1) Place sterile filter paper in a sterile petri dish and soak the paper with sterile distilled water.

2) Put mature seeds on the dish and place under dark conditions at 4°C.

3) After 2-3 days, expose the plate to ambient light at 25°C.

4) Five days later, transplant the seedlings to pots filled with soil compressed very lightly to give a firm bed.

5) Place the pots on a cultivation rack and expose to alternating 20 hours of light (≥ 100 μmol/m²/s) and 4 hours of dark at 22°C. Water the plants twice a week. It takes about 4-6 weeks for heading to occur.

6) When the seeds are fully mature (after 8-10 weeks), stop watering and dry the plants for 4 weeks.

7) Collect seeds from each plant and store in the dark at 4°C. About 150 seeds can be collected from each plant.