Supplementary Table S1. Primary and secondary metabolite concentrations (μg g_{FW}^{-1}) in wild-gathered *S. verrucosa*, *E. vesicaria* and *S. laciniata*. Values are mean ± SD (*n*=5).

Metabolite	*S. verrucosa*	*E. vesicaria*	*S. laciniata*
Glucose	11100.7 ± 457.3	10648.4 ± 1512.3	1491.9 ± 38.5
Sucrose	7385.9 ± 1153.7	749.2 ± 346.9	3022.8 ± 54.5
Fructose	25287.6 ± 5785.1	5103.7 ± 1037.3	14965.8 ± 9357.9
Citric	1081.5 ± 57.1	6880.1 ± 928.1	1102.5 ± 584.7
Malic	1163.4 ± 73.1	3757 ± 1064.3	1650.8 ± 470.7
Tartaric	9.4 ± 0.4	7.6 ± 0.8	6.1 ± 0.1
Fumaric	736.4 ± 56.5	236.4 ± 24.1	169.5 ± 25.5
Succinic	46.8 ± 3.5	57.2 ± 18.1	66.2 ± 10.8
Quinic	70.6 ± 11.3	15.1 ± 1.5	708.8 ± 109.7
Malonic	7.5 ± 0.6	9.9 ± 2.0	6.3 ± 0.8
Ketoglutaric	136.4 ± 20.4	22.9 ± 1.0	166.2 ± 105.8
Glutamic	30.5 ± 2.4	38.8 ± 6.2	11.2 ± 2.3
Skimic	17.9 ± 1.7	0.8 ± 0.1	4.7 ± 0.2
Chlorophyll a	138.1 ± 7.3	195.6 ± 35.8	136.1 ± 6.0
Chlorophyll b	70.9 ± 3.3	81.1 ± 18.1	53.9 ± 4.0
All-trans-β-carotene	58.9 ± 3.5	33.3 ± 6.2	46.2 ± 1.9
Lutein	30.8 ± 1.9	21.2 ± 4.1	22.5 ± 1.1
All-trans violaxanthin	3.1 ± 0.2	2.4 ± 0.2	8.1 ± 0.1
9 *cis*-Neoxanthin	7.3 ± 0.4	5.5 ± 1.4	7.7 ± 0.8
9 *cis-β*-carotene	5.2 ± 0.3	5.5 ± 0.8	4.2 ± 0.1
Luteoxanthin	10.6 ± 0.8	16.8 ± 2.5	8.4 ± 1.2
13 *cis-β*-carotene	2.5 ± 0.2	3.6 ± 1.1	1.9 ± 0.2
Vitamin C	2590.9 ± 71.4	1780.4 ± 106.2	708.5 ± 92.2
Total phenolics	7541.7 ± 1125.9	629.1± 50.6	721.9 ± 104.3