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Reporting Summary

Nature Research wishes to improve the reproducibility of the work that we publish. This form provides structure for consistency and transparency in reporting. For further information on Nature Research policies, see Authors & Referees and the Editorial Policy Checklist.

Statistics

For all statistical analyses, confirm that the following items are present in the figure legend, table legend, main text, or Methods section.

n/a	Confirmed	
☐	☒	The exact sample size (n) for each experimental group/condition, given as a discrete number and unit of measurement
☐	☒	A statement on whether measurements were taken from distinct samples or whether the same sample was measured repeatedly
☐	☒	The statistical test(s) used AND whether they are one- or two-sided *Only common tests should be described solely by name; describe more complex techniques in the Methods section.*
☒	☐	A description of all covariates tested
☒	☐	A description of any assumptions or corrections, such as tests of normality and adjustment for multiple comparisons
☐	☒	A full description of the statistical parameters including central tendency (e.g. means) or other basic estimates (e.g. regression coefficient) AND variation (e.g. standard deviation) or associated estimates of uncertainty (e.g. confidence intervals)
☒	☐	For null hypothesis testing, the test statistic (e.g. F, t, r) with confidence intervals, effect sizes, degrees of freedom and P value noted *Give P values as exact values whenever suitable.*
☒	☐	For Bayesian analysis, information on the choice of priors and Markov chain Monte Carlo settings
☒	☐	For hierarchical and complex designs, identification of the appropriate level for tests and full reporting of outcomes
☒	☐	Estimates of effect sizes (e.g. Cohen's d, Pearson's r), indicating how they were calculated

Our web collection on statistics for biologists contains articles on many of the points above.

Software and code

Policy information about availability of computer code

Data collection	FluorCam7 1.2.5.3 Photon System instruments (Chlorophyll fluorescence), m-PEA 1.10 Hansatech,
Data analysis	Excel (Microsoft), MassLynx (Waters), Origin 9.0

For manuscripts utilizing custom algorithms or software that are central to the research but not yet described in published literature, software must be made available to editors/reviewers. We strongly encourage code deposition in a community repository (e.g. GitHub). See the Nature Research guidelines for submitting code & software for further information.

Data

Policy information about availability of data

All manuscripts must include a data availability statement. This statement should provide the following information, where applicable:

- Accession codes, unique identifiers, or web links for publicly available datasets
- A list of figures that have associated raw data
- A description of any restrictions on data availability

The datasets generated during and/or analysed during the current study are available from the corresponding author on reasonable request.

Field-specific reporting

Please select the one below that is the best fit for your research. If you are not sure, read the appropriate sections before making your selection.

☒ Life sciences   ☐ Behavioural & social sciences   ☐ Ecological, evolutionary & environmental sciences

For a reference copy of the document with all sections, see nature.com/documents/nr-reporting-summary-flat.pdf

Life sciences study design

All studies must disclose on these points even when the disclosure is negative.

Sample size	The sample size was determined empirically for each experiment (minimum of three independent organism and two experimental replicates), on the basis of experience with similar assays and from sample sizes generally used by other investigators.
Data exclusions	For fluorescence analysis, plants displaying a maximum efficiency belo 0.5 were excluded, otherwise no data were excluded from the analysis.
Replication	The experiment were replicated at least three times, the results were reproducible when the plants were not stressed before the experiment.
Randomization	When testing light condition the position of the plants of different genotypes was changed randomly in order to reduce any possible positioning effect.
Blinding	GF and MH were not informed on the expected result prior of discussing the produced data.

Reporting for specific materials, systems and methods

We require information from authors about some types of materials, experimental systems and methods used in many studies. Here, indicate whether each material, system or method listed is relevant to your study. If you are not sure if a list item applies to your research, read the appropriate section before selecting a response.

Materials & experimental systems

n/a	Involved in the study
☐	☒ Antibodies
☒	☐ Eukaryotic cell lines
☒	☐ Palaeontology
☒	☐ Animals and other organisms
☒	☐ Human research participants
☒	☐ Clinical data

Methods

n/a	Involved in the study
☒	☐ ChIP-seq
☒	☐ Flow cytometry
☒	☐ MRI-based neuroimaging

Antibodies

Antibodies used	anti-Actin (Sigma, A 0480) anti-Lhcb1 (Agrisera, AS09 522), anti-Lhcb2 (Agrisera, AS01 003), anti-PsbA (Agrisera, AS05 084), anti-PsbO (Agrisera, AS14 2825), anti-PetC (Agrisera, AS08 330); anti-PsaD (Agrisera, AS09 461), anti-PsaC (Agrisera, AS04 042P), anti-AtpC (Agrisera, AS08 312); anti-STN7 (Agrisera, AS16 4098); anti-PsbD (Agrisera, AS06 146); anti-Phosphothreonine (Cell Signaling Technology, #9381); anti-rabbit (Merck, AP132P); anti-mouse (Sigma, A5278)
Validation	The primary antibodies were validated for the supplier on Arabidopsis thaliana total extracts. When possible (e.g. STN7), a mutant line was compared in order to confirm the band identity.