

**Figure S3**: Modified salting out DNA extraction protocol (based on Sunnucks & Hales 1996). In step C digestion solution from S, M and L were used in the right proportion to create the sorted (So) and unsorted (Un) samples.

Reference: Sunnucks & Hales (1996). Numerous transposed sequences of mitochondrial cytochrome oxidase I-II in aphids of the genus Sitobion (Hemiptera: Aphididae). Molecular biology and evolution 13:510–524.

TNES buffer (**T**ris, **N**aCl, **E**DTA, **S**DS): 50 mM Tris, pH 7.5 400 mM NaCl 20 mM EDTA 0.5 % SDS

min TE buffer (pH 8) 10 mM Tris Base 0.1 mM EDTA