

Indigenous Plants for Ballarat Gardens



Running Postman

Kennedia prostrata

FAST FACTS

Groundcover

Family:	Fabaceae
	Pea
Size:	10cm H x 60cm W
Position:	Sunny
Soil:	Well drained
Flowers:	Spring
Fruits:	Brown pods
Care:	Low maintenance

Running Postman (*Kennedia prostrata*) is an Australian native groundcover from forests in the Ballarat area and one of our most conspicuous and well recognised favourites.

Location: Put this plant at the edge of a garden bed in a spot where the flowers will show off beautifully as people walk past. It prefers full sun to light shade. Several plants at about 40cm spacing will make a great groundcover for a larger space.

Leaves: Not particularly showy or noticeable from a distance but an interesting "three-leaf clover" shape if you look closely.

Flowers: Stunning bright red pea-shaped flowers are dotted amongst the foliage throughout spring and are followed by brown pods over summer. The pods contain several small glossy black seeds.

Planting: Running Postman will grow well if planted in a hole not much larger than its pot within a few days of purchase. Give it a generous bucket of water as soon as you plant it.

Care: Keep it compact and flowering profusely when the edges appear straggly or encroach onto paths by giving it an occasional tip prune.

Propagation: Running Postman will grow well from seed collected over summer. Pick the pods when they are a rich brown but before they split and twist open. Leave pods in an open container inside to split and release the seeds. When ready to sow, pour boiling water over the seed and soak for 10 minutes. Sprinkle the seed on the surface of a pot, cover with a couple of millimetres of soil, keep it moist and watch them grow!