

Scarlet Runner



Scientific name: *Kennedia prostrata*

Aboriginal name: Kabin (Vic)



Plant habit

Seed pod

Flower

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.

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

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



Used as food



Used as medicine



Used as resources



Local to SW WA

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.