Scarlet Runner

Scientific name: *Kennedia prostrata*

Aboriginal name: Kabin (Vic)

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**Plant habit**

**Seed pod**

**Flower**

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**About ...**

Also known as the ‘Running Postman’ because the colour of the flowers match the colour of post boxes. The genus is named after Lewis Kennedy, an eighteenth century English nurseryman.

This plant is native to the South East and South West of Australia.

The plant’s ability to cover large areas of ground over a short period of time helps to retain moisture within the ground. It is considered a ‘living mulch’.

Scarlet Runner is quite a hardy plant which is able to resist light frost and dry periods.

Flat seed pods, about 50 mm long, follow after the flower has died.

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**Family**

PAPILIONACEAE

**Climate**

Temperate

**Habitat**

Open forests and sandy plains of the south west of WA

**Form**

Low ground creeper

Can cover an area of 1 – 3 m

Stems grow out from a central point and can wind throughout an area to entangle other plants

**Foliage**

Leaves grow in threes from the long stems

Mid-to-dark green leaves in a round heart shape

Broad, soft and crinkly

**Flower**

Kambarang to Bunuru (Spring and Summer)

25 – 30 mm long

Delicate, red and pea-like

Yellow centre

Described as ‘butterflies on stems’

**Fruit**

Hairy and green

Turn red then brown

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**Aboriginal Uses**

- The flowers provide a source of sweet nectar that can be sucked straight from the flower
- Leaves are used to make a tea-like drink, which has a pleasant liquorice flavour
- The stems of the plant are used as twine

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Caution: Do not prepare bush tucker food without having been shown by Indigenous or experienced persons. Some bush tucker if eaten in large quantities or not prepared correctly can cause illness.

Developed by SERCUL for use with the Bush Tucker Education Program.