

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
☐	☒ The exact sample size (<i>n</i>) for each experimental group/condition, given as a discrete number and unit of measurement
☐	☒ A statement on whether measurements were taken from distinct samples or whether the same sample was measured repeatedly
☐	☒ 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>
☒	☐ A description of all covariates tested
☐	☒ A description of any assumptions or corrections, such as tests of normality and adjustment for multiple comparisons
☐	☒ 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)
☐	☒ For null hypothesis testing, the test statistic (e.g. <i>F</i> , <i>t</i> , <i>r</i>) with confidence intervals, effect sizes, degrees of freedom and <i>P</i> value noted <i>Give P values as exact values whenever suitable.</i>
☒	☐ For Bayesian analysis, information on the choice of priors and Markov chain Monte Carlo settings
☒	☐ For hierarchical and complex designs, identification of the appropriate level for tests and full reporting of outcomes
☒	☐ Estimates of effect sizes (e.g. Cohen's <i>d</i> , Pearson's <i>r</i>), 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	1. Magellan Standard was used to collect data from the Tecan Spark plate reader. 2. Agilent MassHunt version 10 was used to collect LC-MS data. 3. 2D patterns were captured using the Amersham Typhoon scanner with data collected through Scanner Control Software v3.0. 4. Fluorescence microscopy images and time-lapse imaging of yeast cells were performed using a Nikon Eclipse Ti microscope, with data acquired through NIS-Elements AR V5 software.
Data analysis	1. GraphPad Prism 9.5.0 was used for generating most graphs and statistical analysis for wet lab experiments. 2. Microsoft Excel 365 was used to calculate the changes of cell growth OD values, fluorescent intensities, metabolite concentrations. 3. Benchling was used for designing all nucleotide sequences and CRISPR experiments. 4. MassHunter Quantitative software version 10 was used to analyze LC-MS data.

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](#)

All data generated or analyzed during this study are included in this published article and its supplementary data or source data files. Source data are provided with this paper. Data is available from the corresponding authors upon request.

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	No sample size calculation was performed, experiments were performed in triplicates (n = 3) or greater, which is the generally accepted by the scientific community.
Data exclusions	No data were excluded from the manuscript.
Replication	All experiments were performed in triplicates or greater and all attempts at replication were successful (sample size indicated in figure legend).
Randomization	Transformed yeast colonies were chosen at random from plates and no data was excluded.
Blinding	The study does not contain experiments where blinding would be applicable.

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

Methods

- n/a Involved in the study
- ☒ ☐ Antibodies
- ☐ ☒ Eukaryotic cell lines
- ☒ ☐ Palaeontology and archaeology
- ☒ ☐ Animals and other organisms
- ☒ ☐ Clinical data
- ☒ ☐ Dual use research of concern
- ☒ ☐ Plants

- n/a Involved in the study
- ☒ ☐ ChIP-seq
- ☒ ☐ Flow cytometry
- ☒ ☐ MRI-based neuroimaging

Eukaryotic cell lines

Policy information about [cell lines and Sex and Gender in Research](#)

Cell line source(s) Saccharomyces cerevisiae Strain BY4741 from ATCC.

Authentication We confirmed all derivative strains by colony PCR and sequencing.

Mycoplasma contamination Yeast does not have this contamination.

Commonly misidentified lines
(See [ICLAC](#) register) No common misidentified lines were used.

Plants

Seed stocks N/A

Novel plant genotypes N/A

Authentication N/A