

1 Expansion microscopy resolves the 3D 2 thylakoid structure

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4 Peter R. Bos¹, Jarne Berentsen¹, Emilie Wientjes¹.

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6 ¹Laboratory of Biophysics, Wageningen University & Research, P.O. Box 8128, 6700 ET
7 Wageningen, The Netherlands

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10

11 **Abstract**

12 The light-harvesting reactions of photosynthesis take place on the thylakoid membrane inside
13 chloroplasts. The thylakoid membrane is folded into appressed membranes, the grana, and non-
14 appressed membranes that interconnect the grana, the stroma lamellae. This folding is essential for
15 the correct functioning of photosynthesis. Electron microscopy and atomic force microscopy are
16 commonly used to study the thylakoid membrane, but these techniques have limitations in
17 visualizing a complete chloroplast and its organization. To overcome this limitation, we applied
18 expansion microscopy (ExM) on isolated chloroplasts. ExM is a technique that involves physically
19 expanding a sample in a swellable hydrogel to enhance the spatial resolution of fluorescence
20 microscopy. Using all-protein staining, we have visualized the 3D structure of spinach thylakoids with
21 a high level of detail. We were able to resolve stroma lamellae that were 60 nm apart and observe
22 their helical wrapping around the grana. Furthermore, we accurately measured the dimensions of
23 grana from top-views of chloroplasts, which allow for precise determination of the grana diameter.
24 Ultimately, we constructed a 3D model of a complete chloroplast, which provides a foundation for
25 structure-based modeling of photosynthetic adaptations. Our results demonstrate that ExM is a fast
26 and reliable technique for studying thylakoid organization with a high level of detail.

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29 Introduction

30 Photosynthesis powers virtually all life on Earth. The initial steps of photosynthesis, light-
31 harvesting and electron transfer, take place in the thylakoid membrane, a single continuous
32 membrane located in the chloroplast (Blankenship, 2021). The thylakoid membrane is intricately
33 folded into non-appressed membranes, called stroma lamellae, and appressed membrane stacks,
34 called grana. The grana stacks are approximately cylindrical with a diameter of 280-600 nm, but this
35 diameter is variable in response to different light conditions (Mehta et al., 1999; Kaftan et al., 2002;
36 Shimoni et al., 2005; Fristedt et al., 2009; Anderson et al., 2012; Armbruster et al., 2013; Pribil et al.,
37 2014; Schumann et al., 2017; Wood et al., 2018; Bussi et al., 2019; Sattari Vayghan et al., 2022). The
38 stroma lamellae are wrapped around the grana in a right-handed helix and are connected to the
39 grana at slit-like apertures (Bussi et al., 2019). The thylakoid membrane has a protein concentration
40 of 70%, but remains highly dynamic (Kirchhoff, 2014). Moreover, diffusion within the membrane and
41 between the grana and stroma is fast, on the sub-second timescale for plastocyanin and still on the
42 minute timescale for protein complexes (Kirchhoff, 2014; Höhner et al., 2020). How the thylakoid,
43 with its complex 3D architecture can be so dynamic and what factors facilitate it, is not well
44 understood (Johnson and Wientjes, 2020).

45 The folding and organization of the thylakoid membrane have been extensively studied using
46 various techniques (Pribil et al., 2014; Blankenship, 2021). Electron microscopy (EM) is the most
47 commonly used method, with transmission EM (TEM) providing sufficient resolution to image single
48 membrane bilayers within each granum stack. TEM images have revealed the helical wrapping of
49 stroma around the grana (Paolillo Jr, 1970; Mustárdy and Garab, 2003; Mustardy et al., 2008). A
50 further increase in resolution has been achieved using scanning EM and focused ion beam scanning
51 EM, which showed a left-handed helix in the stroma lamellae as well (Bussi et al., 2019). Lastly, Cryo-
52 EM has been used to study the thylakoid membrane of *Chlamydomonas reinhardtii* with nanometer
53 resolution (Engel et al., 2015; Wietrzynski et al., 2020). However, constructing a 3D model of the
54 entire thylakoid membrane using EM is challenging due to the need for thin sample slices (max 200
55 nm) and the time-consuming and expensive sample preparation and imaging (Wassie et al., 2019).
56 Additionally, localizing specific proteins in the thylakoid membrane is difficult, since many of the
57 proteins hardly protrude from the membrane (Johnson et al., 2014; Wietrzynski et al., 2020). Specific
58 protein localization is possible with atomic force microscopy, but this technique can image only a
59 single layer of membrane (Liu and Scheuring, 2013; Wood et al., 2018; Onoa et al., 2020).
60 Fluorescence microscopy can resolve the position of the grana but lacks the resolution to study the
61 membrane (Mehta et al., 1999; Wildman et al., 2005). Although Structure Illuminated Microscopy
62 (SIM) has improved the resolution of fluorescence microscopy, it still lacks the desired molecular

63 detail (Iwai et al., 2018; Wood et al., 2019; Flannery et al., 2021). Other single molecule or super
64 resolution microscopy techniques have not yet been applied on the thylakoid membrane, mainly due
65 to difficulties with the massive autofluorescence of chlorophyll in such a complex system (Johnson
66 and Wientjes, 2020). Thus, while imaging whole chloroplasts with fluorescence microscopy is fast and
67 easy, the resolution of these techniques is not sufficient to resolve the fine structures of the
68 thylakoid membrane. Hence, chloroplasts are too large to be easily visualized with EM but too small
69 to be accurately imaged with fluorescence microscopy.

70 The gap in resolution between EM and fluorescence microscopy has been bridged with the
71 introduction of expansion microscopy (ExM). In ExM, a sample is physically expanded isotropically in
72 a swellable hydrogel, resulting in a larger distance between fluorophores and proteins (Chen et al.,
73 2015; Gambarotto et al., 2019; Damstra et al., 2022). By doing so, the effective resolution of the
74 sample is improved. Moreover, the sample is de-crowded, which increases diffusion and epitope
75 recognition by antibodies (Chen et al., 2015). Several methods have been developed to stain lipids,
76 all proteins, and/or only specific proteins (Damstra et al., 2022).

77 In this work, we developed a method for ExM on de-enveloped chloroplasts. We combined
78 ultrastructure-ExM (U-ExM), an optimized version of the original protein-retention ExM protocol,
79 with an all-protein staining (Pan-ExM) (Gambarotto et al., 2019; M'Saad and Bewersdorf, 2020) and
80 achieved a 4.8-6.7 times expansion of chloroplasts. We measured or quantified the dimensions of the
81 grana and confirmed the right-handed helical stroma around the grana. Together this shows that
82 chloroplasts can be imaged easily, fast, and accurately and presents the potential of using ExM in
83 future studies to reveal the dynamics of the thylakoid membrane.

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86 Material and Methods

87 **Isolation of de-enveloped chloroplasts**

88 *Spinacia oleracea* (Spinach) was purchased from the local grocer. Chloroplasts were isolated in
89 the dark according to an adapted protocol from Caffari et al. (Caffarri et al., 2009). In short, leaves
90 were chilled in ice water. They were then quickly homogenized in a blender in ice cold buffer 1 (B1:
91 400 mM sorbitol, 5 mM EDTA, 10 mM NaHCO₃, 5 mM MgCl₂ and 20 mM tricine). The resulting
92 suspension was filtered through a cheesecloth and the (de-enveloped) chloroplasts were pelleted by
93 centrifugation (1500 ×g, 5 min, 4 °C). The pellet was carefully resuspended in buffer 1. Centrifugation
94 and resuspension were repeated twice. Chloroplasts were kept at 4 °C in the dark until further use.

95

96 **Chloroplast fixation**

97 The protocol for (de-enveloped) chloroplast fixation was based on the fixation of mitochondria
98 as described by Gambarotto and co-workers (Gambarotto et al., 2019). For the fixation,
99 paraformaldehyde (PFA) was warmed to 37 °C for 30 minutes to increase its reactivity. Chloroplasts
100 were fixed in a 3% PFA, 0.1% glutaraldehyde (GA) solution in B1 for 30 minutes at room temperature.
101 They were then washed twice in B1 and permeabilized in 0.1% Triton X-100 in B1 for 3 minutes on
102 ice. After three wash steps, chloroplasts were anchored in a solution of 1.0% acrylamide (AA) and
103 0.7% PFA overnight at room temperature in the dark. The anchor of AA is essential for covalent
104 bonding of the proteins to the sodium acrylate (SA) - AA gel. Chloroplasts were washed 4 times to
105 remove traces of PFA and AA and stored at 4 °C until further use. Chloroplasts retained their
106 structure for at least two weeks when kept cool and in the dark.

107

108 **Gel composition**

109 SA was synthesized according to the protocol from Damstra et al. (Damstra et al., 2022) or
110 purchased from Sigma-Aldrich. The gel composition was based on the Ultrastructure-ExM protocol
111 from Gambarotto and co-workers (Gambarotto et al., 2019).

112 Several gel compositions with different expansion factors have been used to test expansion
113 factor of the gel and expansion factor of the chloroplasts (table 1). All gel compositions contained
114 1.1× phosphate buffered saline (PBS). Gel composition B has been used for most images in this
115 article.

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117

118 **Chloroplast expansion**

119 Fixed and anchored chloroplasts were mixed with the gel solution in a 1:10 ratio and kept on
120 ice. Gel polymerization was started by adding 0.1 w/v% N,N,N',N'-tetramethyl ethylenediamine
121 (TEMED) and 0.1 w/v% ammonium persulphate (APS) from 10 w/v% stocks, and the solution was
122 quickly pipetted in a polymerization chamber as described by Zhang et al. (Zhang et al., 2020).
123 Alternatively, a drop of fixed and anchored chloroplasts was spread on a coverslip and allowed to dry
124 for 20 minutes. Again, gel polymerisation was started by adding TEMED and APS at 0.1 w/v%. The
125 solution was quickly pipetted in a polymerization chamber and closed with the coverslip with the
126 layer of chloroplasts in the gel solution.

127 The gels were allowed to polymerize for 1.5 h in a humid environment at room temperature.
128 Afterwards, they were removed from the chamber, cut into an asymmetrical shape, photographed
129 and expanded in a petri dish in ultrapure water. After 3 to 5 washing steps in ultrapure water, full
130 expansion was achieved and the gel was photographed again. The expansion factor of the gel was
131 determined dividing the dimensions of the gel after expansion by its dimensions before expansion. A
132 small piece was cut out and put in an 8-well plate. The gel was washed twice in 0.1 M NaHCO₃, pH
133 8.3 and stained in 20 µg/mL N-Hydroxysuccinimide (NHS) ester-ATTO488 (ATTO-TEC GmbH, Art. Nr.:
134 AD 488) in 0.1 M NaHCO₃, pH 8.3 for 1.5 h. After staining, the gel was washed several times in
135 ultrapure water to achieve full expansion and remove any unbound staining.

136

137 **Imaging**

138 Unexpanded chloroplasts - A few microliter of fixed chloroplasts were placed on a microscope
139 slide and covered with a coverslip. The chloroplasts were imaged with a confocal TCS SP8 system
140 from Leica Microsystems equipped with an HC PL APO CS2 63×/1.20 NA water immersion objective
141 and a white light laser. Excitation wavelength was set to 620 nm and detection wavelength to
142 capture chlorophyll fluorescence (670-730 nm). Z-stacks were recorded to image the complete
143 chloroplasts.

144 ExM imaging - The gels were imaged with one of several microscopes. We used a confocal TCS
145 SP8 system from Leica Microsystems equipped with a HC PL APO CS2 63×/1.20 NA water immersion
146 objective and an argon laser. Alternatively, we used a confocal TCS SP8 system from Leica
147 Microsystems equipped with a HC PL IRAPO 40×/1.10 NA water immersion objective and two-photon
148 excitation. Lastly, we used the ZEISS Elyra 7 with Lattice SIM² with a C-Apochromat 63×/1.2 NA water
149 immersion objective at the ZEISS demo-center in Oberkochen. Excitation was set to 488 nm (single
150 photon excitation) or 750 nm (two-photon excitation) and emission to only record ATTO488 signal

151 (505-540 nm). Z-stacks were recorded to image complete chloroplasts. A novel image reconstruction
152 algorithm from ZEISS was applied on the images from the Elyra 7 with Lattice SIM². All three
153 microscopes recorded mirror images, so the recorded images were mirrored back before image
154 analysis.

155

156 **Image analysis**

157 Chloroplast dimensions and expansion factor - To estimate the expansion factor, we imaged
158 chloroplasts before and after expansion. Only top-view images of chloroplasts were used to measure
159 their size. Unexpanded chloroplasts and expanded chloroplasts were detected in each slice of the Z-
160 stack and measured by a custom-written FIJI script. This script returned for each detected chloroplast
161 measures like area, mean intensity and circularity as calculated by $4\pi \cdot \text{area} / \text{perimeter}^2$. Only
162 objects that met set criteria for circularity and area were selected. The shape of a chloroplast was
163 assumed to be circular and the radius was calculated from the area. Moreover, an ellipse was fitted
164 around the object and the X and Y coordinates of the center were returned. Based on these
165 coordinates, chloroplasts that appeared in multiple images of the z-stack were clustered by a
166 custom-written Python script. The script to detect chloroplasts could make mistakes in a few slices of
167 the images, for example by grouping neighboring chloroplasts. We set the minimal number of slices
168 in which a chloroplast needed to be detected to 4, to prevent these outliers from appearing in the
169 data. The 75th percentile was taken as the size of the chloroplasts. This value was on average about
170 95% of the maximum value. The expansion factor of the chloroplasts was calculated by dividing the
171 average radius of chloroplasts in a single gel by the average radius of unexpanded and fixed
172 chloroplasts.

173 Grana dimensions - The grana diameter was determined with custom written scripts in FIJI,
174 Google Colab and Python. Top-view images of chloroplasts with clear grana were selected and
175 integrated to have a the same pixel size in pre-expansion dimensions. Grana were detected by a the
176 Stardist 2D plugin (Schmidt et al., 2018; Weigert et al., 2020; Gómez-de-Mariscal et al., 2021).
177 Stardist is a machine learning tool to detect convex-star shaped objects. A Stardist model was trained
178 on an image set of chloroplast images with annotated grana. FIJI was used to measure the ROIs
179 generated by Stardist in the original image and Python was used to cluster detected grana with
180 similar X, Y and Z coordinates. The maximum detected size of a clustered grana value set was taken.
181 The values were divided by the expansion factor as measured from chloroplast expansion to retrieve
182 the pre-expansion size of the grana.

183 Grana height was measured by hand in FIJI in side-view images from chloroplasts. Values were
184 divided by the expansion factor as measured from chloroplast expansion to retrieve the pre-
185 expansion dimensions.

186 The number of grana was counted by hand in FIJI in 20 randomly selected images containing top
187 views of chloroplasts.

188 Resolution – The minimal distance that could be distinguished with ExM was determined by
189 making intensity profiles in images with stroma lamellae in close proximity. The full-width half
190 maximum (FWHM) was determined and its middle was taken as the center of the peak. Distance
191 between the peaks was calculated in pre-expansion dimensions.

192 All scripts and models are made available on Github ([https://git.wur.nl/peter1.bos/230322-exm-
193 script-for-chloroplast-and-grana-detection.git](https://git.wur.nl/peter1.bos/230322-exm-script-for-chloroplast-and-grana-detection.git)).

194

195 **3D reconstruction**

196 3D reconstruction was performed with Drishti (Limaye, 2012). First, FIJI was used to smooth a
197 top-view image and integrate it in X, Y and Z to get a voxel size of 60 nm in all directions. Drishti Paint
198 was then used to segment grana from the rest of the image (Hu et al., 2020). The grana segment was
199 colored differently than the surroundings and a 3D reconstruction of a chloroplast and its grana was
200 animated.

201

202

204 The thylakoid structure of chloroplasts from plants has been investigated with various imaging
205 techniques, such as EM, AFM and confocal microscopy (Pribil et al., 2014; Wietrzynski et al., 2020;
206 Blankenship, 2021). However, there is a resolution gap among these techniques that can be bridged
207 using ExM. In this study, we developed a method for ExM on isolated chloroplasts. The chloroplasts

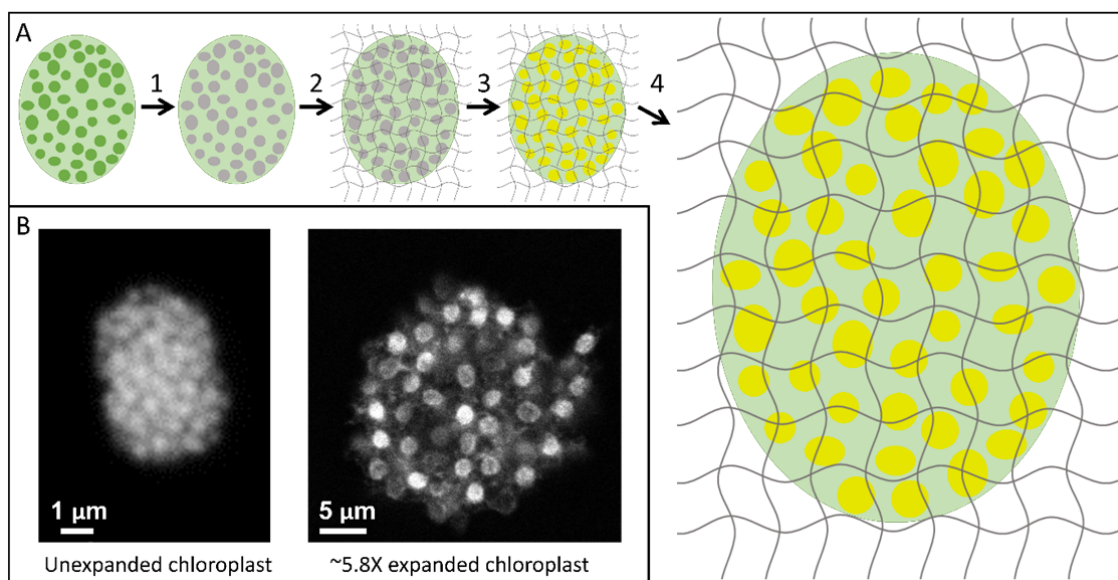


Figure 1 ExM on chloroplast. A) Workflow of ExM on chloroplasts. Isolated chloroplasts were fixed, permeabilised and anchored, upon which Chl fluorescence was lost (1). The chloroplasts were put in gel solution (2), stained with an ATTO-488 NHS-ester staining to stain all proteins (3) and expanded in ultrapure water (4). B) Chlorophyll fluorescence of an isolated unexpanded chloroplast (left) and ATTO-488 fluorescence of a 5.8 times expanded chloroplast (right). Both images made with confocal microscopy. Scalebars represent distance without correction for expansion.

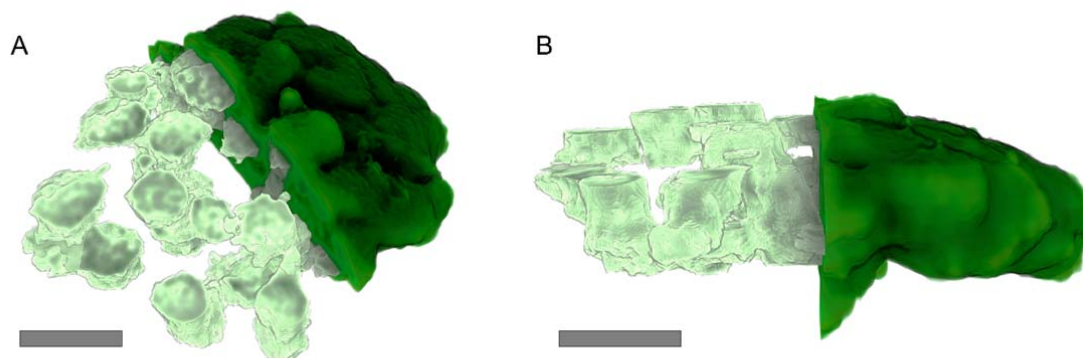


Figure 2 3D reconstruction of a chloroplast (dark green) and its grana (pale green). Grana stacks were segmented by hand from the surroundings. Only half of the complete signal (dark green) and half of the grana is shown. Scalebars represent 1 μm , corrected to indicate pre-expansion dimensions. Images for this reconstruction were made with confocal microscopy.

208 were fixed and permeabilized to maintain the thylakoid structure and make the chloroplasts less
209 resistant to expansion. Most of the chlorophyll was washed away during the permeabilization step.
210 Proteins in the sample were linked to acrylamide anchors, which covalently link to the sodium
211 acrylate-acrylamide gel in the gelation step (figure 1A) (Lai et al., 2016; Gambarotto et al., 2019). The
212 primary amines of lysines and N-termini were labelled with an ATTO-488-NHS-ester staining, after
213 which the samples were expanded 4.8 to 6.7 times and imaged. We found that the chloroplasts
214 expanded with the gel up to a gel expansion factor of 6. However, chloroplasts expanded less than
215 the gel when the gel expansion was higher (up to 10 times, SI figure 1 and 2). We observed a clear
216 increase in resolution and could easily identify individual grana in the expanded chloroplasts (figure
217 1B). A great advantage of ExM over EM- and AFM-based methods is that a z-stack of an entire
218 chloroplast can be recorded to resolve the complete thylakoid structure of single chloroplasts in 3D
219 (figure 2 and SI movie 4).

220 Typically, chloroplasts in the gel were positioned on their flat side and thus were imaged from
221 the top (figure 3A and B and SI movie 1). This orientation enabled us to accurately determine the
222 shape and diameter of the grana. Grana are well described as ovals and therefore, we could use
223 Stardist, a neural network tool specifically designed to detect round shapes in biological samples, to
224 determine the diameter of the grana (figure 3C-E). We found that there were differences in the size
225 of the grana, even within a single chloroplast (figure 3C and D). The average diameter of the grana
226 was 325 ± 56 nm, but we detected a distribution of grana diameters ranging from 200 to 500 nm

227 (figure 3E, table 2). Additionally, we determined the number of grana per chloroplast to be 91 ± 32
228 (table 2).

229 In certain instances, we observed chloroplasts lying on their side, providing a side-view (figure
230 4A and B and SI figure movies 2-3). Using ExM, we imaged chloroplasts that look similar to what is
231 commonly seen with EM, including stroma lamellae appearing on both sides of grana stacks (figure
232 4C-E). In all occasions, a right-handed wrapping of stroma lamellae around grana stacks was

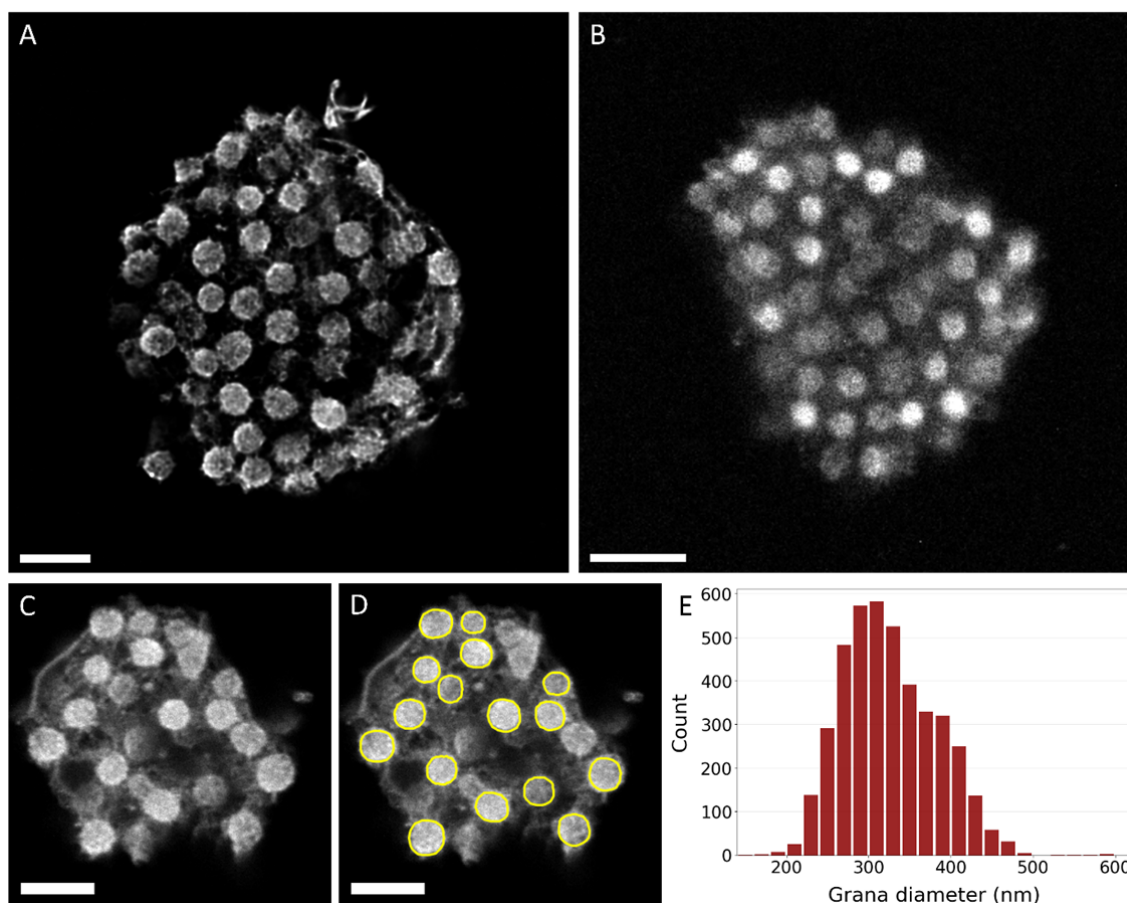


Figure 3 Top-views of expanded chloroplasts. Examples of chloroplasts in top-view as commonly found in the gel, imaged with lattice SIM² (A) or confocal microscopy (B, C). D) Annotation of the grana of the chloroplast from C as performed by Stardist. Scalebars represent 1 μ m, corrected to indicate pre-expansion dimensions. E) Histogram of the grana diameter.

233 observed (figure 4 and SI figure 3). This is the first observation of the helical wrapping of stroma
234 lamellae using fluorescence microscopy and demonstrates the increased resolution achieved with
235 ExM as compared to fluorescence microscopy. We resolved stroma lamellae that were less than 60
236 nm apart in pre-expanded dimensions (figure 5). Next, we determined that the height of the grana
237 stacks was 355 ± 164 nm (figure 4F and G). We observed a distribution in stack height, ranging from
238 stacks consisting of only a few membrane layers to grana spanning almost the entire chloroplast.
239

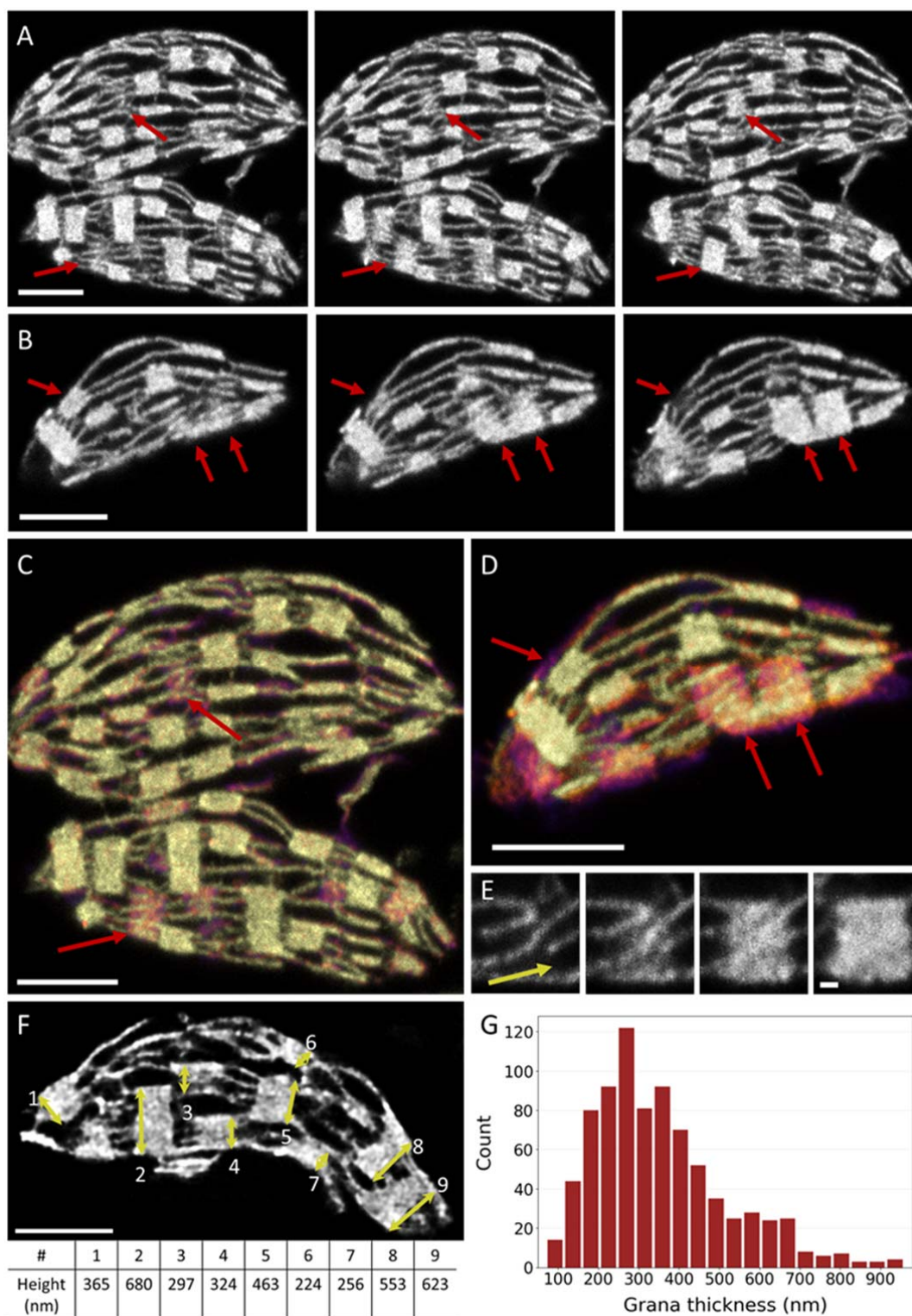


Figure 4 Side-view of expanded chloroplasts. A,B) Montages of side-views of chloroplasts. Red arrows indicate grana where the helical wrapping of the stroma can be observed. Images are 63 nm apart in Z (pre-expansion dimensions). C, D) Depth coded image of the montage in A and B. Red arrows indicate the grana that are also indicated in A and B. E) Example of helical wrapping of the stroma lamellae in a right-handed helix. The yellow arrow shows the wrapping direction of stroma lamellae. F) Example of measurements of grana height. The height of 9 grana stacks was measured and shown in the table. G) Histogram of the grana height. Images were made with confocal microscopy (A-E) or lattice SIM². (F). Scalebar represents 1 μ m in A-D and F and 100 nm in E, corrected to indicate pre-expansion dimensions.

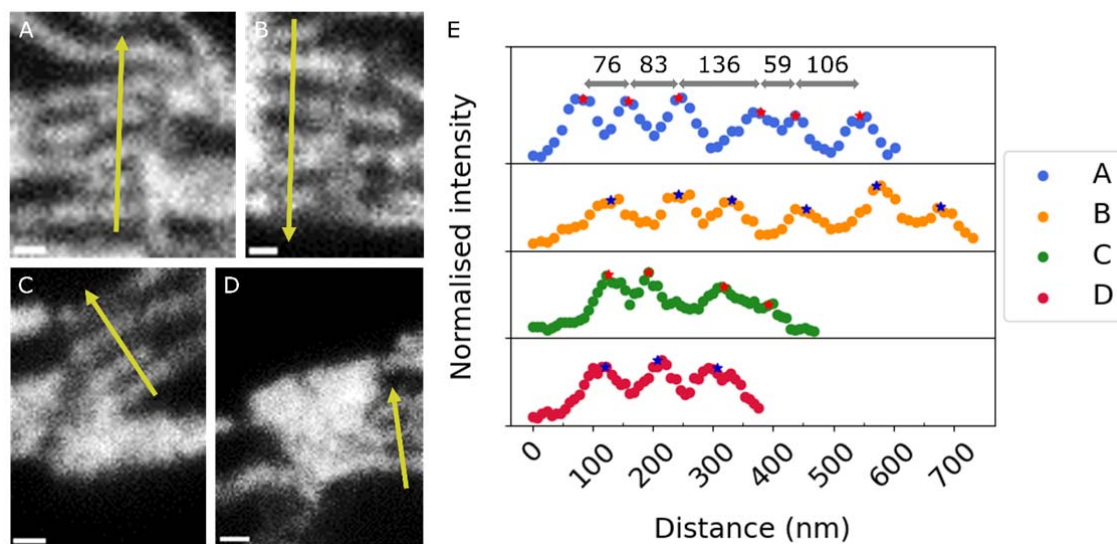


Figure 5 A-D) Examples of stroma lamellae in close proximity to each other, but distinguishable. E) Profile of intensity along the yellow lines in A-D. Peak centers were defined as the middle of the FWHM and are shown with an asterisk. For one profile, the distance between the peak centers is given in nm in pre-expanded dimensions. The minimal distance between the peaks was 59 ± 10 nm in pre-expanded dimensions. Scalebars represent 100 nm in pre-expanded dimensions.

241

242

243 Discussion

244 Expansion microscopy - In this work, we used a combination of U-ExM and pan-ExM to image
245 chloroplasts with a more than 5 times improved resolution compared to confocal microscopy. The
246 analysis of top-view and side-view images of chloroplasts resulted in measurements of the grana
247 dimensions with a large sample size (800-4000 measurements) and a high resolution (~60 nm).
248 Moreover, we presented a 3D model of a complete chloroplast in which grana and stroma lamellae
249 are accurately segmented.

250 Imaging chloroplasts with ExM offers several advantages over imaging with EM. Firstly, ExM is
251 fast, since it requires only two days of sample preparation and results in a gel full of chloroplasts that
252 can be imaged. Per chloroplast, it takes 1-10 minutes to record its complete structure, thereby
253 outcompeting the speed of EM imaging (Wassie et al., 2019). Moreover, with ExM the volumes that
254 can be imaged are larger. Additionally, the top-view images as obtained with ExM allow for a more
255 direct measurement of the grana width than the cross-section views of EM. Together, that enables
256 us to create large and accurate datasets on the dimensions of the chloroplast and the grana. The
257 resolution reached in this study with ExM is lower than that of EM, but still high enough to accurately
258 determine the diameter of the grana.

259 A possible drawback of ExM is that isolation, chemical fixation and expansion of chloroplasts
260 might introduce deviations in the thylakoid structure as compared to its native organization.
261 However, on visual inspection, our ExM images look similar to images from EM studies. In particular,
262 the circular shape of grana observed in our top-view images suggests isotropic expansion of the
263 grana. Moreover, the grana diameter we determined with ExM was comparable to literature values
264 for the grana diameter of spinach (325 ± 56 nm vs 325-380 nm for literature, table 2 and 3).
265 However, the height of the grana we determined using ExM differed from literature values ($355 \pm$
266 164 nm in our measurements vs 91-159 nm for literature, table 2 and 3). This discrepancy can have
267 several causes: 1) The grana height is strongly dependent on the grow light intensity and spectral
268 composition (Anderson et al., 1973; Wagner et al., 2008; Hu et al., 2021). 2) Due to the lower
269 resolution of ExM compared to EM, two grana stacks may have appeared as one in our images and
270 measured accordingly. Furthermore, small grana stacks might not be distinguished from stroma
271 lamellae. 3) The thylakoid membrane could have swollen due to an increased stromal distance and
272 swelling of the lumen, leading to an increased grana height. The thylakoid architecture is dynamic,
273 e.g. light induced swelling of the thylakoid membrane has been reported (Li et al., 2020). Swelling
274 might also occur during isolation and fixation of the de-enveloped chloroplast. In future research
275 projects we aim to develop methods to image the thylakoid organization in intact chloroplast and
276 protoplast. Furthermore, we aim to implement cryo-fixation (Laporte et al., 2022) to assure that the

277 native thylakoid architecture is visualized. Although thylakoid swelling might be a factor, the overall
278 thylakoid macro-organization (number of grana, connection between grana and stroma lamellae,
279 grana diameter) is consistent with EM data, showing that ExM is a suitable technique to study the
280 thylakoid structure and build a 3D model.

281 Grana dimensions - The grana diameter as determined from the images of expanded
282 chloroplasts (325 ± 56 nm) is comparable to other studies on *S. oleracea* (325-380 nm, table 3). The
283 standard deviation of the grana diameter was 17% of the mean, and a similar distribution is
284 recognized in other studies. In this study, grana ranging from 200-500 nm have been observed. Some
285 outliers might have arisen from inaccuracies of the detection mechanism of the grana by the neural
286 network Stardist, but many of the detected grana have been confirmed by visual inspection.
287 Moreover, we only selected images with a clear grana structure for training and detection of the
288 grana. It has been shown that especially for plants grown in natural light, the distribution in grana
289 diameter is largest (Schumann et al., 2017). In agreement with this, we demonstrated that the grana
290 diameter is far from a fixed value, even in a single chloroplast.

291 Next to the variation in the grana diameter within a single chloroplast, variation is noticed in the
292 grana diameter reported in literature for 3 different species: *S. oleracea*, *A. thaliana* and *Lactuca*
293 *sativa* (table 3). This contrasts studies that have suggested the grana diameter to be conserved
294 between plant species (Albertsson and Andreasson, 2004; Bussi et al., 2019). Many studies have
295 investigated the thylakoid organization of *A. thaliana* and all of these studies report a larger grana
296 diameter than we find for *S. oleracea* (table 3). In addition, the grana diameter reported for *Lactuca*
297 *sativa* is significantly smaller than ours (unpaired t-test, $p < 0.0001$) (Bussi et al., 2019). A smaller
298 grana diameter is suggested to increase the rate of state transitions, photosystem II (PSII) repair cycle
299 and photosynthetic electron transfer (Wood et al., 2018; Wood et al., 2019; Höhner et al., 2020).
300 Potentially, plants that are more resistant to higher light intensities can benefit from having smaller
301 grana. It should be noted, however, that the light conditions, growth conditions and measuring
302 technique were not the same in the compared literature. All three factors could have influenced the
303 measured grana diameter (Schumann et al., 2017). In fact, Schumann et al. showed that by growing
304 *A. thaliana* in different light intensities, the grana diameter can range from 390 nm (high light) to 570
305 nm (low light) (Schumann et al., 2017). This range is almost as large as the range of different grana
306 diameters reported in other studies. Therefore, to accurately determine if the grana diameter of
307 plants is significantly different, a single study should compare the grana diameter of different plants
308 species grown in the same light conditions. The same technique to image and detect the grana
309 should be used for all samples. ExM is a suitable technique to investigate this kind of differences in
310 thylakoid build-up between species.

311 Improvements - Although ExM is a fast and accurate imaging technique, we believe that ExM on
312 chloroplasts can be improved to become more reliable and versatile. Most importantly, fixation of
313 the chloroplasts was not successful in all attempts, which led to expanded chloroplasts without clear
314 grana structure. We often observed expanded chloroplasts without grana structure when we used
315 plants grown in a phytotron. The protocol that was used in this study was optimized for spinach
316 purchased from the local grocer. Potentially, the isolation and fixation of chloroplasts from outdoor
317 grown plants was more successful, because the thylakoid organization of plants grown in natural
318 sunlight is different to those grown in artificial light (Schumann et al., 2017). Furthermore, the
319 variable conditions outdoor could make these plants sturdier and more suitable for the preparation
320 for ExM. The protocol for fixation should be optimized to make it better applicable on other plant
321 species and plants grown in a phytotron. Furthermore, a method should be developed that assures
322 that the fully native thylakoid architecture is visualized. Taken together this will allow to study light
323 adaptation responses of the thylakoid membrane and to use mutant variants of the model plant *A.*
324 *thaliana*.

325 Future perspective – The application of ExM in the field of photosynthesis offers a promising
326 avenue to address several outstanding questions. ExM can facilitate the intuitive visualization of the
327 folding of thylakoid membranes through the construction of a 3D model of the entire chloroplast. In
328 addition, the dimensions of grana can be readily determined from a large dataset obtained with ExM,
329 thereby aiding in the investigation of differences in thylakoid structure. Specifically, ExM can be
330 employed to study the thylakoid architecture of different species or adaptations to varying light
331 conditions. Next, ExM can be combined with antibody staining and hence enable accurate and fast
332 protein localization (Gambarotto et al., 2019). Typically, antibody staining is challenging in
333 chloroplasts due to limited antibody diffusion into the appressed regions and high background
334 fluorescence from chlorophyll. With ExM, the sample is de-crowded and chlorophylls are washed
335 away, which lowers the background and creates space in the appressed regions for primary and
336 secondary antibodies. This technique could allow the staining and localization of key photosynthetic
337 proteins, such as PSII and light harvesting complex II (LHCII), and facilitate the tracking of their
338 location during different stages of state transitions or after high light damage. Furthermore, ExM
339 could potentially enable the use of single molecule or super resolution imaging techniques on the
340 thylakoid membrane by reducing background fluorescence from chlorophyll (Gambarotto et al.,
341 2019). Combining high-resolution data on the thylakoid structure with the location of key
342 photosynthetic proteins could provide valuable insights into the link between protein composition
343 and thylakoid ultrastructure.

344

345 Table 1 Composition of four gels used in this study. All percentages are w/v%. For expansion factor, see SI
 346 figure 2

	Sodium acrylate	Acrylamide	N,N'-methylenebisacrylamide
Gel A	20.9%	10.0%	0.10%
Gel B	30.1%	10.8%	0.04%
Gel C	25.4%	5.6%	0.01%
Gel D	34.3%	5.3%	0.01%

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Table 2 Dimensions of chloroplasts and grana as determined in this study.

Trait	Mean	Standard deviation	Sample size (n)
Chloroplast diameter (unexp)	3.65 μ m	1.19 μ m	239 ³⁵³
Grana diameter	325 nm	56 nm	415 ³⁵⁴
Grana height	355 nm	164 nm	815 ³⁵⁵
Grana per chloroplast	91	32	20

356 Table 3 Dimensions of grana determined with different techniques and on different plant species (Fristedt
 357 et al., 2009; Wood et al., 2018; Bussi et al., 2019; Mazur et al., 2019; Wood et al., 2019; Flannery et al., 2021;
 358 Sattari Vayghan et al., 2022). The mean value \pm standard deviation is given. Where applicable, the values are
 359 given for light adapted plants and plants grown in normal light conditions.

Article	Species	Technique	Grana diameter (nm)	Grana height (nm)	Grana per chloroplast
Fristedt et al., 2009	<i>A. thaliana</i>	EM	439 \pm 155	74 \pm 36	-
Wood et al., 2019	<i>A. thaliana</i>	SIM	350 \pm 70	-	-
Mazur et al., 2019	<i>A. thaliana</i>	EM	600 \pm 157	156 \pm 81	-
Flannery et al., 2021	<i>A. thaliana</i>	SIM	386 \pm 61	-	-
Flannery et al., 2021	<i>A. thaliana</i>	EM	-	114 \pm 69	-
Sattari Vayghan et al., 2022	<i>A. thaliana</i>	EM	501 \pm 143	91 \pm 39	-
Bussi et al., 2019	<i>Lactuca sativa</i>	EM	278 \pm 43	159 \pm 94	-
Wood et al., 2018	<i>S. oleracea</i>	EM	325 \pm 74	106 \pm 64	-
Wood et al., 2018	<i>S. oleracea</i>	SIM	343 \pm 58	-	66 \pm 9
Wood et al., 2019	<i>S. oleracea</i>	SIM	380 \pm 60	-	-

360

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