

Supplementary Information

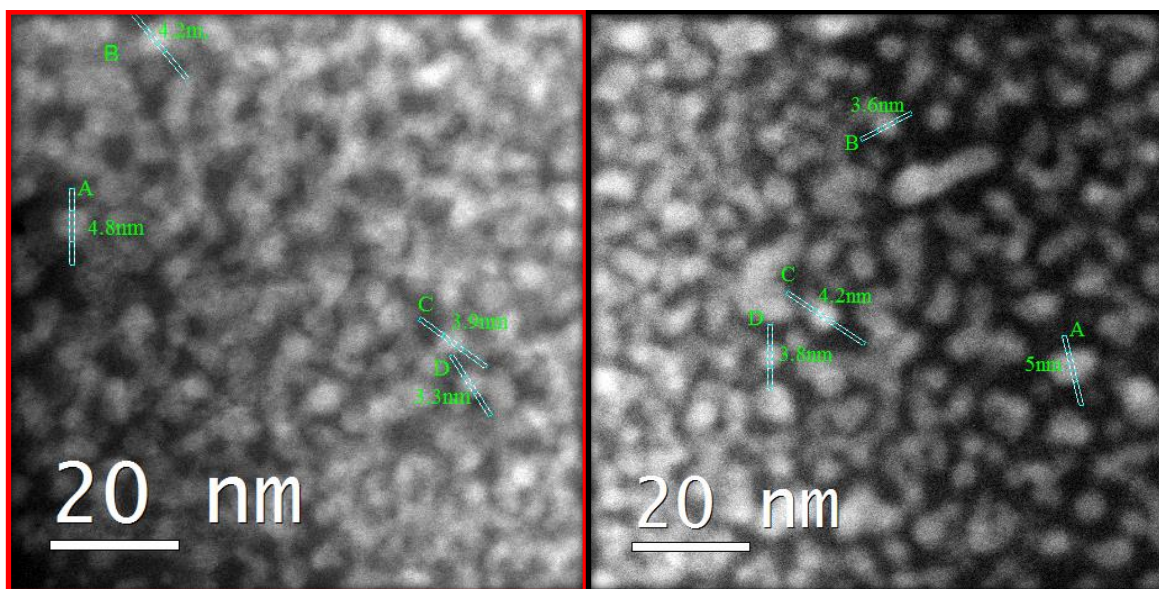


Figure 1S: HAADF-STEM images of the selected isolated QDs chosen for interface thickness estimation. Left image refers to sputter sample ($1.25 \times 10^{22} \text{ Ge/cm}^3$), right image corresponds to PECVD sample ($1.3 \times 10^{22} \text{ Ge/cm}^3$).

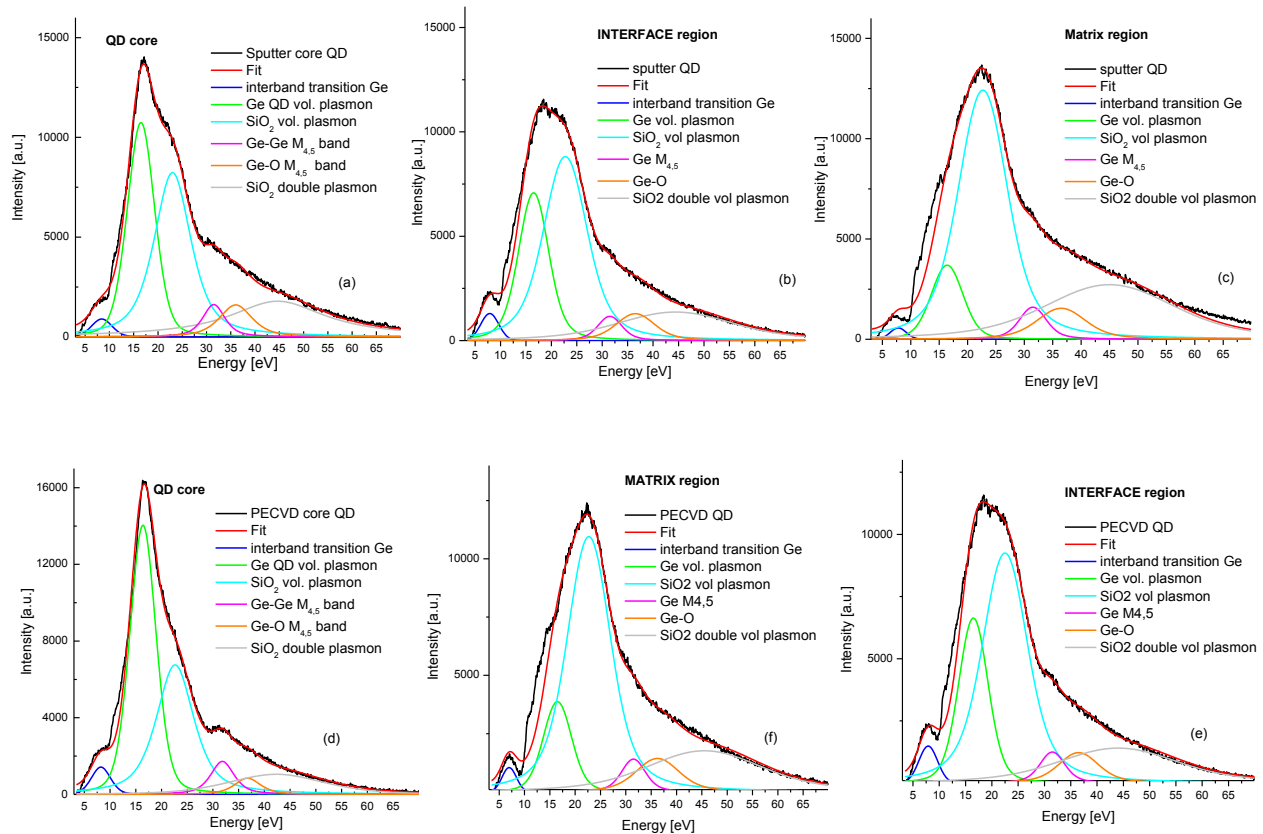
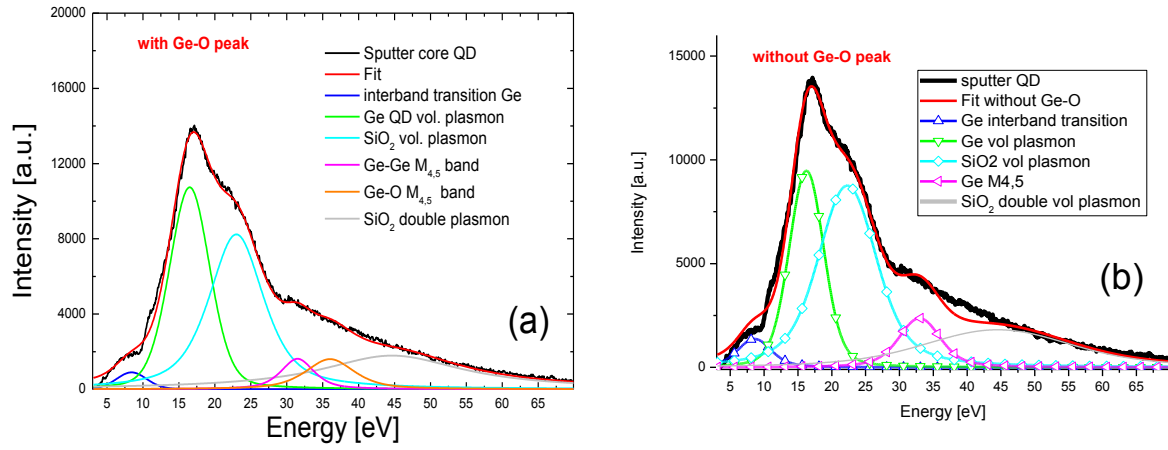


Figure 2S: EELS spectra and the corresponding fittings related to sputter QD at the core (a), interface (b) and matrix (c) regions. Figure 1s (d), (e) and (f) correspond to EELS spectra and relative fittings at the core, interface and matrix regions of PECVD QD, respectively.

Sputter QD



PECVD QD

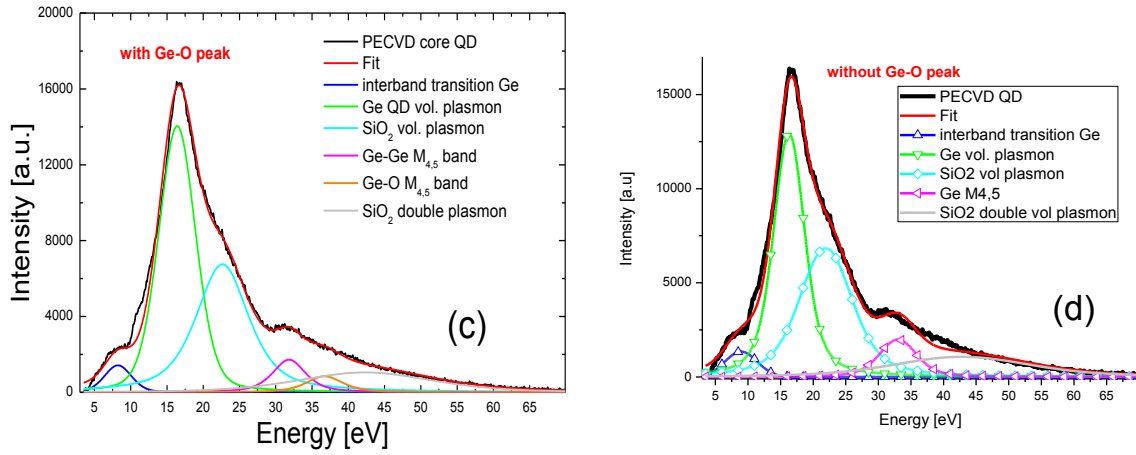


Figure 3S: Comparison of the EELS spectra of sputter and PECVD Ge QDs in SiO₂ and corresponding fittings with (a and c) or without (b and d) the contribution of Ge-O peak.

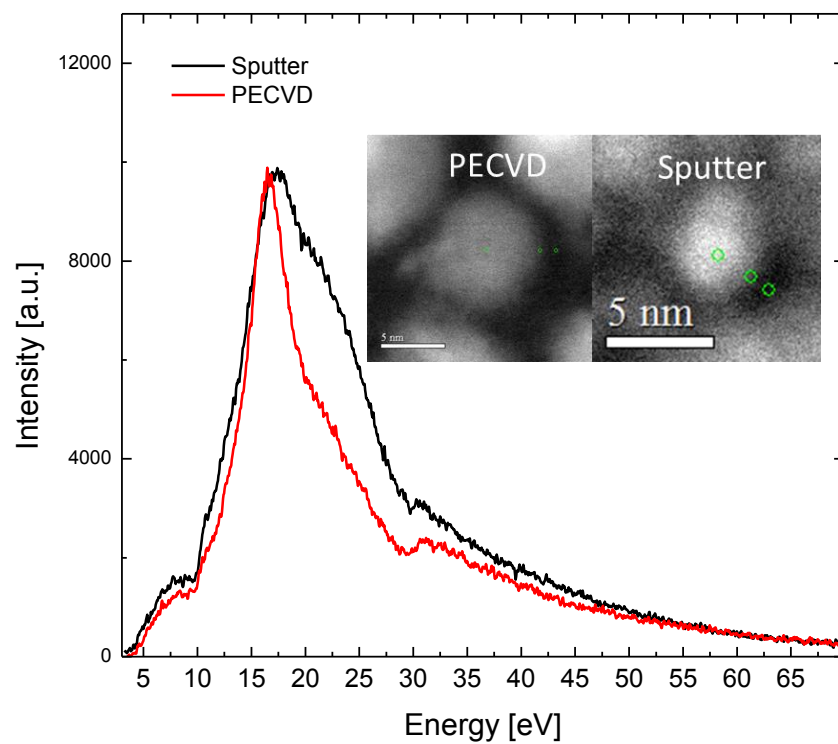


Figure 4S: Low-loss EELS spectra in the core of Ge QD in SiO₂ grown by sputtering (4 nm size) or PECVD (7 nm size). Insets show HAADF-STEM micrographs of the two selected QDs.

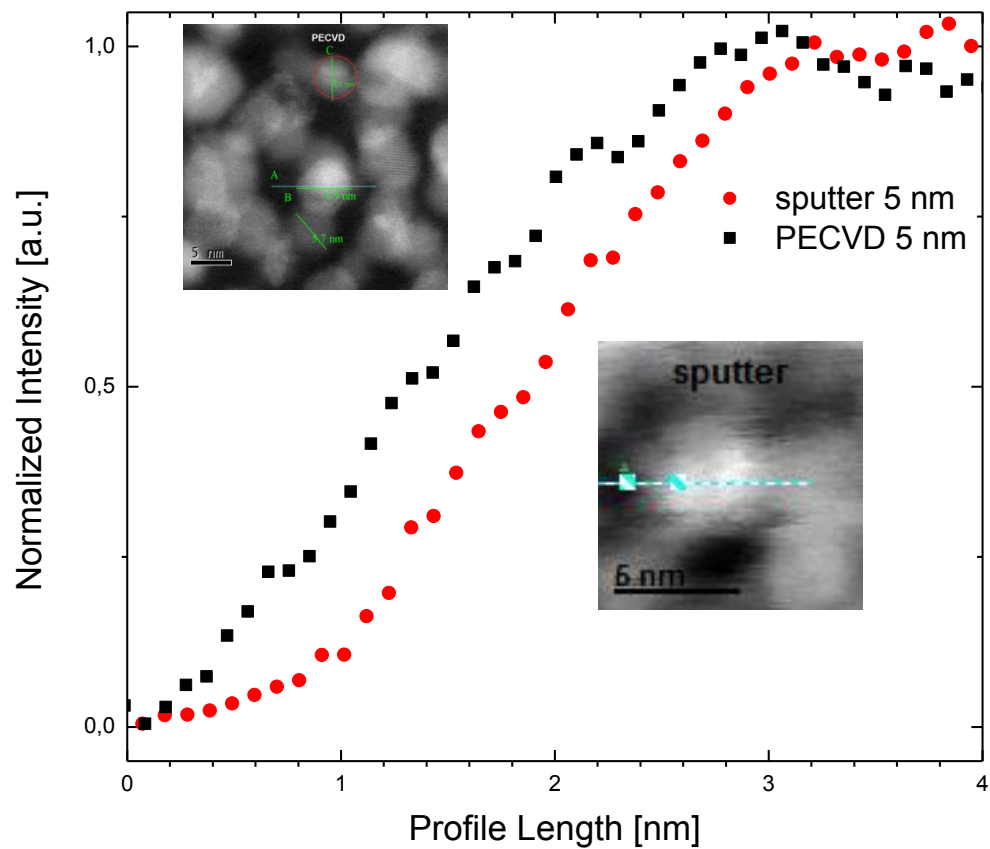


Figure 5S: Z-contrast line scan profile of HAADF-STEM image of 5 nm size QDs deposited by sputter and PECVD (QD marked with C letter in the inset). Insets show HAADF-STEM micrographs of the selected QDs.