

But it's much more than that, too. Nowruz "promotes values of peace and solidarity between generations and within families," the United Nations says. It's a time of reconciliation and neighborliness, "contributing to cultural diversity and friendship among peoples and different communities."

And we could all use some of that, no matter what it's called.

What is it?

Nowruz is the Persian New Year. But you don't have to be Persian to celebrate. Also known as Nauryz, Navruz or Nowrouz, it means "new day." The new year will ring in at around 1:30 p.m. on [Saturday](#) in Tehran IRAN (around 2:30 A.M on [Saturday](#)).

It's no coincidence it falls on the first day of spring. The Iranian calendar is a solar calendar, meaning time is determined, through astronomical observations, by Earth's movement around the [sun](#). So, the first day of the year always kicks off with the natural phenomenon of the vernal equinox. actually the best in the world calendar.

It's not a religious holiday but rather a universal celebration of new beginnings: wishing prosperity and welcoming the future while shedding away the past. That's why families use this time to deep clean their homes and closets and buy fresh clothing.

It's a monthlong celebration, filled with parties, craft-making, street performances and public rituals.

And yes, lots of food.

But it's reach is even wider. More than 300 million people worldwide celebrate Nowruz – and have celebrated it for more than 3,000 years – from the Balkans to the Black Sea Basin to Central Asia to the Middle East and elsewhere.

How do you celebrate Nowruz?

As with most holidays, Nowruz comes with its own set of traditions.

They include the "Haft Sin" table, which includes seven symbolic items starting with the Farsi letter "S." They include wheat grass, herbs, dried food and vinegar, all representing various hopes for the new year, including health, wealth and prosperity. For example, "Sir," the word for garlic, represents protection from illness and evil, while vinegar, or "Serkeh," represents longevity and patience. The tables also include mirrors, candles, decorated eggs, water and various fruits.

Many families also place a goldfish on the table for good luck and poetry books or the holy books to symbolize education and enlightenment.

Iranian families also welcome the new year with sparkling homes and new clothes. They visit friends and neighbors and share meals and host parties. Communities come together to celebrate the beginning of spring and do so in hopes they will always be surrounded by healthy and clean surroundings, like their home.