Germination of *Cistus creticus ssp creticus* seeds

1. Place seeds in an eppendorf tube and add equal volume of water.

2. Heat the seeds at 95°C for 10 minutes.

3. Carefully decant as much of the water as possible and add water to rinse seeds.

4. Rinse seeds further 4-X with water.

5. Spread seeds on damp filter paper (2-3 sheets thick) or cotton placed in an appropriate container.

6. Seal the container with parafilm or saran membrane to maintain moisture.

7. Incubate at room temperature in the dark for 3-4 days. At this point seeds will start to germinate.

8. Grow seedlings to 16 hours light, 23°C and 8 hours dark, 18°C. Seedlings 1-2 cm in length are well suited for planting in 6:1 soil to perlite.