

Reporting Summary

Nature Portfolio 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 Portfolio policies, see our [Editorial Policies](#) 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

- | | | |
|-------------------------------------|-------------------------------------|--|
| <input type="checkbox"/> | <input checked="" type="checkbox"/> | The exact sample size (n) for each experimental group/condition, given as a discrete number and unit of measurement |
| <input type="checkbox"/> | <input checked="" type="checkbox"/> | A statement on whether measurements were taken from distinct samples or whether the same sample was measured repeatedly |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | The statistical test(s) used AND whether they are one- or two-sided
<i>Only common tests should be described solely by name; describe more complex techniques in the Methods section.</i> |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | A description of all covariates tested |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | A description of any assumptions or corrections, such as tests of normality and adjustment for multiple comparisons |
| <input type="checkbox"/> | <input checked="" type="checkbox"/> | 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) |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | For null hypothesis testing, the test statistic (e.g. F , t , r) with confidence intervals, effect sizes, degrees of freedom and P value noted
<i>Give P values as exact values whenever suitable.</i> |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | For Bayesian analysis, information on the choice of priors and Markov chain Monte Carlo settings |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | For hierarchical and complex designs, identification of the appropriate level for tests and full reporting of outcomes |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | 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 EPU 2.10.0.1941, Legimon 3.5

Data analysis CryoSPARC v3.3.2+220518, Phenix v1.20.1-4487, UCSF Chimera X 1.5, UCSF Chimera 1.16 (build 42360), ISOLDE 1.5, Coot 0.9.8.92, MO.Affinity Analysis v2.3, 3V:Voss Volume Voxelator, Geneious Prime 2019.2.3

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 and reviewers. We strongly encourage code deposition in a community repository (e.g. GitHub). See the Nature Portfolio [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 description of any restrictions on data availability
- For clinical datasets or third party data, please ensure that the statement adheres to our [policy](#)

Atomic coordinates for the cryo-EM structures generated in this study have been deposited to the Protein Data Bank (PDB) under accession numbers: 8VXH (apo – Arctica), 9B77 (apo – Krios), and 9ASC (UDP – Arctica). Cryo-EM maps corresponding to the final sharpened map and half-maps for each dataset have been deposited to the Electron Microscopy Data Bank (EMDB) under accession numbers: EMD-43617 (apo – Arctica), EMD-44302 (apo – Krios), and EMD-43812 (UDP – Arctica). Raw electron micrograph movies, aligned and dose-weighted micrographs, and the final particle stacks used in reconstructions have been deposited to the

Electron Microscopy Public Image Archive (EMPIAR) under accession numbers: EMPIAR-11924 (apo – Arctica), EMPIAR-12002 (apo – Krios), and EMPIAR-11987 (UDP – Arctica). Additional atomic models used in this study are publicly available under accession codes 5EKP, 5MLZ, 5MMO, 5MM1, 9BHC, 9BHE.

Research involving human participants, their data, or biological material

Policy information about studies with [human participants or human data](#). See also policy information about [sex, gender \(identity/presentation\), and sexual orientation](#) and [race, ethnicity and racism](#).

Reporting on sex and gender	N/A
Reporting on race, ethnicity, or other socially relevant groupings	N/A
Population characteristics	N/A
Recruitment	N/A
Ethics oversight	N/A

Note that full information on the approval of the study protocol must also be provided in the manuscript.

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](https://www.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	Sample size estimation was not relevant for this study, as no statistical testing for evaluation of differences between two or more groups was performed. In the MST experiment, all measurements were repeated three times in duplicate (n=6) for each experimental group. Atomistic molecular dynamics simulations were performed three times for each starting system.
Data exclusions	No data were excluded.
Replication	No attempts at replication have failed. Replication of cryo-EM experiments after the initial optimization of each sample is not economically viable or scientifically warranted and has not been performed. MST experiments were repeated three times with consistent results. Atomistic molecular dynamics simulations were performed three times with consistent results.
Randomization	Randomization was not deemed necessary or used in the present study, as no statistical testing for evaluation of differences between two or more groups was performed.
Blinding	Blinding was not deemed necessary, and was not performed, since no subjective analyses were performed in the present study.

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
<input checked="" type="checkbox"/>	<input type="checkbox"/> Antibodies
<input checked="" type="checkbox"/>	<input type="checkbox"/> Eukaryotic cell lines
<input checked="" type="checkbox"/>	<input type="checkbox"/> Palaeontology and archaeology
<input checked="" type="checkbox"/>	<input type="checkbox"/> Animals and other organisms
<input checked="" type="checkbox"/>	<input type="checkbox"/> Clinical data
<input checked="" type="checkbox"/>	<input type="checkbox"/> Dual use research of concern
<input checked="" type="checkbox"/>	<input type="checkbox"/> Plants

Methods

n/a	Involved in the study
<input checked="" type="checkbox"/>	<input type="checkbox"/> ChIP-seq
<input checked="" type="checkbox"/>	<input type="checkbox"/> Flow cytometry
<input checked="" type="checkbox"/>	<input type="checkbox"/> MRI-based neuroimaging

Plants

Seed stocks	N/A
Novel plant genotypes	N/A
Authentication	N/A