

**Supplementary Table 1: List of primers [18] used in qPCR for genome copy analysis.**

	Gene Symbol	Forward Primer	Reverse Primer
Nuclear genome	Actin 1	GGATATGCTCTCCCCCATGC	TCCCTCACAATTTCCCGCTC
	GAPDH	GGATATGCTCTCCCCCATGC	TCCCTCACAATTTCCCGCTC
Plastid genome	Atp I	CCACAAACCATCCCAACCGA	AAAGAGCACCCGACCAGTTC
	psbA	ACATCGGATGGTTCGGTGTT	GATCGCCGCAGAAGTAGGAA
Mitochondrial genome	cob	TCCTAATGTTTTGGGGCATC	AGAATGGCATGGATCGGTAG
	cox II	GCCAGAAACGGAGAGTTGAG	TCGTATATCGCTCCACCACA

**Supplementary Table 2: Times required for CTAB-based, QIAGEN DNeasy Plant Mini Kit, nuclear pellet and optimized nuclear pellet methods of extracting genomic DNA. The time required was calculated with 4 samples for each extraction method.**

Methods	Extraction		Purification		Total (min)
	Incubation	Centrifuge	Incubation	Centrifuge	
CTAB-based	80	35	65	10	190
QIAGEN DNeasy Plant Mini Kit	15	7	5	3	30
Nuclear pellet	185	50	-	-	235
Optimized nuclear pellet	185	50	70	55	360