## **Supplementary Material**

Inhibition of non-photochemical quenching increases functional absorption crosssection of photosystem II as excitation from closed reaction centres is transferred to open centres, facilitating earlier light saturation of photosynthetic electron transport

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Supplementary data I: Induction of NPQ in dark adapted Arabidopsis genotypes transferred to 1000 µmol photons m<sup>-2</sup> s<sup>-1</sup> WL as monitored by saturating pulse of MINI-PAM at intervals of 30 s (means  $\pm$  s.e; n = 3; error bars appear when they exceed symbol size).



Supplementary data II: To a first approximation, increase of functional absorption cross-section of PSII ( $\sigma'_{PSII}$ ) is evident as an increase in the initial slope (drawn by eye) of the SQA phase of the transient chlorophyll fluorescence from individual QA flashes of LIFT/FRR. Treatment with DTT inhibits steady state NPQ and increases  $\sigma'_{PSII}$  in detached leaves of (*a*) shade- and (*b*) sungrown spinach (SH and SU respectively) shown in representative QA flash transients 7.5 min. after transfer from dark to 530 µmol m<sup>-2</sup> s<sup>-1</sup> WL. Values of NPQ and  $\sigma'_{PSII}$  (units of Å<sup>2</sup>/RCII) from FRR model fit to the transients are shown in each case.



Supplementary data III: Correlations between ETR and NPQ measured in rosettes of *Arabidopsis* using LIFT with those measured by MINI-PAM in leaves of *Arabidopsis* genotypes during steady state after 5 to 6 min. induction in 1050 µmol photons m<sup>-2</sup> s<sup>-1</sup> WL (broken line = ratio 1:1). The LIFT assays (n = 2-4 plants) were done on different individuals from the same populations of genotypes three and four days after the MINI-PAM assays (n = 3 plants; mean ± s.e.).



Supplementary data IV: The greater initial slope of the Q<sub>A</sub> flash in Arabidopsis NPQ mutants, compared to their corresponding NPQ replete genotypes, after 9 min in 1000  $\mu$ mol m<sup>-2</sup> s<sup>-1</sup> WL confirmed that  $\sigma'_{PSII}$  increases when NPQ is impaired. Values of NPQ and  $\sigma'_{PSII}$  (units of Å<sup>2</sup>/RCII) from FRR model fit to the individual transients are shown in each case.