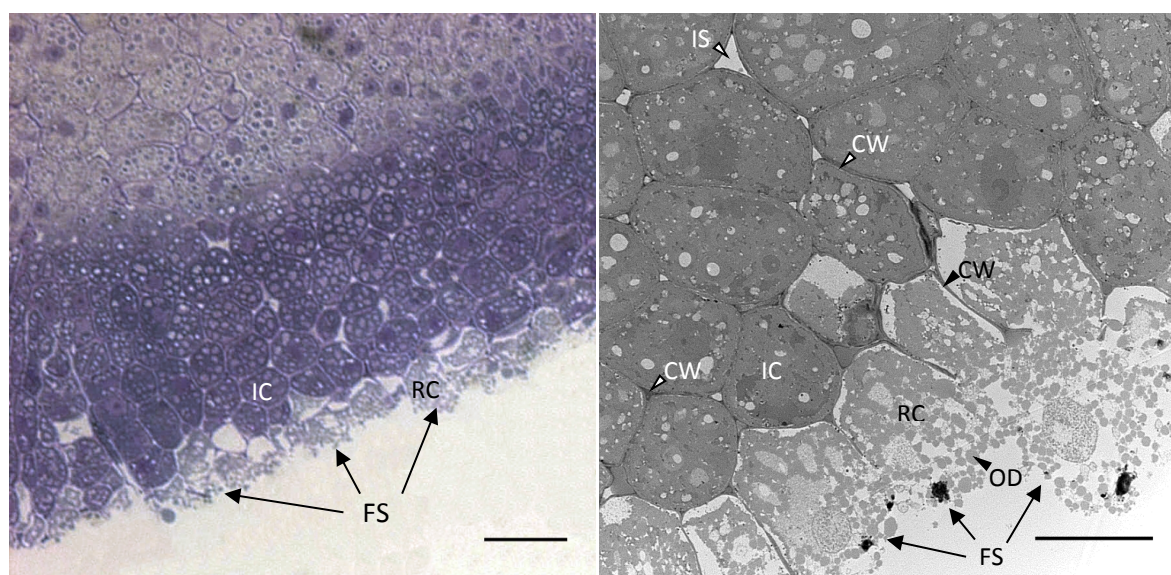


Supplementary Information Figure



**Fig S1.** (a) Light micrograph of an osmium-fixed raw almond cube stained with toluidine blue showing minimal disruption of cell layers below the fractured surface. (Scale bar 50  $\mu\text{m}$ ); (b) TEM of the fractured surface of a raw almond cube, showing no apparent damage to cell walls below the fractured cell layer. (Scale bar 10  $\mu\text{m}$ ). FS, Fractured surface; OD, oil droplet; CW, cell wall; IS, intercellular space; RC, ruptured cell; IC, intact cell.