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22 **Supplementary Fig. 1 | The photo image of one printed VegPU/Ag pattern on the VegPU**
23 **substrate.** The VegPU/Ag ink was screen-printed on a VegPU thin film and then cured by
24 sintering solution.

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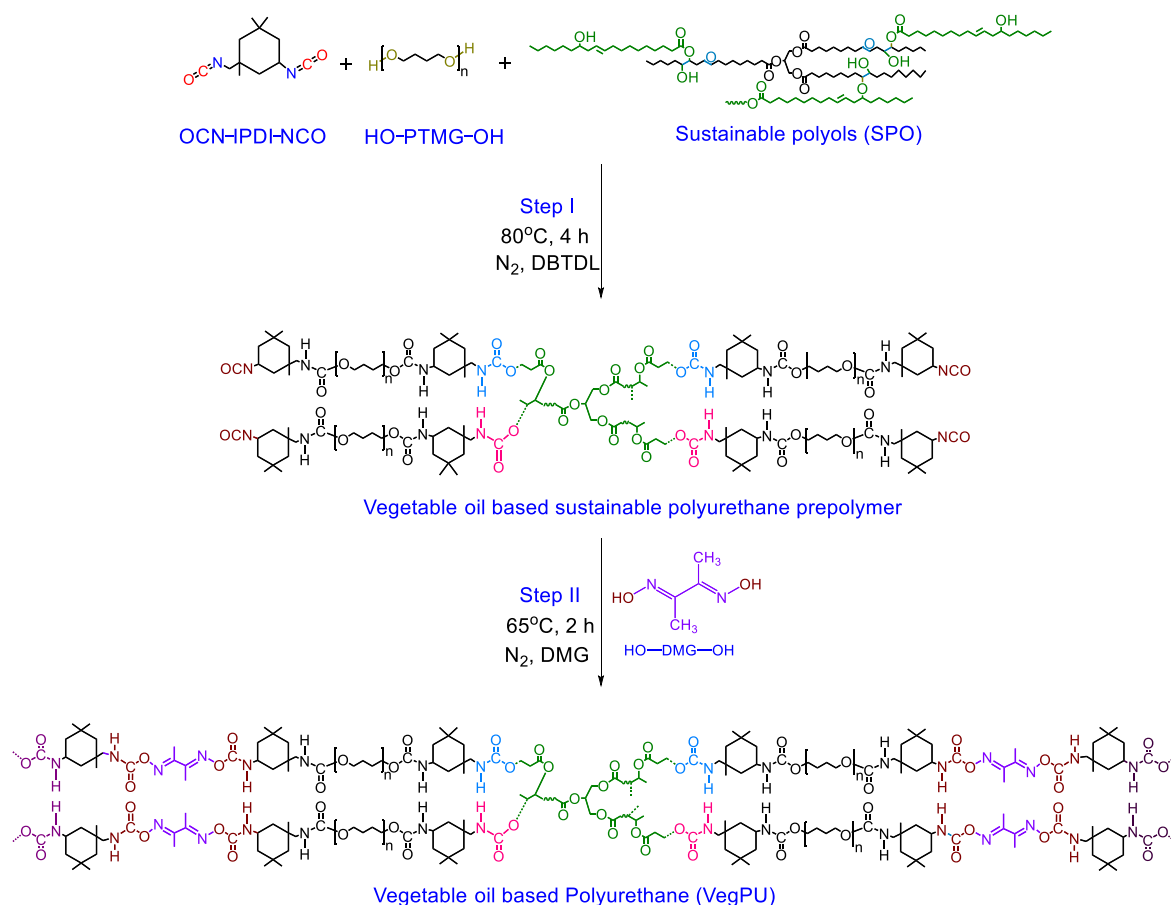
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45 **Supplementary Fig. 2 | Synthesis of representative VegPU from sustainable polyols.** A series
 46 of VegPU were synthesized from SPO and PTMG with IPDI at a molar ratio of 0.8:0.5:1.5 (-OH/
 47 NCO). First, the PTMG-IPDI-based NCO-terminated precursor was prepared by the PTMEG and
 48 IPDI chemical reaction with a 2: 3 mole ratio at 75 -80 °C under a nitrogen condition for 6 hours.
 49 The PTMEG-IPDI precursor (4 mmol) and SPO (8.03 mmol) were solubilized in anhydrous DMF
 50 (20 ml) and were left to react for 4 hours at 80 °C. The reacting solution was then given one drop
 51 of DBTDL and stirred for another 30 minutes. Subsequently, dimethylglyoxime (DMG) (4.04
 52 mmol) as a chain extender was diluted in DMF (5mL), and the resulting solution was added into
 53 the reaction system that was further maintained at 65 °C for 2 hours. The resultant polymer solution
 54 was then placed into a glass mold (length × width: 100 mm × 50 mm) and dried in an 80 °C oven
 55 for 12 hours.

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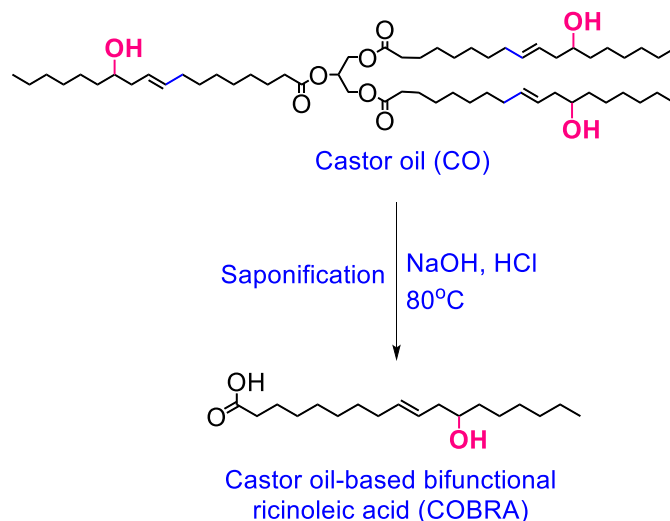
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63 **Supplementary Fig. 3 | Synthesis of castor oil-based bifunctional ricinoleic acid.** Bifunctional

64 ricinoleic acid could be acquired through either saponification or fractional distillation of castor

65 oil that has been hydrogenated. Initially, required quantities of castor oil were saponified into

66 bifunctional ricinoleic acid by heating a sodium hydroxide (NaOH) mixture at 80-85 °C for 4 hours.

67 The COBRA solution was then neutralized using diluted hydrochloric acid (HCl). The organic

68 phase has been filtered after neutralization by washing with double-distilled water (*ddH₂O*). The

69 dissolution-decantation process was routine four times, and the product was dried over magnesium

70 sulfate (MgSO₄). The majority of the bifunctional fatty acids in castor oil are ricinoleic acid (88 to

71 91%), and additional acids are present, including linolenic, linoleic, and oleic acids.

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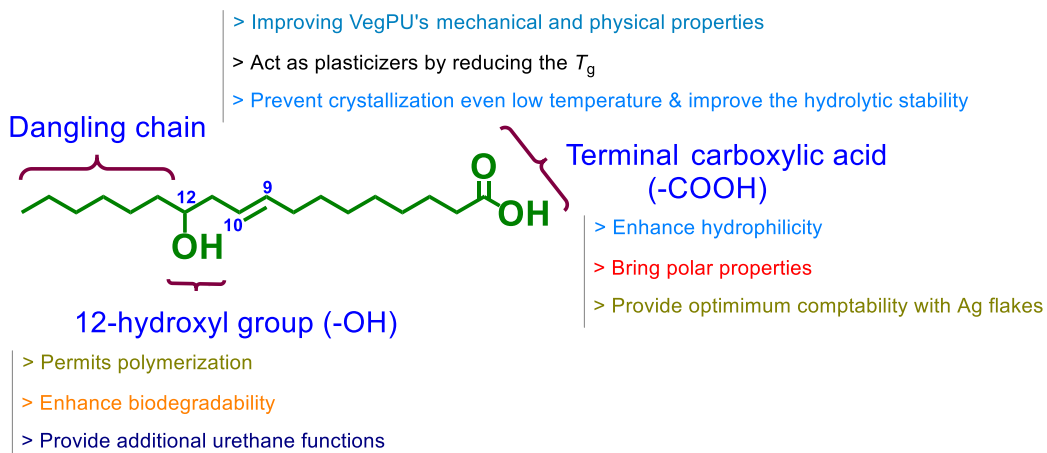
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83 **Supplementary Fig. 4 | The importance and advantages of bifunctional ricinoleic acid**
 84 **functional units** of dangling chain, -COOH and -OH in the VegPU preparations. Ricinoleic acid
 85 (12 hydroxy-cis-9-octadecenoic acid) is the major hydroxylated aliphatic unsaturated fatty acid
 86 in castor oil (>90%) and a key substrate for the polymerization of precursors to produce sustainable
 87 VegPU.

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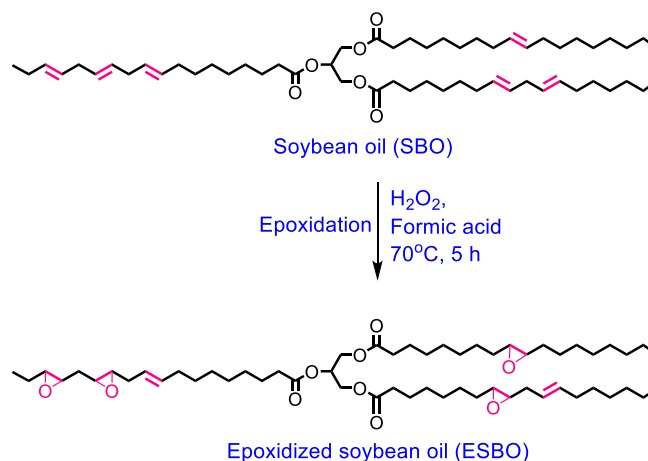
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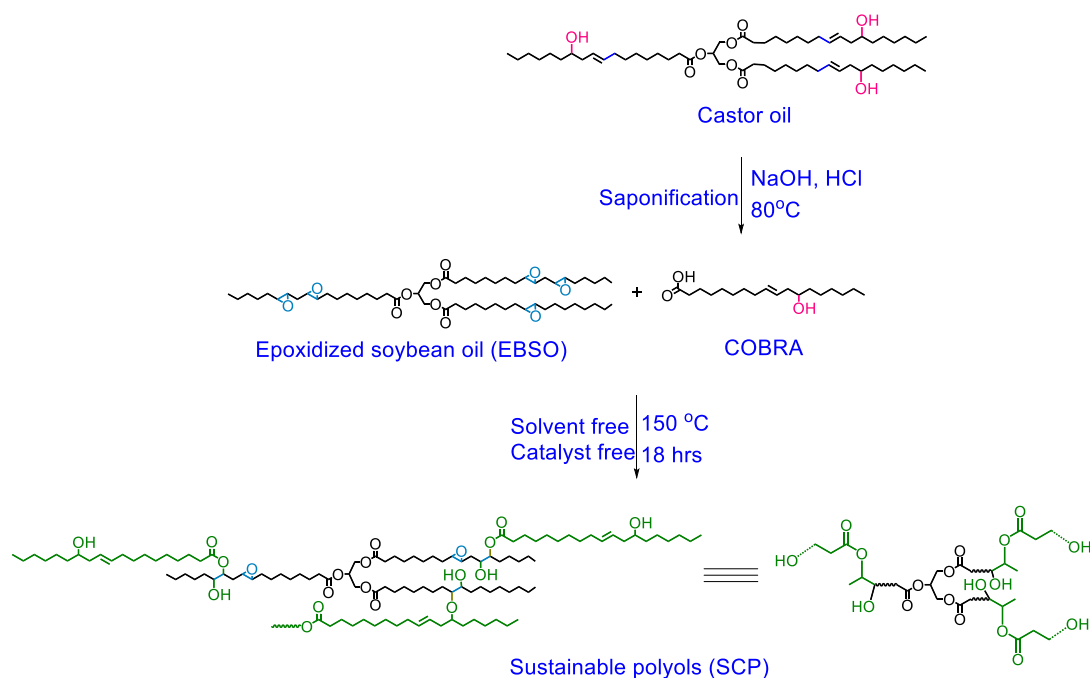
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102 **Supplementary Fig. 5 | Synthesis of epoxidized SBOs.** In a typical experiment, a measured
103 quantity of soybean oil (0.5038 mol) was processed at 70°C for 1 hour in a 250 mL round-bottle
104 flask with a thermometer, and an oil bath. Thereafter, a mixture of hydrogen peroxide (H_2O_2 ,
105 0.2855 mol) and formic acid (HCOOH , 0.0570 mol) was introduced to the soybean oil with the
106 catalyst at a syringe pump rate of $0.20\text{ cm}^3\text{ min}^{-1}$. The resultant mixture was stirred periodically
107 and kept at the same temperature of 70°C for 5 hours. After the addition of the oxidant mixture,
108 the reaction proceeded for the preferred duration of time.

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123 **Supplementary Fig. 6 | Synthesis of sustainable polyols.** Firstly, COBRA was placed in a flask

124 with a mole ratio of the carboxyl group of 1.5, stirred with a mechanical stirrer, and kept at 150 °C

125 in an N₂-free environment. Then, ESBO at a mole ratio of 3 to the epoxy group was added drop

126 by drop while vigorously stirring. After being mixed fully, the mixture was kept at 140 to 180 °C

127 overnight with the constant stirring condition. To quench the reaction, 30% ammonia in water was

128 added to the solution mixture. After the reaction was complete, the finished SPO products were

129 obtained with Et₂O and washed at least five times with double-distilled water. After drying the

130 precipitate with MgSO₄, it was filtered. After removing the organic solvent with Rotavapor and

131 vacuum, the clear viscous pale yellow SPO was obtained.

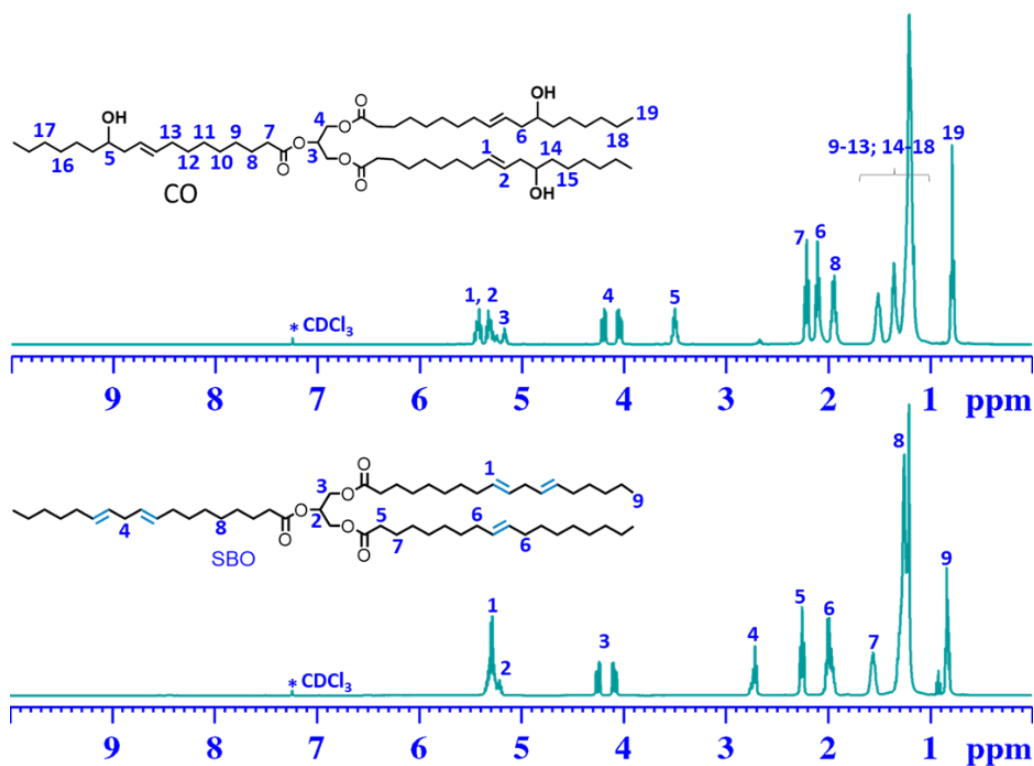
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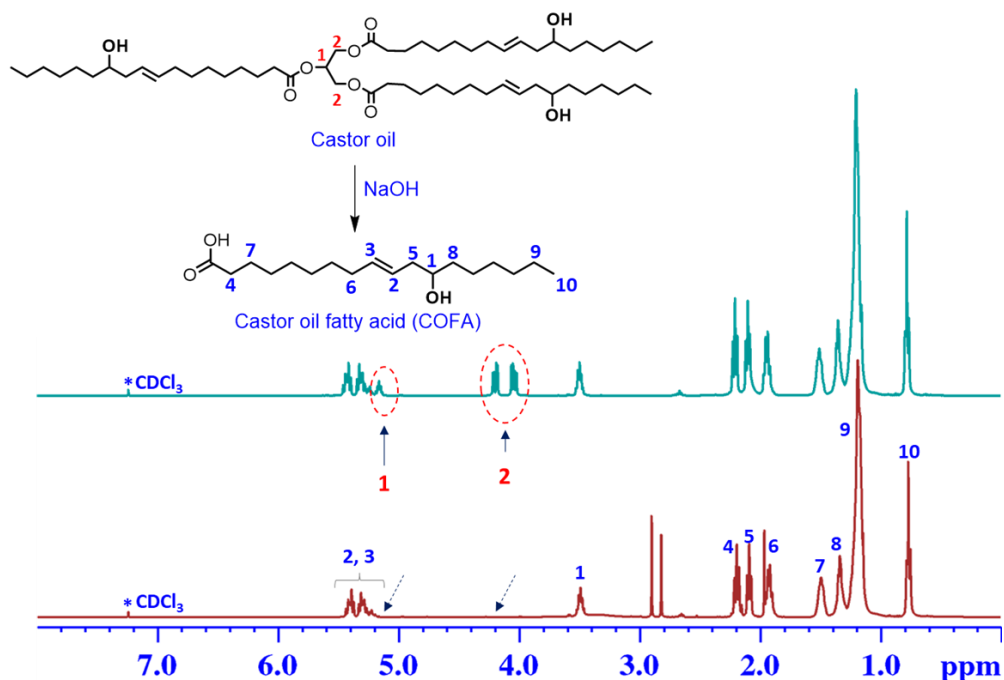
138 **Supplementary Fig. 7 | $^1\text{H-NMR}$ spectra of castor oil (CO) and soybean oil (SBO).** The 3°
 139 proton of the $-\text{CH}_2\text{CHCH}_2-$ the backbone of castor oil is at 5.1–5.4 ppm, the $-\text{CH}_2$ proton of the -
 140 $\text{CH}_2-\text{CHCH}_2-$ backbone is at 4.2–4.3 ppm, and the 3° hydrogen neighboring to the $-\text{OH}$ proton in
 141 the ricinoleic acid chain is at 3.4–3.7 ppm. The SBO spectrum demonstrates that each
 142 triacylglycerol forms five double bonds ($-\text{C}=\text{C}-$).

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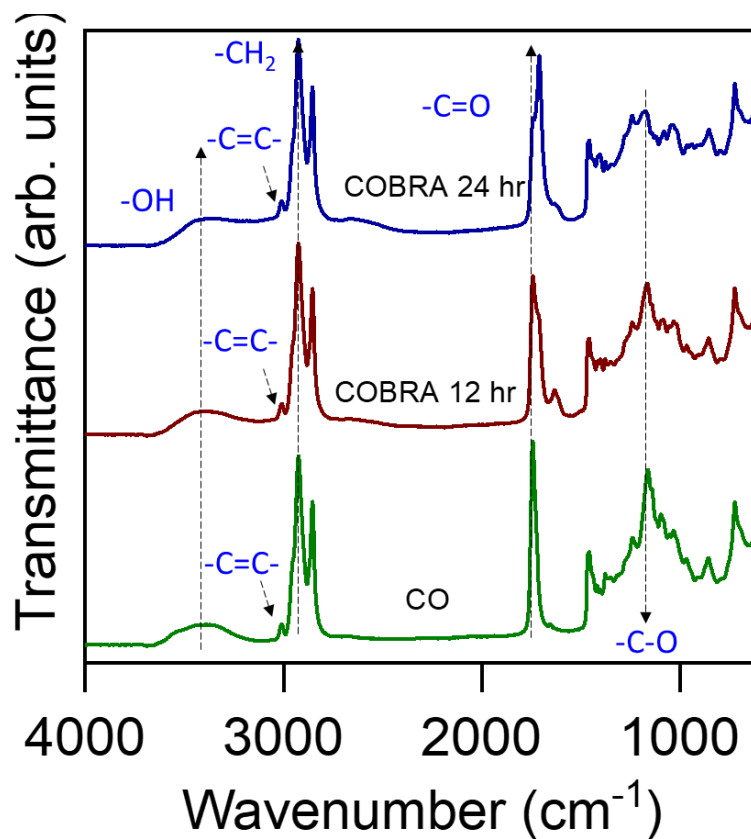
148 **Supplementary Fig. 8 | ¹H-NMR spectra of CO and COBRA.** The 3° proton of the -
 149 CH₂CHCH₂- the backbone of castor oil is at 5.1–5.4 ppm, the -CH₂ proton of the -CH₂-CHCH₂-
 150 backbone is at 4.2–4.3 ppm, and the 3° hydrogen neighboring to the -OH proton in the ricinoleic
 151 acid chain is at 3.4–3.7 ppm. The peaks at 5.1–5.4 ppm and 4.2–4.3 ppm went away after the
 152 reduction reaction. On the other hand, the peak intensity at 3.4–3.7 ppm went up, which shows
 153 that triglyceride was completely broken down, which led to the formation of primary hydroxyl
 154 groups (-OH). It is therefore concluded that COBFA was successfully prepared.

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160 **Supplementary Fig. 9 | FTIR spectra of CO and COBRA at various reaction times.** The broad
161 absorption band at around 3400^{-1} and 1750^{-1} can be assigned to hydroxyl and carbonyl groups,
162 respectively.

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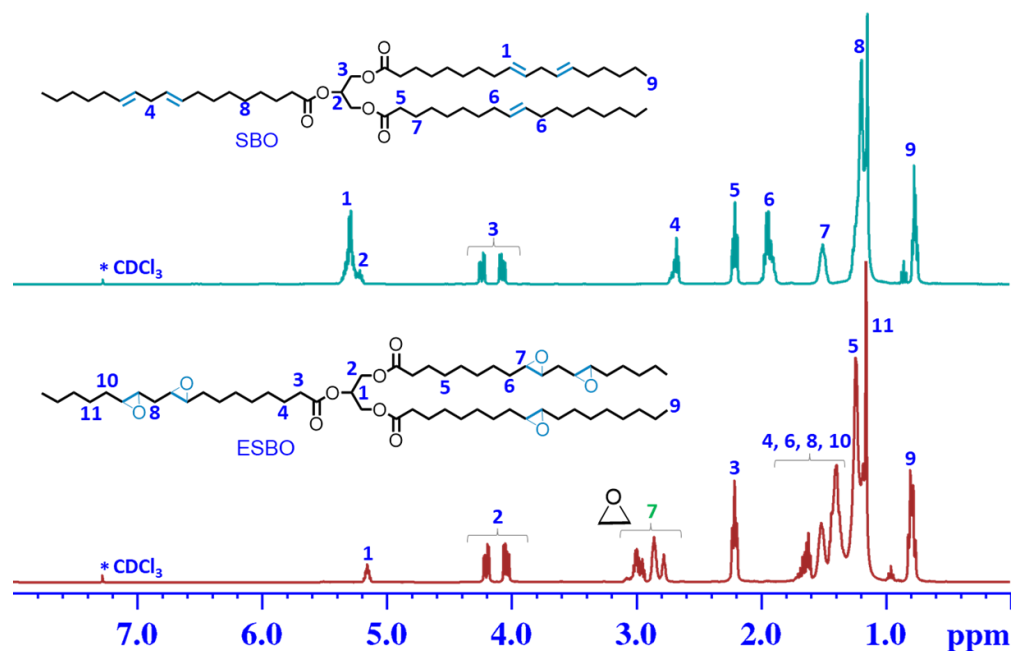
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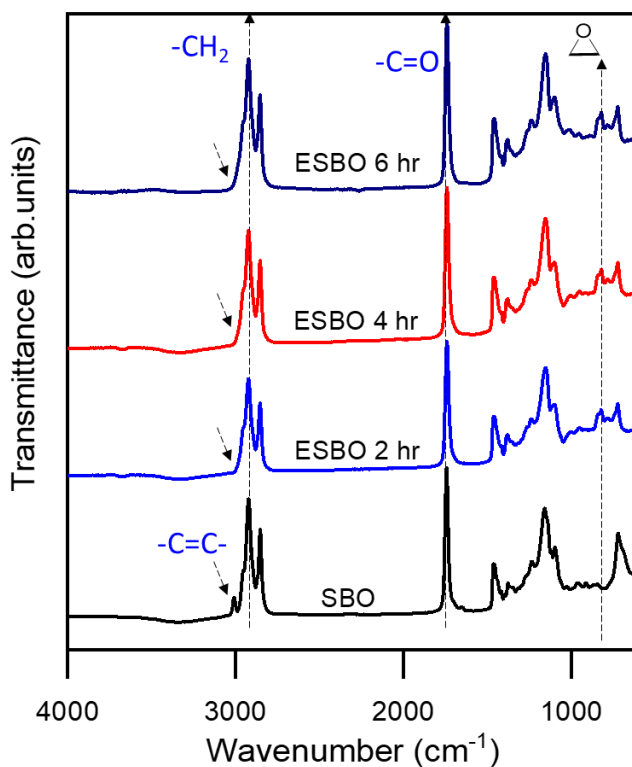
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171 **Supplementary Fig. 10** | ¹H-NMR spectra of soybean oil (SBO) and epoxidized soybean oil
 172 (ESBO). The SBO spectrum demonstrates that each triacylglycerol forms five double bonds (-
 173 C=C-). The ESBO spectrum illustrates that unsaturated fatty acids were transformed into epoxy
 174 groups labeled as diepoxides and monoepoxides, with signals having appeared at 3.06–3.16 ppm
 175 (-CHOCH-CH₂-CHOCH-) and 2.5–3.1 ppm (-CHOCH-CH₂-CHOCH-). The peak at 1.45–1.50
 176 ppm methylene protons (-CH₂-CH₂-CHOCH-) neighboring epoxy group (-CH₂-CH₂-CHOCH-) and at 2.3 ppm α-
 177 methylene group (α-CH₂) to acyl group (CH₂-CH₂-C=O-O-).

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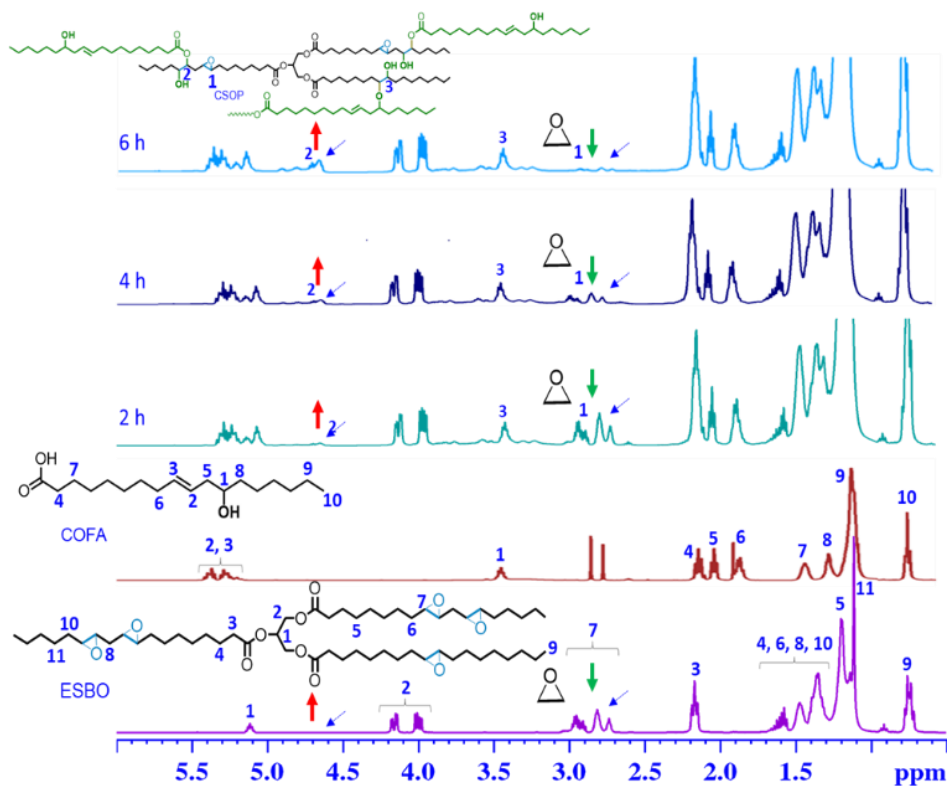
180 **Supplementary Fig. 11 | FTIR spectra of SBO and epoxidized SBO (ESBO) at various**
 181 **reaction times.** The characteristic absorption bands at 822, 1173, 1725, and 2913 cm^{-1} are
 182 attributable to the stretching vibration of epoxy, C–O, C=O, and C–H groups of the ESBO,
 183 respectively. The epoxidation of epoxidized SBOs (ESBO) was followed by the disappearance of
 184 the C = C peak at 3011 cm^{-1} and the appearance of the new broad epoxy peak stretching vibration
 185 between 862-809 cm^{-1} .

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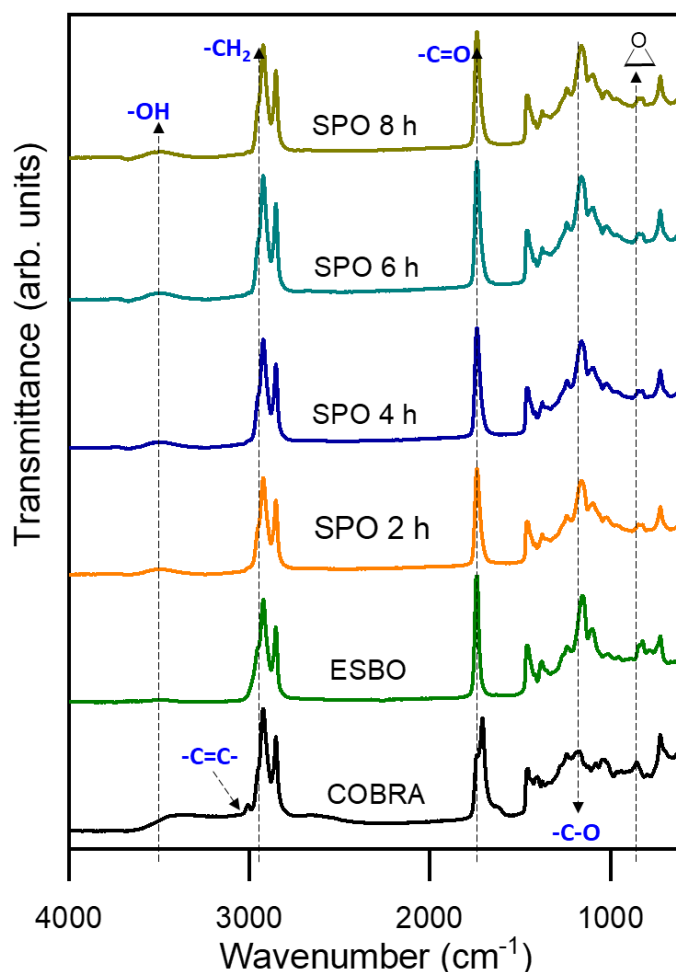


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191 **Supplementary Fig. 12 | $^1\text{H-NMR}$ spectra of sustainable polyols (SPO) for distinct intervals**
 192 **of carboxyl to epoxy group reactions.** As reaction times increased, the peaks at 2.8-3.2 ppm,
 193 representing the epoxy groups, decreased. The peaks at 2.7-3.1 ppm representing epoxy groups,
 194 decreased as reaction times increased. On the other hand, new peaks corresponding to 3° to Hto
 195 atoms next to the newly formed ester groups were detected between 4.5-4.9 ppm. The peaks
 196 showing where hydrogen is attached to carbons near the ester overlap with those where hydrogen
 197 is attached to carbons near the hydroxyl.

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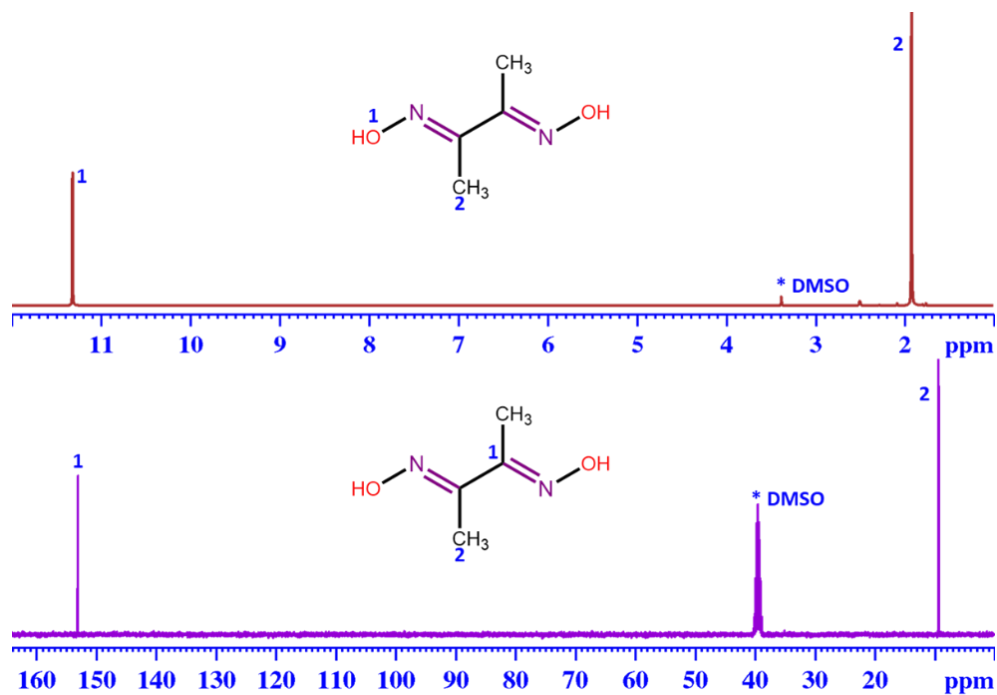
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201 **Supplementary Fig. 13 | FTIR spectra of COBRA, ESBO, and SPO at various reaction times**
 202 **intervals.** The oxirane absorption bands at 822 cm^{-1} , which represent epoxy groups, appeared,
 203 while the carbon-carbon (-C=C-) double bonds at $3001\text{-}3012\text{ cm}^{-1}$ almost vanished. The absence
 204 of epoxy groups in polyols indicated that the epoxy groups in ESBO had been ring-opened. The
 205 epoxy groups in epoxidized SBO decreased after the ring-opening reaction was initiated by
 206 COBRA, while a broad peak at 3395 cm^{-1} appears, indicating that the epoxy groups in ESBO were
 207 ring-opened and sustainable hydroxyl (-OH) polyols were successfully formed.

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210 **Supplementary Fig. 14** | ^1H and ^{13}C -NMR spectra of dimethylglyoxime (DMG). The
211 dimethylglyoxime was purchased from Sigma-Aldrich without any purification.

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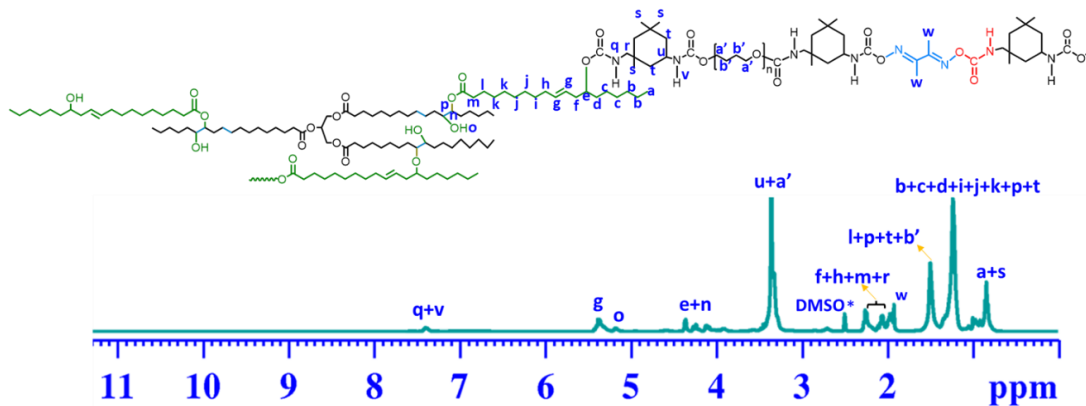
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223 **Supplementary Fig. 15** | $^1\text{H-NMR}$ spectra of VegPU. $^1\text{H-NMR}$ (400 MHz, DMSO, 25 °C) δ
 224 (ppm): δ 7.23-7.38 ($-\text{C}(\text{O})\text{NH}-$), δ 5.14 ($-\text{CH}=\text{CH}-$), δ 5.46 ($-\text{OH}$), δ 4.21-4.35 ($-\text{O}-\text{CH}-$), δ
 225 3.32 ($\text{CO}-\text{NH}-\text{CH}-$), δ 3.28 ($\text{CO}-\text{O}-\text{CH}_2$), δ 2.17-2.30 ($-\text{CH}_2-$), δ 2.01 (6H, $\text{CH}=\text{C}-\text{CH}_3$), δ
 226 1.52-1.68 ($-\text{C}-\text{CH}_2-$), δ 1.18-1.50 ($-\text{CH}_2-\text{CH}_2-\text{CH}_3$), and δ 0.81-0.93 (CH_2-CH_3).

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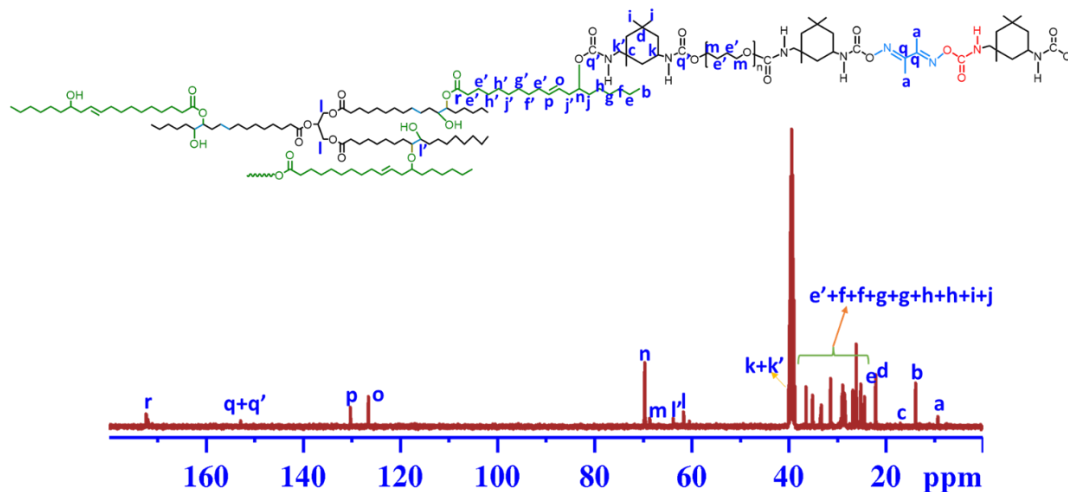
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239 **Supplementary Fig. 16** | ¹³C-NMR spectra of VegPU. ¹³C-NMR (400 MHz, DMSO, 25 °C) δ
 240 (ppm): 173.2 (-CH₂-CO-O-), 154.1-155.6 (-NH-CO-O-), 131.3 (-C=C), 126.8 (-C=C), 71.6 (CO-
 241 O-C), 68.2 (CH₂-O-), 61.8-64.4 (HO-C), 40.9-42.1 (NH-C), 8.3-38.4 (CH₃-CH₂ and CO-CH₂,
 242 etc).

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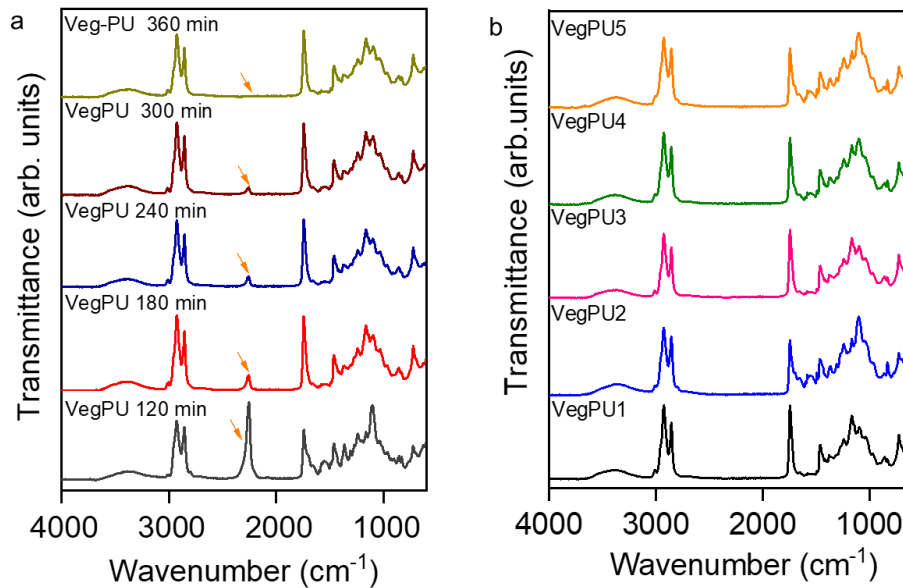
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253 **Supplementary Fig. 17 | FTIR spectra of a sustainable VegPU prepolymer:** at various time
 254 intervals (a) and different ratios of oxime (b). The peak at 2268 cm^{-1} was designated to the NCO
 255 groups of VegPU at fixed temperature and variable time periods. The strength of the NCO peak at
 256 2268 cm^{-1} reduces over time progressively with specific temperature, confirming the reaction
 257 between the -NCO group of IPDI and the -OH groups of PTMG, SCP, and DMG. After 360
 258 minutes, there was almost no NCO prepolymer band at 2268 cm^{-1} , indicating that the NCO and
 259 the -OH bonds of PTMG, SCP, and DMG had fully reacted and the reaction was complete, with
 260 no reactants remaining. B) The following characteristic bands were found in the VegPU result:
 261 $3340\text{-}3356\text{ cm}^{-1}$ (N-H amide stretching), $3001\text{-}2800\text{ cm}^{-1}$ (symmetric and anti-symmetric aliphatic
 262 stretching), 1725 cm^{-1} (C=O carbonyl stretching), 1453 cm^{-1} (C-H), and 1539 cm^{-1} (C-
 263 NH bending). The bands at 991 cm^{-1} and 944 cm^{-1} were assigned to the out-of-plane C-H and
 264 C=C bending vibrations. The peak representing the N-O stretching vibration of oxime appears at
 265 $975\text{-}988\text{ cm}^{-1}$.

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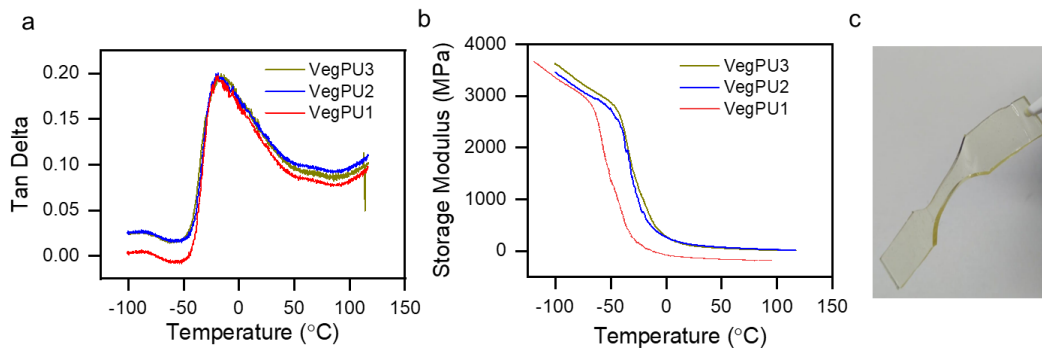
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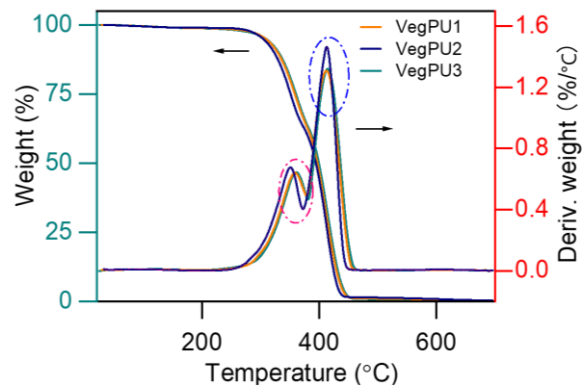
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 276 **Supplementary Fig. 18 | The DMA of VegPU.** The loss factor (a) and storage modulus (b) as
 277 functions of temperature for VegPU films measured by DMA from -100 °C to 120 °C under a room
 278 temperature, at a heating rate of 3 °C min⁻¹ and a frequency of 1 Hz. (c) the image of the VegPU
 279 testing specimen.

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299 **Supplementary Fig. 19 | TGA weight loss and derivative curves for the VegPU films.** The first
 300 degradation of the VegPUs observed at temperatures between 240-350 °C was attributed to the
 301 decomposition of labile carbamate-oxime groups. The second degradation observed in the
 302 temperature range from 350-500 °C resulted from chain scission in the sustainable polyols.

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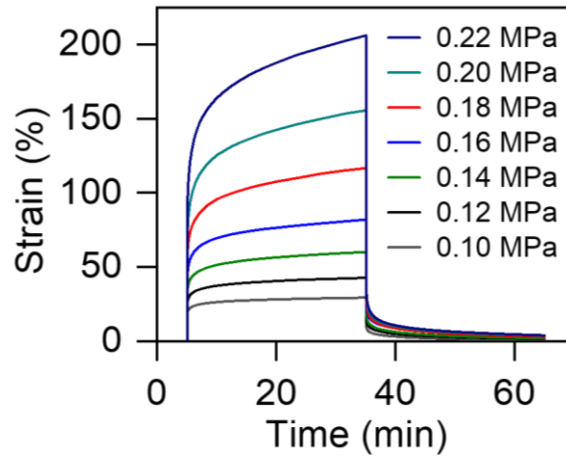
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321 **Supplementary Fig. 20 | The creep and recovery strain-time curve of VegPU** under different
 322 applied stress at 25 °C. The creep stress varied from 0.10 to 0.22 MPa. When the stress was
 323 increased from 0.10 to 0.22 MPa, the strain increased by 28 to 220%. The elastic response of the
 324 VegPU films causes an instantaneous increment in strain in all VegPU creep curves. At the end of
 325 the applied load period, viscous flow is observed. When the stress is removed, the strain rapidly
 326 decreases to the initial elastic response. During the rest period, the polymer makes an attempt to
 327 recapture its original shape through time-dependent molecular stress relief.

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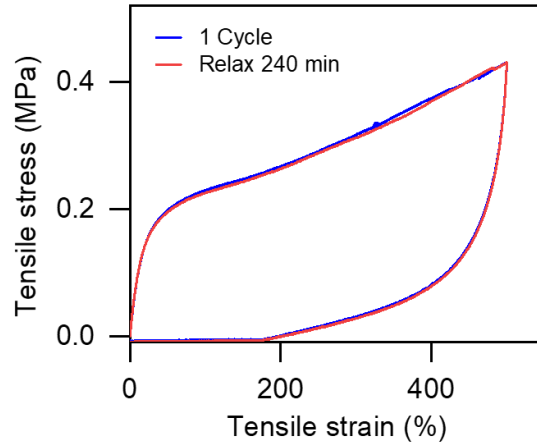
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341 **Supplementary Fig. 21 | The cyclic tensile (500%) tests of VegPU for the first cycles and after**
342 **240 min relaxation.** Strain rate: 100 mm/min; width of sample: 14 mm; thickness: 1 mm; length
343 of gauge: 40 mm.

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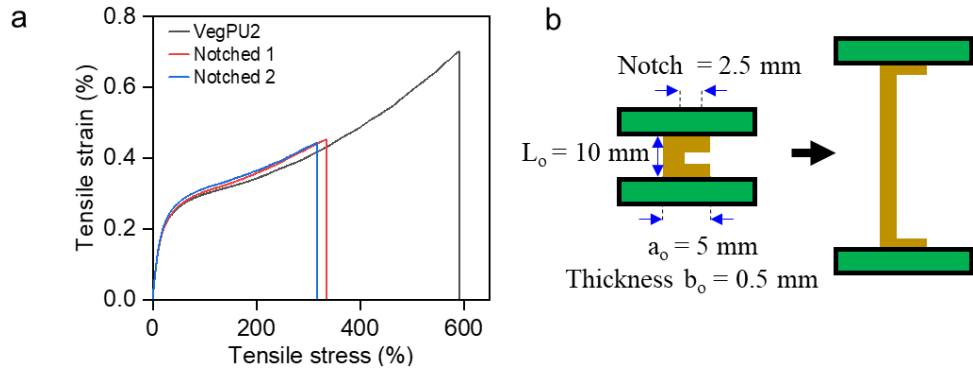
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362 **Supplementary Fig. 22 | The notch testing for VegPU.** The stress-extension curves of unnotched
 363 VegPU and notched VegPU film (A); (B) the size of the notched area. 2 mm thickness, 10 mm
 364 length, and 5 mm width was notched along a single edge at a length of 1 mm, and the film was
 365 extended at a loading rate of 100 mm/min.

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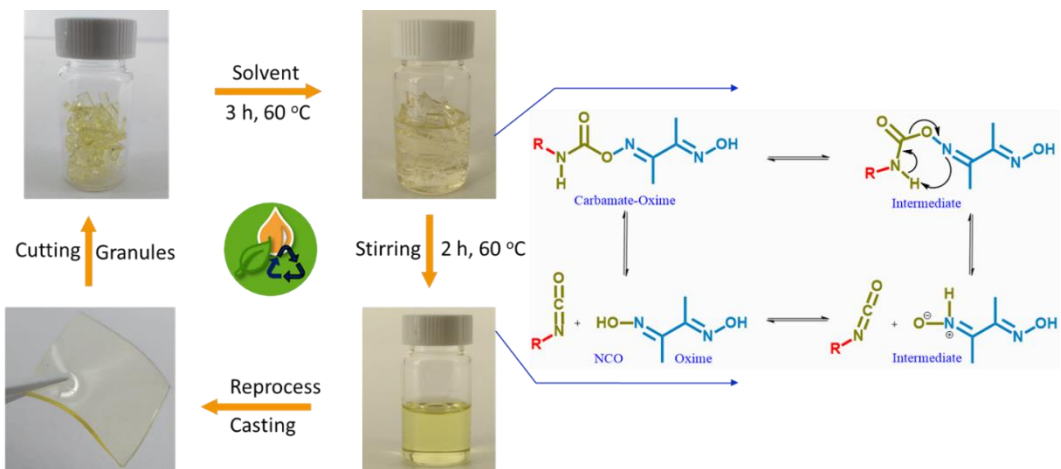
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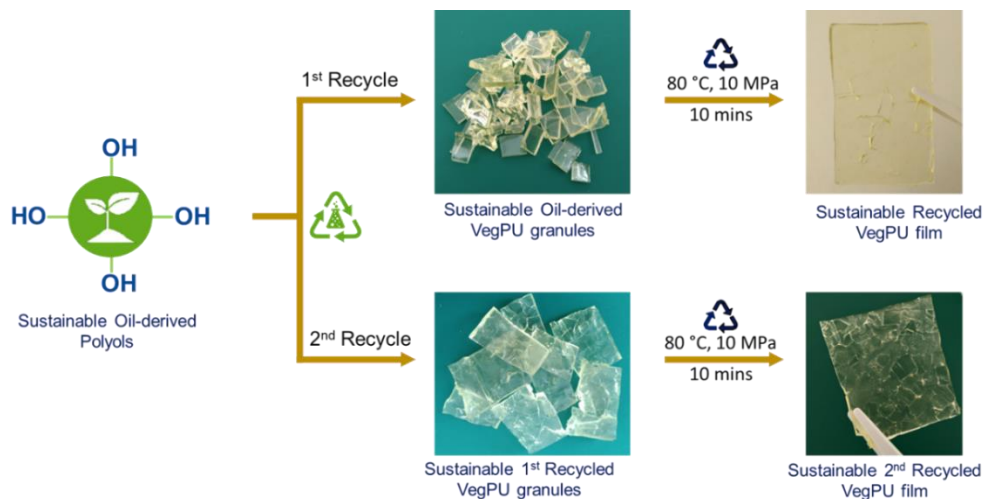
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384 **Supplementary Table 1 | The comparison of VegPU with other petrol-based PU elastomers**
 385 **and sustainable PU elastomers.** HPUA: Hydrophilic poly(urethane-acrylate) elastomer; PDPU:
 386 polysiloxane-dimethylglyoxime–based polyurethane: poly(urethane-acrylate) elastomer; PU-OOP:
 387 polyurethane-olive oil polyol; PU-MSO: polyurethane- soybean oil-based polyols; POPU: palm
 388 oil polyurethane.

Sample	Sustainable polyols	Sustainable percentage (%)	Tensile strength (MPa)	Elongation at break (%)	Reference
HPUA	None	0	3.69	4954.83	²
PDPU	None	0	0.9	1800	³
PUA	None	0	7	5000	⁴
PU-OOP	Olive oil	70.25%	4.7 ±0.4	331.5±12.9	⁵
PU-MSO	Soybean oil	10.71	11.60±0.24	610±20	⁶
POPU	Palm oil	34.23	1.17±0.4	608.52	⁷
VegPU	Castor and soybean oil	75-81%	0.66	797	Our work

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422 **Supplementary Fig. 24 | VegPU being recycled through the process of hot-pressing** (Condition:
 423 80 °C, 10 MPa, 10 mins). The VegPU film was cut into small pieces and hot pressed for 10 minutes
 424 at 80 °C with a pressure of 10 MPa.

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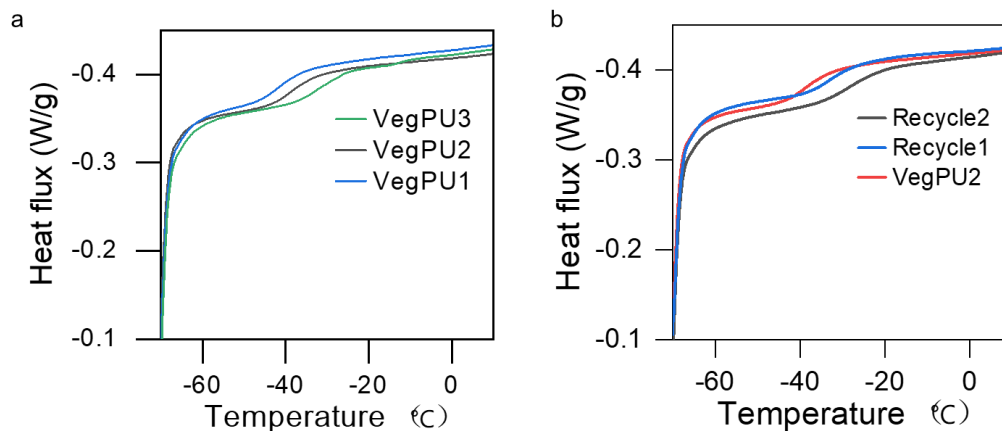
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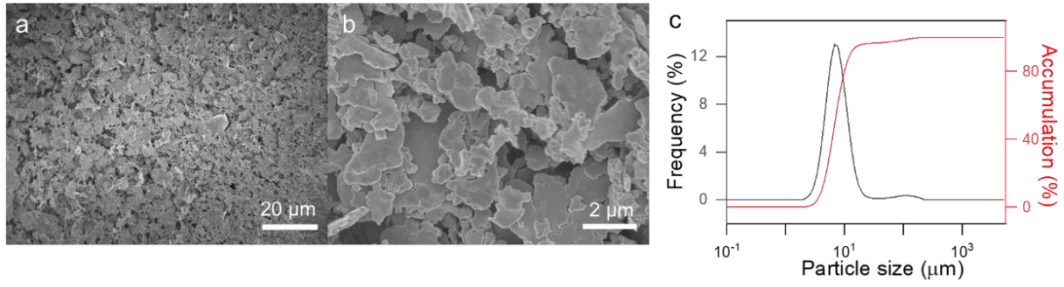
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 442 **Supplementary Fig. 25 | DSC thermograms (a) of the different VegPU films and recycling**
 443 **curves (b) of VegPU2** (Recycle 1: solution casting and Recycle 2: hot-pressing). The DSC
 444 measurements were carried out at heating rates of 10 °C /min in a nitrogen-free environment. The
 445 absence of melting or crystallization transitions in the DSC curves indicates that these VegPUs are
 446 amorphous. Each curve has one Tg, which corresponds to the urethane segments of the obtained
 447 VegPU. The three VegPUs Tg were remarkably similar, which can be attributed to the urethane
 448 and hydroxyl functions.

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464 **Supplementary Fig. 26 | Size characterization of Ag flakes.** SEM (high-magnification (a) and
465 low-magnification (b)) and particle size distribution (c) of used Ag flakes.

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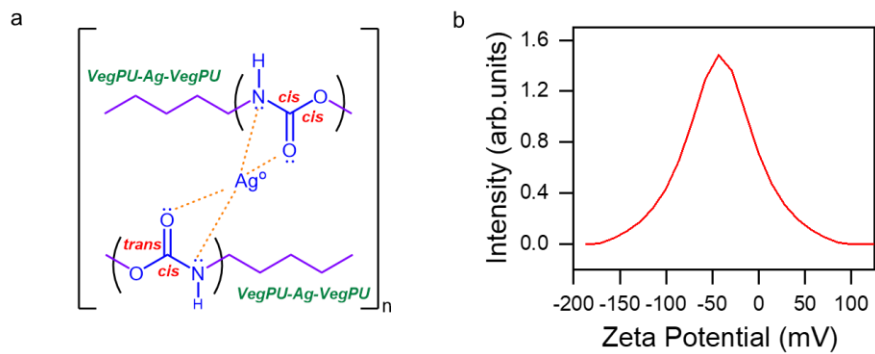
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488 **Supplementary Fig. 27 | The surface properties of Ag flakes.** Schematics of the bonding
 489 between Ag flakes coated by fatty acid and VegPU (a) and the zeta potential of Ag flakes in the
 490 VegPU resin (b).

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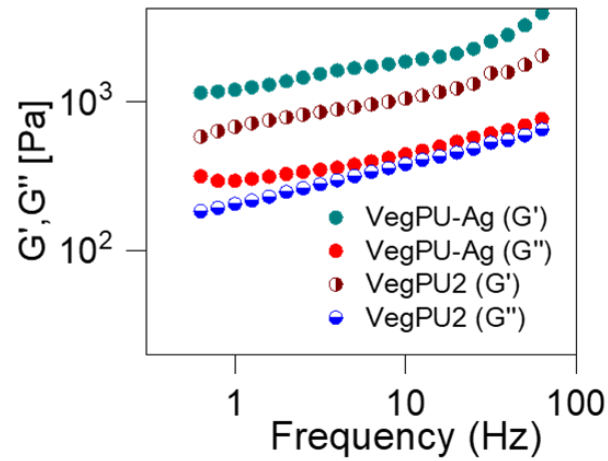
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511 **Supplementary Fig. 28 | The rheology of VegPU and VegPU/Ag.** The dependence of the storage
512 modulus (G') and lost modulus (G'') on angular frequency for VegPU resin and VegPU/Ag flakes
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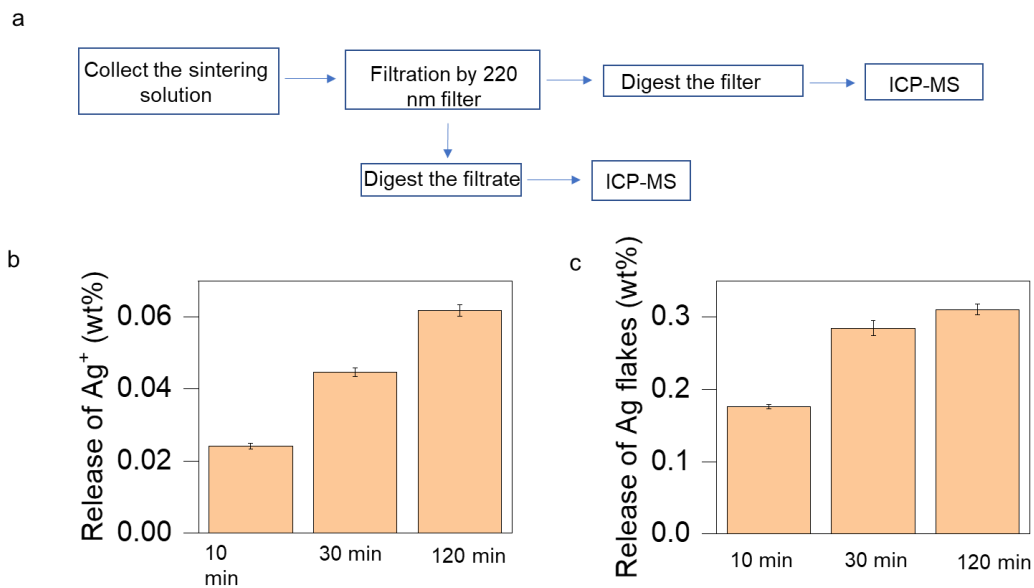
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531 **Supplementary Fig. 29 | Release of Ag flakes and Ag⁺ during the sintering solution curing**
 532 **process:** (a) the process of collecting Ag flakes and Ag⁺; The release of Ag⁺(b) and Ag flakes (c)
 533 upon soaking duration. Error bar: n=3.

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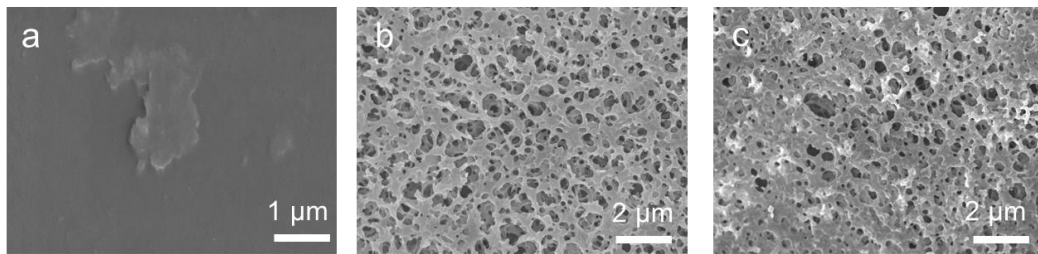
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548 **Supplementary Fig. 30 | The morphology of VegPU film treated by different methods.** (a-c)
549 The SEM images of VegPU resin after being cured by 80 °C heat, DI water, and sintering solution,
550 respectively.

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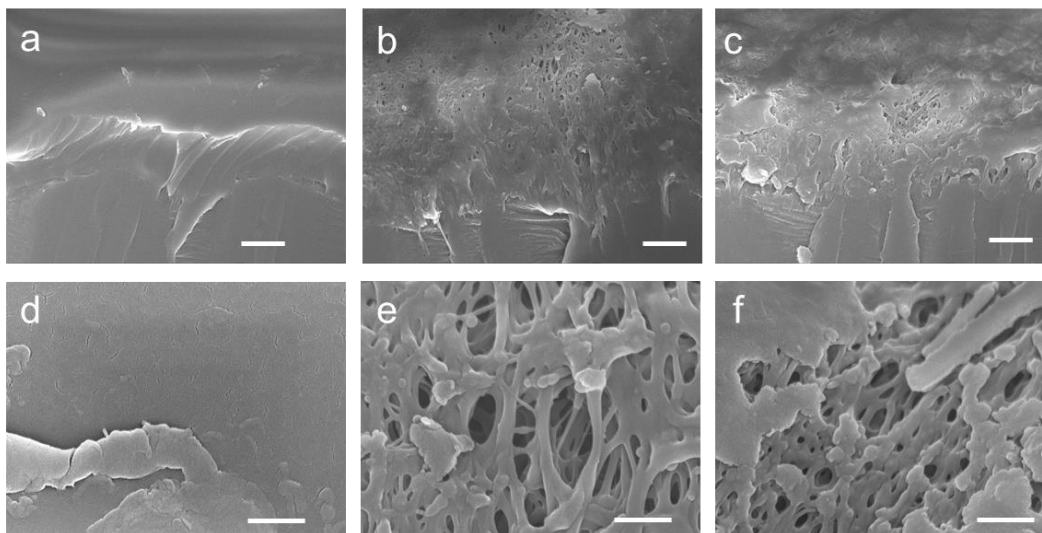
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571 **Supplementary Fig. 31 | Cross-sectional SEM images of VegPU treated by different methods.**
572 (a-c) The cross-sectional SEM images of VegPU resin after cured by 80 °C heat, DI water, and
573 sintering solution, respectively. (d-f) The corresponding SEM images with a higher magnification.
574 Scale bar in (a-c): 5 μm and in (d-f) 1 μm .

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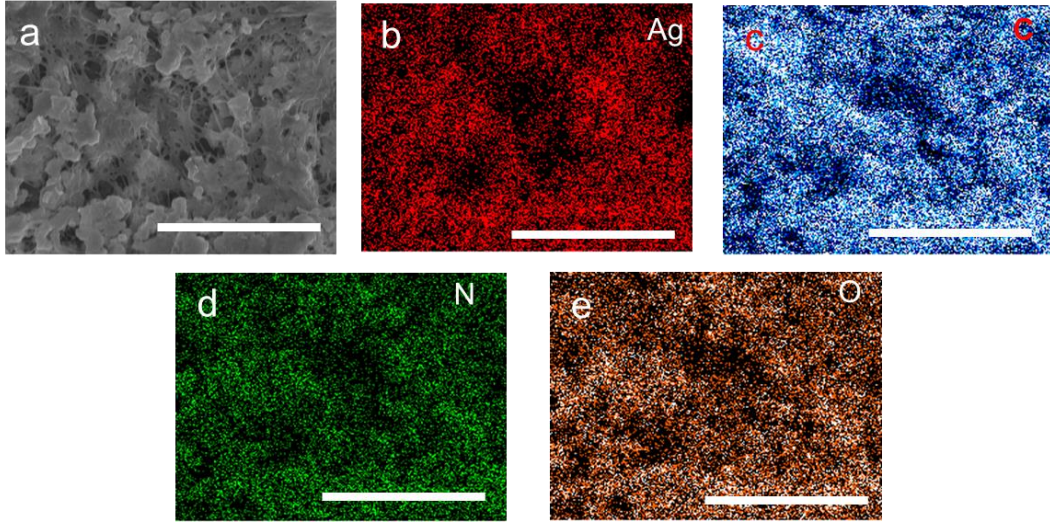
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592 **Supplementary Fig. 32 | EDX images of VegPU/Ag.** (a) SEM image of the sintering solution-
593 cured electrode and corresponding EDX images showing Ag (b), C (c), N (d), and O (e) elements.
594 Scale bar: 6 μm .

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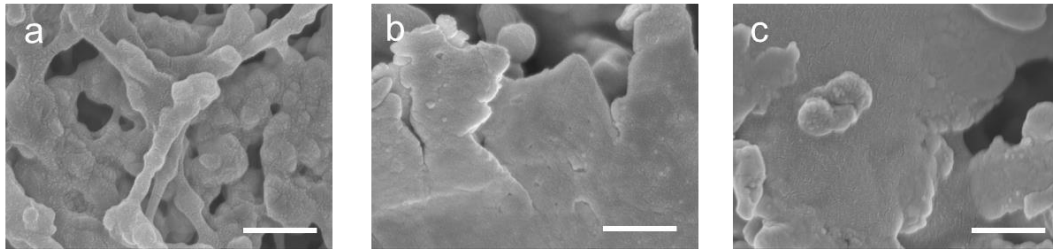
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611 **Supplementary Fig. 33 | The morphology of VegPU/Ag film treated by different methods.** (a-
612 c) The high-resolution SEM images of sintering solution-, DI water- and heat-cured VegPU/Ag
613 electrodes, respectively. Scale bar: 500 nm.

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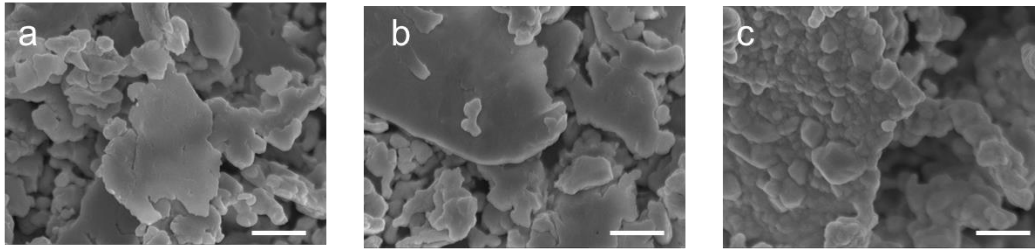
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634 **Supplementary Fig. 34 | The morphology of Ag flakes treated by different methods.** (a-c) The
635 SEM images of Ag flakes, DI water, and sintering solution-treated Ag flakes, respectively. Scale
636 bar: 1 μm .

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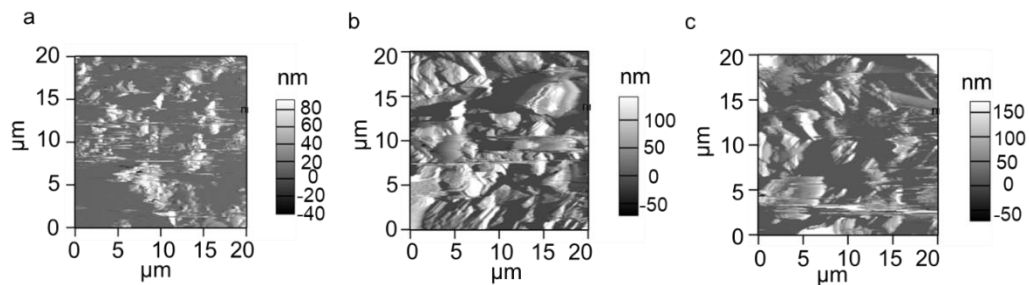
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656 **Supplementary Fig. 35 | C-AFM topography images of VegPU/Ag electrodes cured by heat**
657 **curing (a) sintering solution (b) and water (c).**

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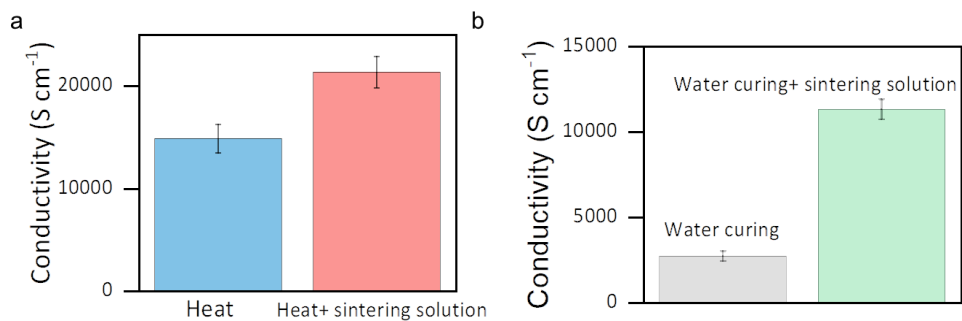
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680 **Supplementary Fig. 36 | The effect of sintering solution treatment on the conductivity of the**
681 **electrodes cured by heat and water.** The heat-treated (a) and DI water-treated (b) electrodes were
682 retreated by the sintering solution. Error bar: n=3.

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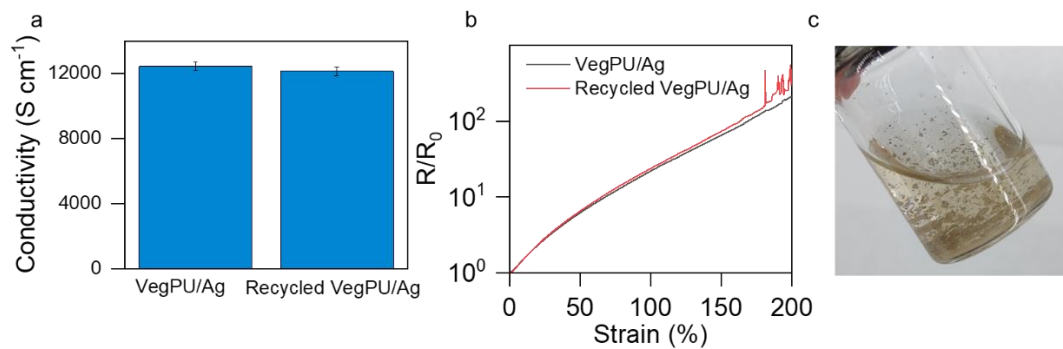
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704 **Supplementary Fig. 37 | The recycling of the VegPU/Ag electrode.** The conductivity (a) and
705 resistance changes upon stretching (b) of recycled VegPU-based conductor. (c) The photo image
706 of collected Ag flakes dispersed in the DMF solvent. Error bar: n=3.

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727 **Supplementary Fig. 38 | The degradation of VegPU film.** The photo images of VegPU after
728 soaking in PBS buffer solutions with (left) and without (right) the presence of lipase enzyme.

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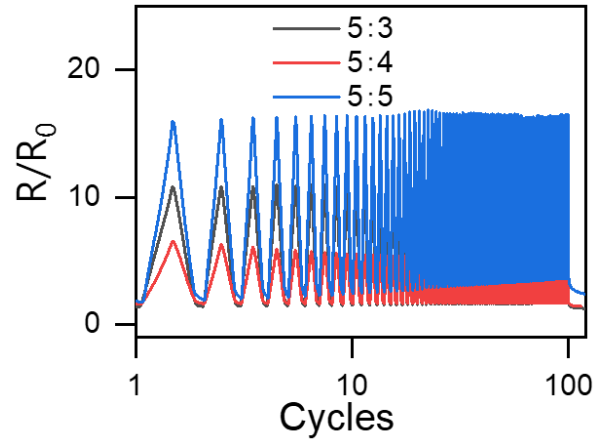
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752 **Supplementary Fig. 39 | The resistance changes of VegPU during cyclic stretching with**
753 **different ratios of Ag and VegPU.** The stretching rate is 60 mm/min. VegPU electrodes were
754 stretched to 50% extension and then released at the same rate.

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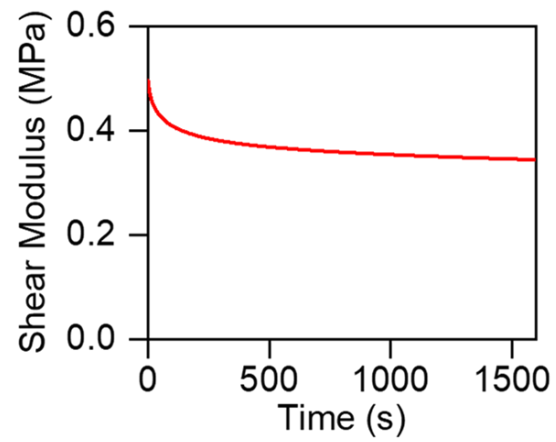
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772 **Supplementary Fig. 40 | The stress relaxation of VegPU film.** The test was performed at the
773 ambient temperature (20 °C).

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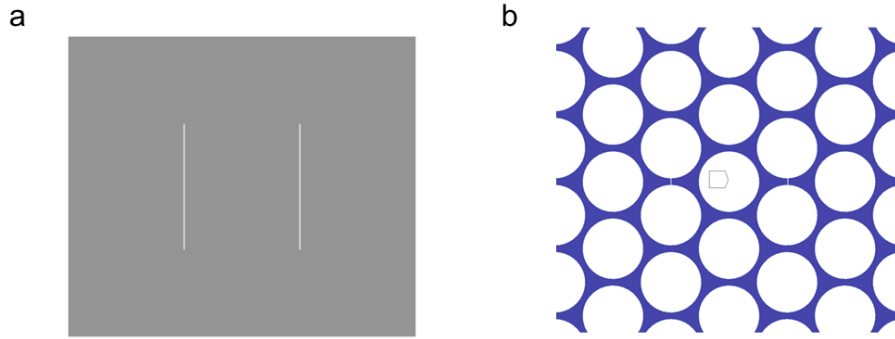
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789 **Supplementary Fig. 41 | The pre-cut cracks in the dense (a) and porous VegPU film (b).** The
790 cracks in two films with a same length.

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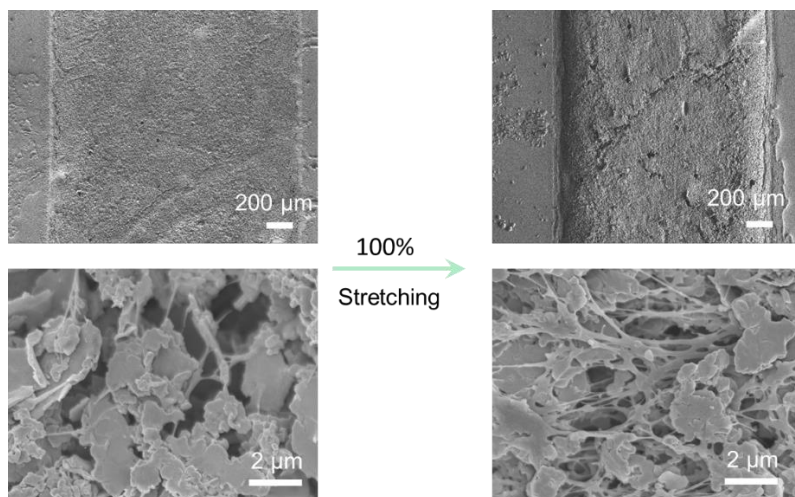
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807 **Supplementary Fig. 42 | SEM images of the water-treated electrode with the presence 100%**
808 **of stretching.** Under 100% strain, there are no macro cracks on the water-treated electrode.

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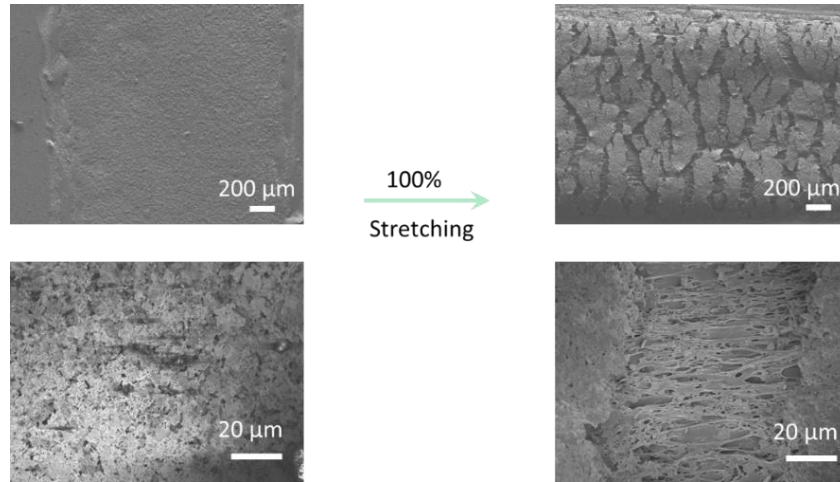
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829 **Supplementary Fig. 43 | SEM images of the heat-treated electrode with the presence of**
830 **stretching.** The stretching level is 100%. The printed electrode was adhered on a sample stage.

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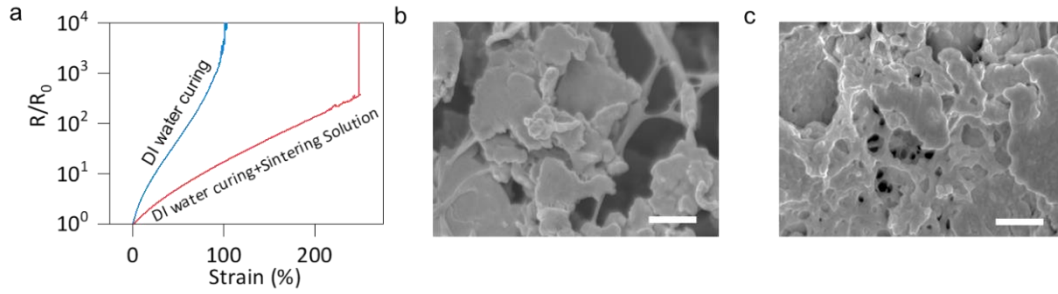
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847 **Supplementary Fig. 44 | The effect of sintering solution treatment on the DI water-cured**
848 **electrode.** The resistance variation upon strain (a) and SEM images of VegPU/Ag electrodes cured
849 by DI water without (b) and with (c) subsequent sintering solution, scale bar: 1 μm .

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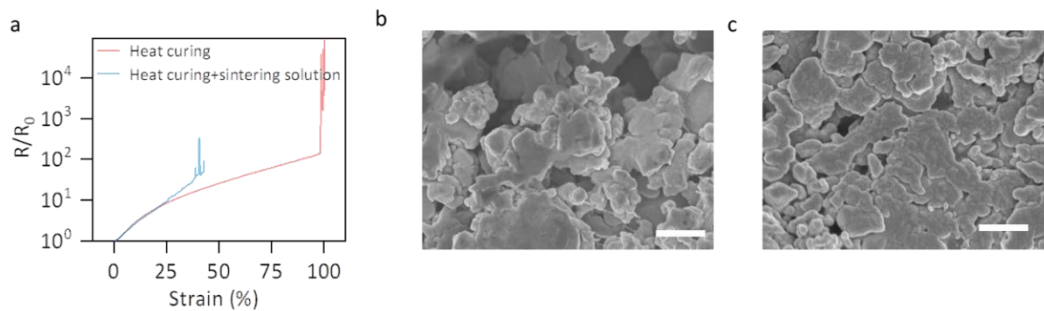
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869 **Supplementary Fig. 45 | The effect of sintering solution treatment on the heat-treated**
870 **electrode.** The strain-resistance change curve (a) and SEM images of the heat-cured VegPU/Ag
871 electrode before (b) and after (c) the retreatment by sintering solution, scale bar: 1 μm .

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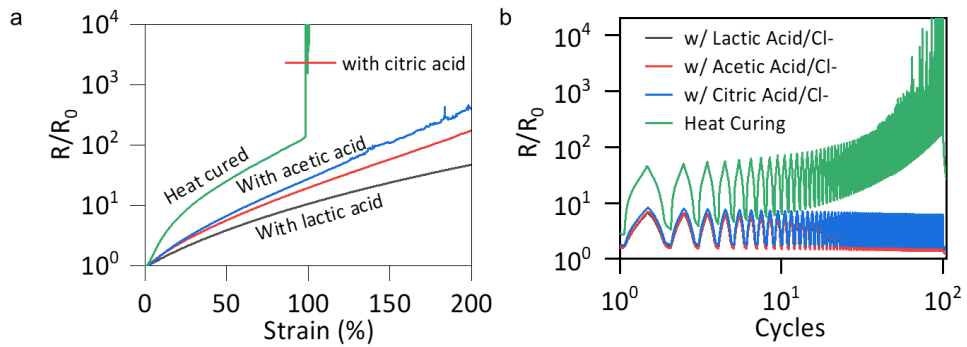
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888 **Supplementary Fig. 46 | The strain-resistance change (a) and cycling stretching (b) curves of**
 889 **VegPU/Ag electrodes** cured by different sustainable sintering solutions (lactic acid/Cl⁻, acetic
 890 acid/Cl⁻ and citric acid/Cl⁻).

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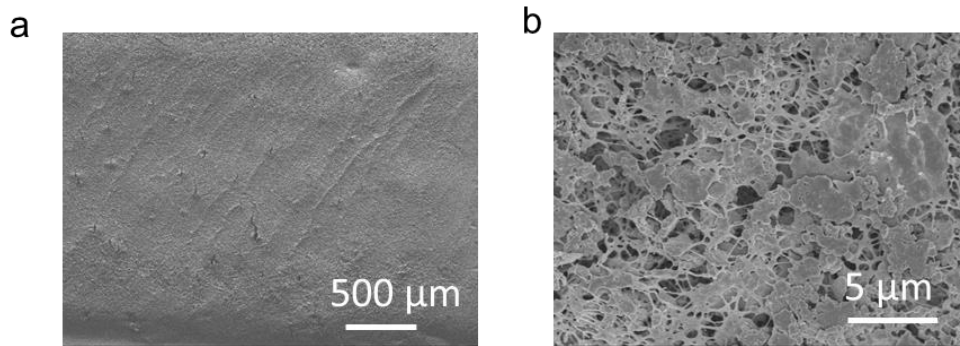
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912 **Supplementary Fig. 47 | The SEM images of sintering solution-treated electrode after 1000**
913 **cycles of 50% stretching: (a) Low magnification and (b) high magnification.**

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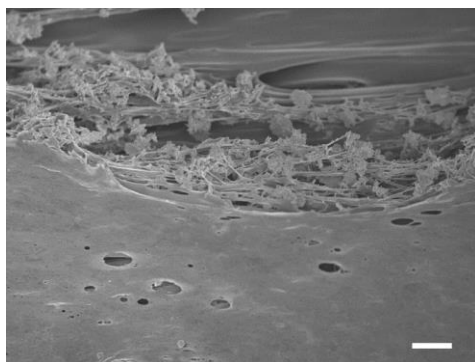
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930 **Supplementary Fig. 48 | The SEM images of encapsulated sintering solution-treated**
931 **VegPU/Ag electrode.** The encapsulation material was VegPU and the SEM image was taken
932 under 50% strain, scale bar: 10 μm .

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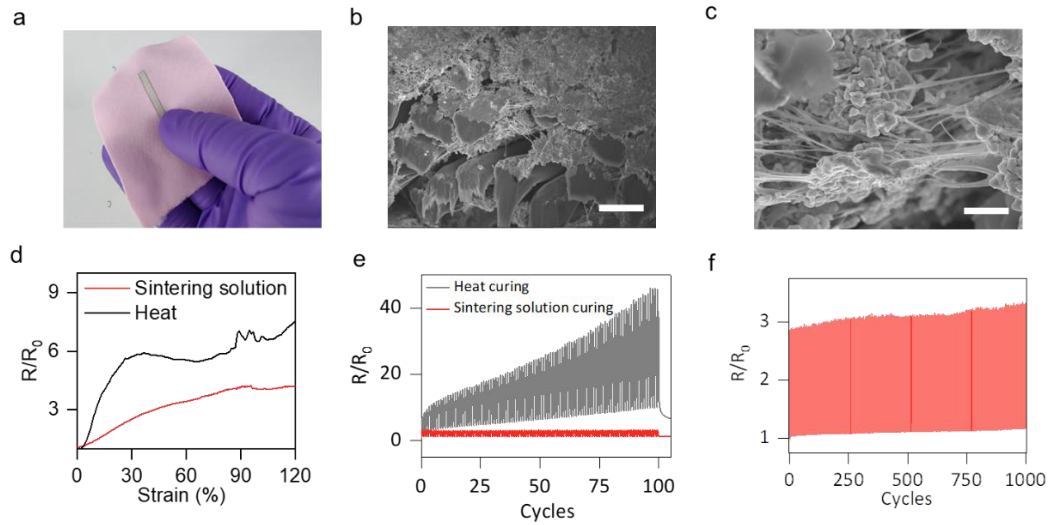
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943 **Supplementary Fig. 49 | The performance of VegPU/Ag printed on a textile substrate.** The
 944 photo image (a), SEM images (b and c), strain-resistance change curve (d), and resistance change
 945 during 50% cycling for 100 cycles (e) and 1000 cycles (f) of the sustainable VegPU/Ag electrode
 946 printed on textile. Scale bar: 20 μm .

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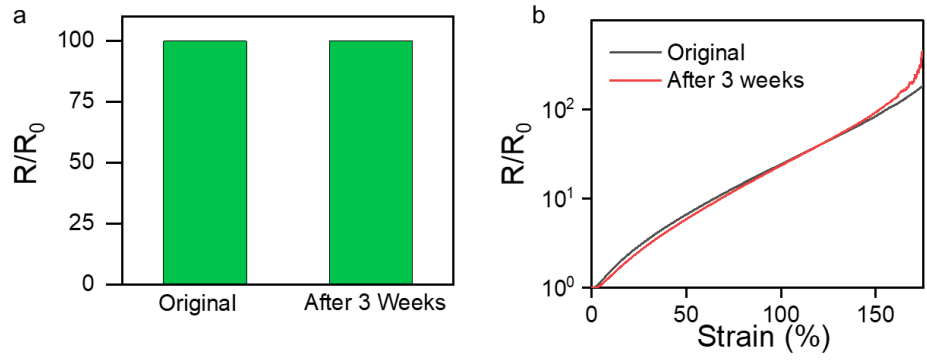
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963 **Supplementary Table 2 | The performance comparison of VegPU/Ag conductors with**
 964 **reported conductors.**

Materials	structure	Process	Conductivity (S cm ⁻¹)	Stretchability	Cyclic degradation	Test conditions	number
Ag flakes/ fluorine rubber	film	Screen printing	6168	400%	500	50% 100 cycles	8
Ag flakes/ Polyester	film	Screen printing	7500	170%	25	50% 100 cycles	9
Ag flakes/PDMS	film	Screen printing	10604	119%	50% 3.5	30% 1000 cycles 80% 1000 cycles	10
Ag flakes/TPU	Film	Direct writing	10000	240%	3.5	5% 1000 cycles	11
Ag flakes/PDMS-MPU-IU	film	Transfer printing	632	3500%	3	50% 1000	12
Ag flakes/ECO-flex	film	Screen printing	2400	500%	0.1	50% 1000 speed 4.4 mm/min	13
Ag flakes-Ag coated PDMS/PDMS	film	Stencil printing	1190	125%	90	50% 1000 cycles	14
Ag flakes/4-arm PEG/PANI/PTA	film	Stencil printing	10800 (4-8 order low before stretching)	1000%	n	1000% 1000 cycles	15
Ag flakes/PCL/Enzyme	film	3D printing	210	80%	0.875	15% 1000 cycles	16
VegPU/Ag flakes	film	Stencil printing	12833	350%	0.245 0.333	50% 1000 cycles 100% 1000 cycles	Our work
	Textile	Stencil printing		125% (limited by textile substrate)	0.182	50% 1000 cycles	

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968 **Supplementary Fig. 50 | The resistance (a) and stretchability (b) of VegPU/Ag after 3 weeks.**

969 The VegPU/Ag electrodes without any encapsulation was stored at ambient temperature (20 °C).

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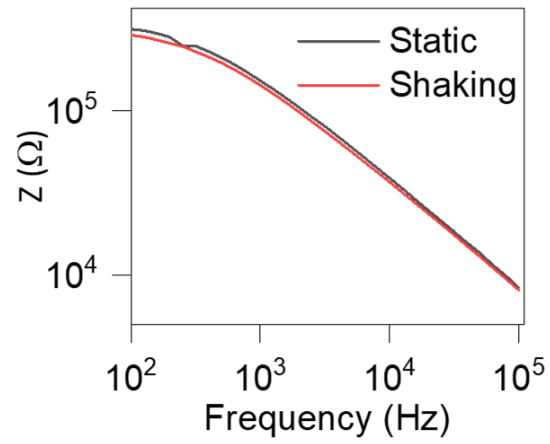
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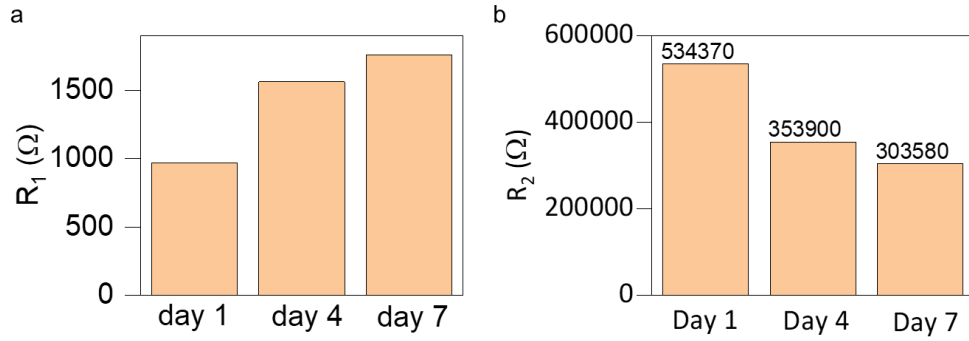
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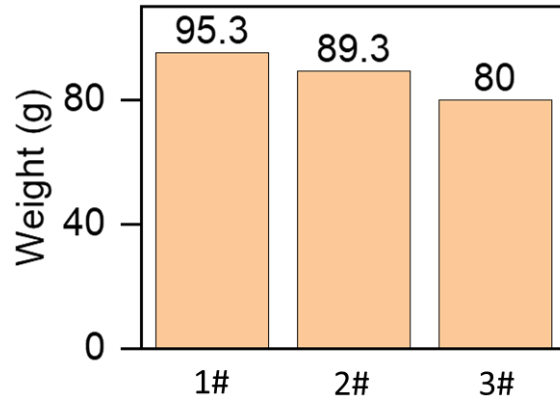
984 **Supplementary Fig. 51 | Bode impedance curves of tomato during shaking.** The voltage is 0.2
985 V with frequencies from 100 Hz to 100000 Hz.

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988 **Supplementary Fig. 52 | The change of R_1 (a) and R_2 (b) during one-week storage.** The intra-
989 and extra-cellular fluids are modeled by R_1 and R_2 . The tomato was stored at ambient temperature
990 for 7 days.



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992 **Supplementary Fig. 53 | The weight of three targeted tomatoes.** The weight of three tomatoes
993 was measured by a balance (ME 204, Mettler Toledo).

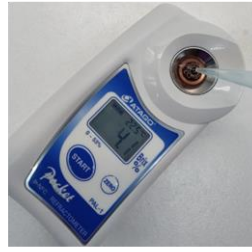
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a



Firmness

b



Soluble content

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996 **Supplementary Fig. 54 | The photo images of firmness (a) and soluble content test (b).** The
997 firmness of the selected tomato was tested by a fruit hardness tester (GY-3, Jingcheng Instrument),
998 while the soluble content of the tomato juice was measured by a refractometer (PAL-1, ATAGO).

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