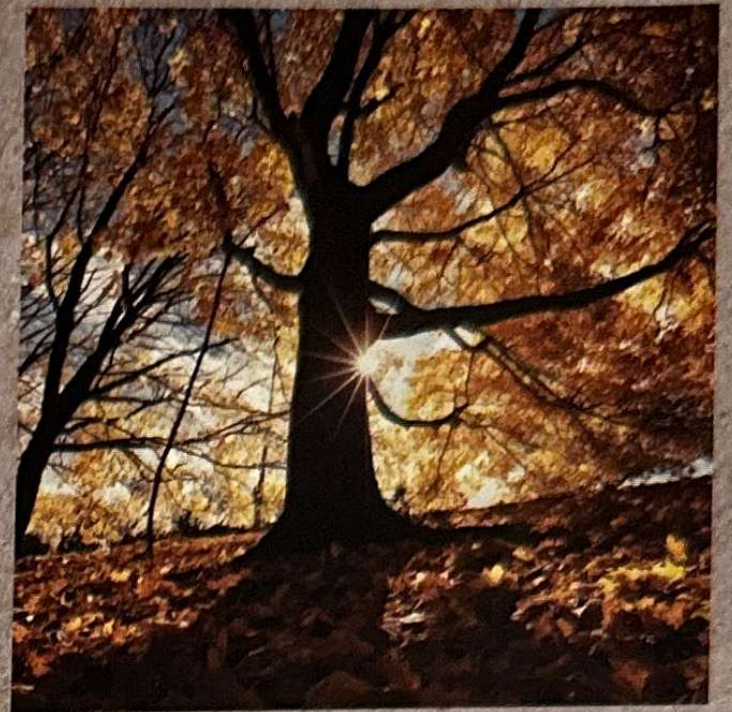
Fruits which are sweet. Some of these include:

- Shekkar: such as the grapes
- Sharab: wine, in moderation, is good for health
- Somaq: berries
- Seeb: apples
- Pomegranate: mentioned in our Avesta prayers as "hadhaanepataam" which is very good for health and is used during the holy nahn)
- Dates, figs



What are some of the other plants which could be grown?

Fresh green herbs or "sabzi", along with any sweet dry fruit, such as dates, or even the fruit from a lotus plant are ideal for planting. Additionally, any sap producing tree such as the maple, which is the native tree in Canada or a vegetable which sprouts and can be placed in a plate on the haft sheen table. These all represent creativity and productivity.



Maple Tree

How can I help to sustain the environment if I am living in an apartment?

You can grow plants in any light weight gardening container, such as a pot, with holes and means to drain and catch the drained water (use caution when watering on a balcony); use all-purpose potting soil for bloom and vegetables; choose hardy plants which will flourish in containers; flowers such as marigold and pansies attract and help the pollinators; your local nurseries are the best source for obtaining the information to grow the plants in your area.



Marigolds



Pansies

How can I participate if I do not have a garden?

Some areas may have a "community garden" which may be organized by a local place of worship, an interfaith organization, a municipal body or a coalition of local community people.

Additional information and resources:

FEZANA's Ava Project: www.fezana.org/theavaproject

The Ava Project has already drawn volunteers from all over the world. Its goal is to educate, inform, motivate and mobilize our Zoroastrian community over the next ten years in order to have a sustainable eco-friendly environment for the future generations.

United Nations Decade of Sustainable Environment:
www.detailonrestoration.org;

Why Flowers:

<https://www.youtube.com/watch?v=fvPj0-gCDQo>

Stories for Kids: We Plant A Seed:

<https://www.youtube.com/watch?v=zxl6Kiy7NPI>

How to Grow a Marigold From Seed:

<https://youtu.be/MBkfJFnlWkc>

We Plant A Seed In a Pot:

<https://www.wikihow.com/Plant-a-Seed-in-A-Pot>

Smithsonian Institute, Washington DC:

<https://gardens.si.edu/learn/lets-talk-gardens/>

"Bluestone Perennial Garden"-Plant Finder, Josh Singer:

www.Caseytrees.org

For more resources please see our website: www.fezana.org/theavaproject

Brochure produced by the
Water & Trees Group
of THE AVA PROJECT
Avaproject@fezana.org