**Table 1: Site information and salt marsh unit measurements.**

**Site Name; Core #**

**Species**

**Development Mode**

**Sampling Year (CE)**

**Easting**

**Northing**

**Elev. (m; NAVD88)**

**Thickness (m)**

**Date (CE) a**

**C Stock (g m-2) b**

NPR-D; 8

*Spartina*

Regressive

2018

341061

3847425

0.17

0.53

2003

5013 ±150

NPR-D; 14

*Spartina*

Regressive

2018

341098

3847406

0.32

0.36

1971

3482 ±104

NPR-D; 16

*Spartina*

Regressive

2018

341106

3847402

0.39

0.42

1967

4346 ±130

NPR-U; 5

*Juncus*

Regressive

2019

337270

3847270

0.45

0.75

1415

14520 ±436

NPR-U; 1

*Juncus*

Regressive

2019

337263

3847247

0.53

1.02

1588

1212 ±364

SRE-U; 6

*Spartina*

Regressive

2019

743692

3760253

0.18

0.6

1443

8024 ±241

SRE-U; 1

*Spartina*

Regressive

2019

743648

3760206

0.50

0.8

1783

10762 ±323

SRE-D; 1

*Spartina*

Regressive

2018

743213

3758113

-0.23

0.31

1966

2849 ±85

NB; 1

*Juncus*

Transgressive

2018

371264

3859486

0.21

0.51

1957

11275 ±338

NB; 3

*Juncus*

Transgressive

2018

371199

3859505

0.19

0.21

1962

6327 ±190

NB; 9

*Juncus*

Transgressive

2018

371232

3859496

0.11

0.31

1962

6691 ±201

JB; 1

*Juncus*

Transgressive

2018

360457

3899959

0.21

0.9

1557

19765 ±593

JB; 5

*Juncus*

Transgressive

2018

360460

3900004

0.09

1.01

1662

22916 ±687

JB; 7

*Juncus*

Transgressive

2018

360449

3900099

0.07

0.58

1783

13027 ±391

JB; 6

*Juncus*

Transgressive

2018

360459

3900063

0.09

0.82

1551

17633 ±529

JB; 8

*Juncus*

Transgressive

2018

360442

3900130

0.03

0.27

1973

7350 ±221

LB; 3

*Juncus*

Transgressive

2019

369226

3867912

0.22

1.24

1247

21647 ±649

LB; 5

*Juncus*

Transgressive

2019

369285

3867775

0.17

0.83

1335

19197 ±576

LB; 6

*Juncus*

Transgressive

2019

369316

3867697

0.19

0.8

1589

15833 ±475

LB; 7

*Juncus*

Transgressive

2019

369327

3867653

0.23

0.51

1850

12040 ±361

LB; 8

*Juncus*

Transgressive

2019

369336

3867617

0.24

0.25

1893

7418 ±223

LB; 9

*Juncus*

Transgressive

2019

369347

3867579

0.24

0.31

1957

8424 ±253

a Basal salt marsh median date. See Supplementary Data for details.

b See supplementary data for measurements used to calculate inventories.