Figure S1 $^1$H MAS NMR of PF resin impregnated Japanese cedar.

Figure S2 $^{13}$C CP·MAS NMR of PF resin impregnated Japanese cedar.
**Figure S3** $^{13}$C DD-MAS NMR of PF resin impregnated Japanese cedar.

**Figure S4** $^{13}$C PST-MAS NMR of PF resin impregnated Japanese cedar.
Figure S5 Variable temperature $T_1 H$ values determined by the inversion recovery method in $^{13}$C CP-MAS NMR.

Figure S6 Variable temperature $T_{1\rho \ H}$ values determined using $^1H$ spin lock pulse in $^{13}$C CP-MAS NMR.