

Microbial symbionts buffer hosts from the consequences of environmental stochasticity

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limit = 250 words Species' persistence in increasingly variable future climates will depend on endurance of the detrimental effects of environmental stochasticity. Most organisms host microbiota that shield against stressful environmental conditions, but pinpointing microbial symbioses as buffers against the fitness costs of stochasticity requires experiments covering long-term variability. Here, we use stochastic demographic models for seven plant species parameterized with a 14-year symbiont-removal experiment to demonstrate that microbial symbionts elevate host fitness by dampening year-to-year fluctuations in demographic performance. We show that *Epichloë* fungal endophytes reduce variance in the fitness of their grass hosts by greater than 10% on average across species and that reductions of up to 50% occur for some hosts. Hosts with "fast" life histories that lack longevity as an intrinsic buffer experienced the greatest benefits. Contributions to fitness from variance buffering were modest compared to symbiont benefits to mean fitness under the contemporary climate regime. Simulations of increased environmental stochasticity amplified the value of variance buffering, which surpassed symbionts' mean effects that have dominated most prior research. These results establish microbial-mediated variance buffering as an important yet cryptic mechanism of resilience to increasing stochasticity under global change.

stochasticity | microbial symbiosis | demography | mutualism

Global climate change involves increases in environmental variability, including changes to precipitation patterns and the frequency of extreme weather events (? ?). Yet, the ecological consequences of increased variability are less well understood than those of changing climate means, such as long-term warming or drying. Incorporating environmental variability into forecasts of population dynamics can improve predictions of the future. Classic theory predicts that long-term population growth rates (equivalently, population mean fitness) will decline under increased environmental variability because the costs of bad years outweigh the benefits of good years – a consequence of nonlinear averaging (? ?). For example, in unstructured populations, the long-term stochastic growth rate in a fluctuating environment (λ_s) will always be lower than the average growth rate ($\bar{\lambda}$) by an amount proportional to the environmental variance (σ^2):

$$\log(\lambda_s) \approx \log(\bar{\lambda}) - \frac{\sigma^2}{2\bar{\lambda}} \quad [1]$$

Populations structured by size or stage similarly experience costs of variability (? ?). There are accordingly two pathways to increase population viability in a variable environment: increase the mean growth rate and/or dampen temporal fluctuation in growth rates, also called "variance buffering".

Both the characteristics of species and the properties of their environment can buffer demographic fluctuations, including life history traits such as longevity (? ?), correlations among vital rates (?), transient shifts in population structure (?), the magnitude of environmental variability (?), or the degree of environmental autocorrelation (? ?). These factors determine the risks of extinction faced by populations (?) and underlie management strategies promoting ecosystem resilience (?). Yet little is known about how biotic interactions influence demographic variability or contribute to variance buffering (?).

Most multicellular organisms host symbiotic microbes that affect growth and performance (? ?), and many of these are transmitted via reproduction from maternal hosts to offspring (?). This process of vertical transmission links the fitness of hosts and symbionts in a feedback loop that selects for mutual benefits (?). Many vertically-transmitted microbes are mutualistic and protect hosts from stressful environmental conditions including drought, extreme temperatures, or natural

Significance Statement

limit = 120 words Symbiotic microbes protect many organisms from environmental stress. Demographic theory predicts that environmental variability has negative consequences for species' population growth rates. We report a 14-year demographic analysis of the removal of fungal symbionts from seven plant species. We demonstrate for the first time that symbionts buffer their hosts from environmental variability. Host life history (i.e. species' longevity) predicts the magnitude of variance buffering effects. Benefits from variance buffering increase in simulations of increased environmental variability. This strengthening of the mutualism suggests that symbionts may provide resilience to future increases in environmental variability, a key prediction of global climate change. Our study therefore has implications for both life history theory and for forecasting species' responses to stochastic global change.

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enemies (? ?). Some of the best studied examples include bacterial symbionts of aphids and other insects that provide their hosts with thermal tolerance through the production of heat-shock proteins (?), and plant-fungal symbionts that produce anti-herbivore toxins (? ? ?). However, these diverse protective symbioses are context-dependent: the magnitude of benefits depends on environmental or biotic conditions (?) and thus will vary temporally in a stochastic environment (?). We hypothesized that context-dependent benefits from symbionts may buffer hosts against variability through strong benefits during harsh periods, and neutral or even costly outcomes during benign periods, reducing the impacts of host exposure to extremes and dampening inter-annual variance relative to non-symbiotic hosts. Variance buffering is a previously unexplored mechanism by which symbionts may benefit their hosts in addition to elevating average fitness, the focus of most previous research.

We tested the hypothesis that context-dependent benefits of symbiosis buffer hosts from the fitness costs of environmental variability using data from taxonomically replicated, long-term symbiont-removal experiments. We (i) quantified the effects of symbiosis on the mean and variance of host vital rates (survival, growth and reproduction), (ii) investigated the relationship between host life history traits and the magnitude of symbiont-mediated variance buffering, (iii) evaluated the relative contribution of mean and variance effects to long-term population growth rates (λ_s), and (iv) projected the consequences of symbiont-mediated variance buffering under increased environmental variability.

Results and Discussion

Our experiment began in 2007 with seven grass species that host *Epichloë* fungal endophytes. Located in south-central Indiana, USA, the experiment consisted of annually censused populations founded with either naturally symbiotic plants (S+) or those that had their symbionts experimentally removed via a heat treatment (S-) (See Materials and Methods for a full list of species and experimental methods). *Epichloë* endophytes are specialized symbionts growing intercellularly in the aboveground tissue of ~ 30% of cool-season (C_3) grass species (?). These fungi are primarily transmitted vertically from maternal plants through seeds (?). They produce a variety of alkaloids that can protect host plants from herbivory (?) and drought stress (?).

The unique data from this long-term experiment are distinctly suitable for detecting fitness benefits of microbial symbiosis that arise through variance buffering. We collected annual demographic data on the survival, growth, reproduction, and recruitment of all plants within replicated S+ and S- plots, which on average had 13.3 individuals/ m^2 over the course of the experiment. Each census year was a sample of inter-annual climatic variation ($n = 14$ years; comprising 13 demographic transition years). We fit hierarchical Bayesian generalized linear mixed models to the vital rate data using RStan (?), which allowed us to isolate endophyte effects on vital rate means and variances, borrow strength across species for some variance components, and propagate uncertainty from the individual-level vital rates to population projection models (?). The projection models were stochastic matrix population models parameterized for each host species from the vital rate regressions to quantify endophyte effects on

stochastic population growth rates (λ_s) and decompose the overall effect of the symbiosis into contributions through mean vital rates, variance in vital rates, and their interaction (Methods section describes the statistical methods in full).

Quantifying symbiont mediated variance buffering. Across seven host species, eight vital rates, 14 years, and 16,789 individual plants, our analysis provides the first empirical support for the hypothesis of symbiont mediated variance buffering. Endophytes reduced inter-annual variance for 66% (37/56) of host species-vital rate combinations (average Cohen's D for effects on vital rate standard deviation: -0.15) (Fig. 1A). Endophytes also increased mean vital rates for the majority (36/56) of host species-vital rate combos (average Cohen's D for effects on vital rate mean: 0.15), and benefits were particularly strong for host survival, plant growth and germination (Fig. 1A). The relative magnitude of symbiont effects on means versus variances differed among host species and their vital rates. For example, endophytes modestly increased mean adult survival (Fig. 1C) and reduced variance in survival (Fig. 1D) for *Festuca subverticillata*, while for *Poa alsodes*, variance buffering was more apparent in seedling growth and inflorescence production (Fig 1E). Interestingly, certain vital rates showed costs of endophyte symbiosis. Symbiotic individuals of *A. perennans* grew larger than those without endophytes (Fig. 1B), yet endophytes also reduced this species' mean germination rates (Fig. 1A). Similarly, endophyte symbiosis increased variance in seedling growth for *Elymus villosus* and *Festuca subverticillata* (Fig. 1A).

Because not all vital rates contribute equally to fitness, we used stochastic matrix models to integrate the diverse effects on vital rates described above into comprehensive measures for the mean and variance of fitness. On average across host species, endophyte-symbiotic populations had greater mean fitness (> 92% confidence that endophytes increased $\bar{\lambda}$) and lower inter-annual variability in fitness (> 86% confidence that endophytes decreased the coefficient of variation of λ) than endophyte-free populations (Fig. 2). For some host species, the CV of λ was reduced by as much as 170% (*P. alsodes*, *F. subverticillata*), while for others, endophyte effects on variance were substantially smaller (6% lower for *E. villosus*, 16% lower for *A. perennans*), or even positive (27% increase for *E. virginicus*). When mean and variance effects of symbionts were considered together, none of the host-symbiont pairings were antagonistic (i.e., with endophytes that both decreased mean fitness and increased variance) (Fig. 2C), suggesting that variation across host species and vital rates in mean and variance effects may reflect alternative strategies that yield similar benefits of endophyte symbiosis.

Reduced sensitivity to drought, as has been reported for some *Epichloë* symbioses (?), is a candidate mechanism that could generate a signature of variance buffering. Accordingly, analysis of climate-explicit population models indicated that for five of seven taxa, symbiotic populations were less sensitive to annual or growing season drought (12-month or 3- month drought index; Standardized Precipitation-Evapotranspiration Index (?)) than symbiont-free populations (Supporting Information Text; Fig. S24-S25; Table S3). However, we did not find a strong relationship between the magnitude of variance buffering and relative drought sensitivities, suggesting that other climatic factors or other

249 aspects of the abiotic or biotic environment may elicit benefits
250 of endophyte symbiosis, including documented resistance to
251 herbivory for six of the taxa (? ?). Identifying the potentially
252 complex relationships between vital rates and environmental
253 drivers remains a key challenge for accurate forecasts of the
254 ecological impacts of environmental stochasticity (?).

255 **Life history analysis.** Long-lived species, those on the slow
256 end of the slow-fast life history continuum, are expected to
257 be less sensitive to environmental variability (?), a pattern
258 which has empirical support across plants (?) and animals
259 (? ?). Therefore, we predicted that host species with long
260 lifespans that produce few, large offspring would benefit less
261 from the variance buffering effects of endophytes than species
262 with fast life cycles that produce many smaller offspring with
263 low per-capita chance of success (? ?). In support of this
264 prediction, symbiota with trait values representing faster
265 life history strategies experienced greater variance buffering
266 from endophytes than those with slow life histories (Fig. 3).
267 Bayesian phylogenetic mixed-effects models, controlling for
268 species' relatedness, indicated that variance buffering was
269 stronger for host species with shorter lifespan (Fig. 3A; 75%
270 probability of positive relationship with empirically observed
271 max age) and smaller seeds (Fig. 3B; 73% probability of
272 positive relationship with seed length). Other life history
273 traits similarly had positive but weaker support for the
274 prediction that faster life history traits would correlate with
275 stronger variance buffering (Fig. S26-S28). Additionally, the
276 three host species for which the overall mutualism was weakest
277 (*Elymus villosus*, *Elymus virginicus*, and *Poa sylvestris*) (Fig.
278 2C) were the only hosts for which we observed fungal stromata,
279 fruiting bodies capable of horizontal (contagious) transmission
280 (Table S2), in line with theoretical expectations for strict
281 vertical transmission driving the evolution of strong host-
282 symbiont mutualisms (? ?). Conclusions about life histories
283 are somewhat constrained by the narrow range of trait values
284 among these closely related species in the grass sub-family
285 Pooidae. Our understanding of how life history variation
286 modulates the fitness consequences of microbial symbiosis
287 would profit from tests across a wide span of taxonomic
288 groups (?).

289 **Relative contributions of mean and variance effects.** To evaluate
290 the relative importance of mean fitness benefits and
291 variance buffering as alternative pathways of mutualism, we
292 decomposed the overall effect of the symbiosis on λ_s using
293 stochastic simulations of four versions of population models
294 that included both mean and variance buffering effects, mean
295 effects alone, variance effects alone, or neither mean nor
296 variance effects. Overall, the full effect of symbiosis on λ_s ,
297 averaged across host species, provided strong evidence of
298 grass-endophyte mutualism (100% certainty of a positive total
299 effect on λ_s) (Fig. 4; see Fig. S21 for individual host species).
300 Contributions to this total effect derived from both mean
301 and variance buffering effects, as well as a slightly negative
302 interaction (i.e., the combined influence of mean and variance
303 effects was lower than the sum of their individual effects).
304 Endophytes' contributions to the stochastic growth rate (λ_s)
305 from mean effects were four times greater, averaged across
306 species, than contributions from variance buffering (Fig. 4),
307 suggesting that, under the regime of environmental variability
308 represented by our 14-year study, damped fluctuation in

311 fitness is a far less important element of the benefits of
312 symbiosis than elevated mean fitness.

313 **Consequences of variance buffering under increased environmental variability.** Simulations of increased environmental
314 variability, a key prediction of climate change forecasts (?), indicated that mutualism with microbial symbionts, and
315 their variance buffering effects in particular, will take on increased importance for grasses in a more variable future
316 climate. To simulate increased variability, we repeated the decomposition of λ_s under two additional scenarios,
317 randomly sampling transition matrices from either the six or two most extreme years experienced by each species,
318 subsets of the thirteen transition matrices across the study period. The six- and two-years scenarios increased the
319 standard deviation of yearly growth rates by 1.3 and 2.1 times, respectively, relative to the ambient scenario without
320 changing mean growth rates (< 2.3% difference between simulation treatments)(See SM; Fig. S21-22). Increased
321 variability elicited stronger mutualistic benefits of endophyte
322 symbiosis (Fig. 3) than ambient variability (overall effect
323 of the symbiosis increased by > 130%). This increase was
324 driven by increased contributions from the variance buffering
325 mechanism (from a 24% contribution in the ambient scenario
326 to a 66% contribution in the most variable scenario). In the
327 most variable scenario, the relative importance of mean and
328 variance effects reverses, with variance buffering contributions
329 that are 1.5 times greater than contributions from mean
330 benefits, averaged across species (Fig. 4). Thus, variance
331 buffering – a cryptic microbial influence that manifests over
332 long temporal scales – is poised to become the dominant
333 way in which grasses benefit from symbiosis with fungal
334 endophytes in future climates.

335 Ecologists increasingly recognize the importance of symbiotic
336 microbes for host organisms and the populations, communities,
337 and ecosystems in which their hosts reside (? ? ? ?). Despite awareness of these ubiquitous interactions, long-term
338 studies of microbial symbiosis are very rare. Our analysis of replicated 14-year field experiments manipulating the
339 presence/absence of fungal symbionts in plants demonstrated
340 for the first time that heritable microbes can commonly
341 benefit hosts not only through improved mean fitness – the
342 focus of most previous research – but also via buffering against
343 environmental variance. Our results provide an important
344 advance to improve forecasts of the responses of populations
345 (and symbiota) to increasing environmental stochasticity
346 under global change, suggesting that, for some species,
347 microbial symbiosis may compensate for the lack of intrinsic
348 tolerance of variability conferred by “slow” life history traits.
349 We found that symbiont-mediated variance buffering made
350 relatively weak contributions to host-symbiont mutualism
351 under the current regime of environmental variability, but is
352 likely to become the dominant benefit that fungal endophytes
353 confer to grass hosts in more variable future environments.
354 This result emerges from the context-dependent nature of
355 grass-endophyte interactions, combined with the observation
356 that environmental stochasticity generates fluctuation in
357 context. These key ingredients, and thus the potential for
358 symbiont-mediated variance buffering, similarly apply to the
359 diverse host-microbe symbioses across the tree of life.

373 **Materials and Methods**

374
375
376 **Study site and species.** This study was conducted at Indiana
377 University's Lilly-Dickey Woods (39.238533, -86.218150) in Brown
378 County, Indiana, USA. This site is part of the Eastern broadleaf
379 forests of southern Indiana, where the ranges of many understory
380 cool-season grass species overlap. The experiment focused on seven
381 of these grasses which host *Epichloë* endophytes (*Agrostis perennans*,
382 *Elymus villosus*, *Elymus virginicus*, *Festuca subverticillata*,
Lolium arundinaceum, *Poa alsodes*, and *Poa sylvestris*) (Table S1).

383 **Endophyte removal, plant propagation, and field set-up.** Seeds from
384 naturally symbiotic populations of the seven focal host species
385 were collected during summer-fall 2006 from Lilly-Dickey Woods
386 in Brown County, Indiana, USA, and the nearby Bayles Road
387 Teaching and Research Preserve (39.220167, -86.542683). To
388 generate symbiotic (S+) and symbiont-free (S-) plants from the
389 same genetic lineages, seeds from each species were disinfected
390 with a heat treatment described in Table S1 or left untreated. The
391 heat treatment created symbiont-free plants by warming seeds to
392 temperatures at which the fungus becomes inviable but the host
393 seeds can still germinate. Both heat-treated and untreated seeds
394 were surface sterilized with bleach to remove epiphyllous microbes,
395 cold stratified for up to 4 weeks, then germinated in a growth
396 chamber before transfer to the greenhouse at Indiana University
397 where they grew for ~ 8 weeks. We confirmed endophyte status
398 by staining thin sections of inner leaf sheath with aniline blue and
399 examining tissue for fungal hyphae at 200X magnification (?).
400 We established the field plots with vegetatively propagated clones
401 of similar sizes. By starting the experiment with plants of similar
402 sizes and the same number of unique genotypes, we aimed to limit
403 any potential effects of heat treatments on initial plant growth (?).

404 During the fall of 2007 and spring of 2008, we established
405 10 3x3 m. plots for *A. perennans*, *E. villosus*, *E. virginicus*, *F.*
406 *subverticillata*, and *L. arundinaceum* and 18 plots for *P. alsodes*
407 and *P. sylvestris*. Half of the plots were randomly assigned to
408 be planted with either symbiotic (S+) or with symbiont-free (S-)
409 plants, and initiated with 20 evenly spaced S+ or S- individuals
410 labeled with aluminum tags. In spring 2008, we placed plastic
411 deer net fencing around each plot to limit deer herbivory and
412 disturbance; damaged fences were regularly replaced.

413 **Long-term demographic data collection.** Each summer starting in
414 2008 through 2021, we censused all individuals in each plot for
415 survival, growth and reproduction, adding new recruits to the
416 census. We censused each species during its peak fruiting stage
417 (May: *Poa alsodes*, *Poa sylvestris*; June: *Festuca subverticillata*;
418 July: *Elymus villosus*, *Elymus virginicus*, *Lolium arundinaceum*;
419 September: *Agrostis perennans*), such that the censuses were pre-
420 breeding and new recruits came from the previous years' seed
421 production. Leaf litter was cleared out of each plot prior to the
422 census, to aid in locating plants. For each plant remaining from
423 the previous year, we determined survival, measured its size as
424 a count of the number of tillers, and collected reproductive data
425 as counts of the number of reproductive tillers and counts of the
426 number of seed-bearing spikelets on all reproductive tillers to a
427 maximum of three. We also tagged all unmarked individuals that
428 were recruits from the previous years' seed production and collected
429 the same demographic data. New recruits typically had one tiller
430 and were non-reproductive. In 2008 and 2009, we took additional
431 counts of seeds per inflorescence for all reproducing individuals in
432 the plots to ground-truth our subsample estimates. For *Agrostis*
433 *perennans*, we also collected seed counts in 2010. In 2018, we
434 stopped collecting data for the *Lolium arundinaceum* plots, which
435 had very high survival and low recruitment, and consequently very
436 low variation across years. For each individual in the experiment,
437 our data record their transitions in size and reproduction from one
438 year to the next. In total across 14 years, the dataset includes
439 demographic information for 16,789 individual host-plants and
440 31,216 transition-year observations.

441 We expected plots to maintain their endophyte status (S+ or
442 S-) because the fungal symbionts are almost exclusively vertically

443 transmitted, and plots were spaced a minimum of 5 m apart,
444 limiting seed dispersal or horizontal transmission of the symbiont
445 between plots. However, we regularly confirmed endophyte treat-
446 ment throughout the lifetime of the experiment by opportunistically
447 taking subsets of seeds from reproductive individuals and scoring
448 them for their endophyte status with microscopy as above. Overall,
449 these scores reflected 98% faithfulness of recruits to their expected
450 endophyte status across species and plots (Fig. S23; Supplement
451 data). Additionally, we have rarely observed fungal stromata,
452 the fruiting bodies by which *Epichloë* are potentially transmitted
453 horizontally, provided the fly vector is also present (?). For *A.*
454 *perennans*, *F. subverticillata*, *L. arundinaceum*, and *P. alsodes*, we
455 never observed stromata. We observed stromata only infrequently
456 for *E. villosus*, and even more rarely for *E. virginicus* and *P.*
457 *sylvestris* (Table S2). For these species, stromata have only
458 been observed on 35, 4, and 6 plants respectively, making up
459 < 0.3% of all censused plants (Supplemental data). These stromata
460 observations occurred irregularly across years; in most years there
461 were no stromata during the census, and in a few years several
462 plants produced stromata.

463 **Vital rate modeling.** Equipped with these demographic data, we
464 fit statistical models for survival, growth, flowering (yes or no),
465 fertility of flowering plants (number of flowering tillers), production
466 of seed-bearing spikelets (number per inflorescence), the average
467 number of seeds per spikelet, and the recruitment of seedlings from
468 the preceding year's seed production (Fig. S1 - S10). We fit these
469 vital rates as generalized linear mixed models in a hierarchical
470 Bayesian framework using RStan (?). All vital rate models
471 included random plot and year effects, with separate estimates of
472 year-to-year variance for symbiotic and symbiont-free plants, to
473 quantify the effect of endophytes on inter-annual variance (Fig.
474 S11 - S18). These variance components and other predictors as
475 described below were given vague priors (?). We ran each vital
476 rate model for 2500 warm-up and 2500 MCMC sampling iterations
477 with three chains. We assessed model convergence with trace
478 plots of posterior chains and checked for \hat{R} values less than 1.01,
479 indicating low within- and between-chain variation (? ?). For
480 those models that showed poor convergence, we extended the
481 MCMC sampling to include 5000 warm-up and 5000 sampling
482 iterations, which was only necessary for seedling growth. We
483 graphically checked vital rate model fit with posterior predictive
484 checks comparing simulated data from 500 posterior draws with
485 the observed data (Fig. S19-S20).

486 **Survival** - We modeled survival as a Bernoulli process, where
487 the survival (S) of an individual i in plot p and census year t was
488 predicted by the plot-level endophyte status (e), host species (h),
489 size in the preceding census, and the plant's origin status (whether
490 it was initially transplanted or naturally recruited into the plot).

$$S_{i,p(e),h,t} \sim \text{Bernoulli}(\hat{S}_{i,p(e),h,t}) \quad [2a]$$

$$\text{logit}(\hat{S}_{i,p(e),h,t}) = \beta_{0h} + \beta_1 * \text{origin}_i \quad [2b]$$

$$+ \beta_{2h} * \text{endo}_i + \beta_{3h} * \text{size}_{i,t-1} + \tau_{e,h,t} + \rho_p \quad [2c]$$

$$\tau_{e,h,t} \sim \text{Normal}(0, \sigma_{\tau_{e,h}}^2) \quad [2d]$$

$$\rho_p \sim \text{Normal}(0, \sigma_\rho^2) \quad [2e]$$

491 Here, \hat{S} is the survival probability ($p(e)$ indicates that plot
492 identity is uniquely associated with an endophyte status), β_{0h}
493 is an intercept specific to each host species, β_1 is the effect of
494 the plant's recruitment origin, β_{2h} is the endophyte effect, β_{3h}
495 is the size effect, $\tau_{e,h,t}$ is a normally distributed year effect for
496 each species and endophyte status with variance $\sigma_{\tau_{e,h}}^2$, and ρ_p is a
497 normally distributed plot effect with variance σ_ρ^2 . We assume that
498 origin effect β_1 and plot-to-plot variance σ_ρ^2 are shared across host
499 species, allowing us to "borrow strength" across the multi-species
500 dataset; other model parameters are unique to host species. We
501 separately modeled the survival of newly recruited seedlings, which
502 were typically one tiller and non-reproductive, with a similar model
503 but omitting size dependence and the effect of the plant's origin
504 status. All random effects were estimated independently between
505 seedling and adult vital rates models.

497 *Growth* - We modeled plant size in census year t (G) with
 498 the same linear predictor for the mean as described for survival.
 499 Because we measured size as positive integer-valued counts of tillers,
 500 we modeled it with a zero-truncated Poisson-inverse Gaussian
 501 distribution. This distribution includes a shape parameter λ_G to
 502 account for overdispersion in the data. We additionally modeled
 503 the growth of newly recruited seedlings separately with a Poisson-
 504 inverse Gaussian model omitting size structure and the plants'
 505 origin status as with seedling survival.

506 *Flowering* - We modeled whether or not a plant was flowering
 507 during the census (P) as a Bernoulli process, with the same linear
 508 predictor for the mean as described above for survival except that
 509 size dependence for reproductive vital rates was determined by the
 510 individual's size during the same census year as opposed to its size
 511 during the previous year.

512 *Fertility* - For a plant that was flowering during the census,
 513 its fertility was the number of reproductive tillers produced (F),
 514 which we modeled as a function of size in the same census period
 515 with a zero-truncated Poisson-Inverse Gaussian distribution, with
 516 the same linear predictor for the mean as described above.

517 *Spikelets per Inflorescence* - Spikelet production (K) was
 518 recorded as integer counts on up to three inflorescences per
 519 reproducing plant. We modeled these data with a negative
 520 binomial distribution, with the same linear predictor for the mean
 521 as described above.

522 *Seed Production per Spikelet* - For individuals with recorded
 523 counts of seeds production, we calculated the number of seeds per
 524 spikelet from our counts of seeds and spikelets per inflorescence,
 525 and then modeled seeds per spikelet (D) as normally distributed
 526 averages for each species and endophyte status. Because we had
 527 less detailed data across years and plants for seed production than
 528 for other reproductive vital rates, we omitted both plot and year
 529 random effects.

530 *Seedling Recruitment* - We used a binomial distribution to
 531 model the recruitment of new seedlings (R) into the plots from
 532 seeds produced in the preceding year, assuming no long-lived seed
 533 bank. We included an intercept specific to each host and endophyte
 534 status and the same random effects structure as in other models.
 535 We estimated the number of seeds per plot in the preceding year
 536 by multiplying the total number of reproductive tillers per plant
 537 by the mean number of spikelets per inflorescence on that plant
 538 and by a sample from the posterior distribution of mean number
 539 of seeds per spikelet (D). For plants with missing fertility or
 540 spikelet data, we used the expected number of reproductive tillers
 541 (F) or of spikelets per inflorescence from (K), drawing from the
 542 full posteriors of our models. We rounded this value to get the
 543 estimated seed production for each individual, and finally summed
 544 across all reproductive plants in each year and plot to get the total
 545 number of seeds produced.

546 **Stochastic population model.** Using the fitted vital rate models, we
 547 parameterized stochastic matrix projection models including two
 548 state variables: r_t (the number of newly recruited individuals in
 549 year t), and n_t (a vector including all non-seedling individuals of
 550 sizes $x \in \{1, 2, \dots, U\}$, ranging from one to the maximum number
 551 of tillers U). We used the same model structure for each species
 552 and endophyte status (not shown in model notation). The total
 553 number of recruits in year $t + 1$ is given by:

$$554 r_{t+1} = \sum_{x=1}^U P(x; \boldsymbol{\tau}_P) F(x; \boldsymbol{\tau}_F) K(x; \boldsymbol{\tau}_K) D R(\boldsymbol{\tau}_R) n_t^x \quad [3]$$

555 The total number of seeds produced by a maternal plant of size
 556 x is the product of the size-specific probability of flowering P ,
 557 the number of reproductive tillers F , the number of spikelets
 558 per inflorescence K , and the number of seeds per spikelet D .
 559 Multiplying by the probability of transitioning from seed to seedling
 560 R gives a per-capita rate of seedling production, which is multiplied
 561 by the number of plants of size x (n_t^x , the x^{th} element of n_t)
 562 and summed. Each function also depends on the species- and
 563 endophyte-specific year random effects for that vital rate ($\boldsymbol{\tau}$, a
 564 vector of year-specific values derived from the statistical models).

565 Recruitment, survival and growth determine the rest of the
 566 population dynamics of the new seedlings and larger plants. The

567 number of y -sized plants in year $t + 1$ is given by:

$$568 n_{t+1}^y = Z(y; \boldsymbol{\tau}_Z) B(\boldsymbol{\tau}_B) r_t + \sum_{x=0}^U S(x; \boldsymbol{\tau}_S) G(x, y; \boldsymbol{\tau}_G) n_t^x \quad [4]$$

569 where n_{t+1}^y is the y^{th} element of vector n_{t+1} . The first term on
 570 the right hand side of Eqn. 4 represents growth (Z) and survival
 571 (B) of seedling recruits. The second term includes the survival
 572 of x -sized plants and the growth of survivors from size x to y ,
 573 summed over all x . To avoid predictions of unrealistic growth
 574 outside of the observed size distribution, we set a ceiling on the
 575 growth function for plants at the 97.5th percentile in the observed
 576 size distribution (?). Each of the functions in Eqns. 3 and 4
 577 have separate intercepts and year random effects for symbiotic and
 578 symbiont-free populations, allowing us to calculate the effect of
 579 endophyte symbiosis on the mean and variance of λ , the dominant
 580 eigenvalue of the projection matrix. Analysis of climate-explicit
 581 population models followed the same logic as for the climate-
 582 implicit models presented here, and methods are described in the
 583 Supporting Information Text.

584 **Life History Analysis.** We collected metrics describing each host
 585 species' life history to test the relationship between pace of life and
 586 variance buffering (Table S1). Using the Rage package (?), we
 587 calculated R_0 , longevity, and generation time from our estimated
 588 transition matrices using the S-mean matrix as the reference
 589 condition. We recorded seed length measurements as the average
 590 lemma length from the Flora of North America (?). We also
 591 calculated and the 99th percentile of maximum observed age for
 592 each species from their S-populations. Next, we fit Bayesian
 593 phylogenetic mixed-effects models using the 'brms' package (?)
 594 to test the relationship between each life history trait and the
 595 estimated effect of symbiosis on the coefficient of variation
 596 from the population model while controlling for phylogenetic non-
 597 independence in the hosts (Fig. 26) and the symbiont (Fig. S27).
 598 We pruned larger species-level phylogenies of plants (?) and
 599 *Epichloë* fungi (?) to include the focal species. *Agrostis perennans*
 600 was not included in the tree, and so we used a congeneric species,
 601 *A. hyemalis*. We defined separate phylogenetic covariance matrices
 602 for each pruned tree. We propagated uncertainty in the estimated
 603 variance buffering effect with a measurement error model. Thus
 604 the model for the variance buffering effect V was given by:

$$V_{MEAN,h} \sim Normal(V_{EST,h}, V_{SD,h}) \quad [5a]$$

$$V_{EST,h} \sim Normal(\mu_h, \sigma) \quad [5b]$$

$$\mu = \alpha + \beta * trait + \pi \quad [5c]$$

$$\alpha \sim Normal(0, .5) \quad [5d]$$

$$\beta \sim Normal(0, .1) \quad [5e]$$

$$\pi \sim Half-Normal(.044, .01) \quad [5f]$$

$$\pi \sim Normal(0, \sigma_\pi * \mathbf{A}) \quad [5g]$$

$$\sigma_\pi \sim Half-Normal(0, .1) \quad [5h]$$

605 Here, V_{EST} is the variance buffering effect for each host species
 606 h , estimated from the posterior mean (V_{MEAN}) and standard
 607 deviation (V_{SD}), propagating uncertainty associated with the
 608 effect of symbiosis in our population model. The model includes
 609 an intercept parameter (α) and a slope parameter (β) defining
 610 the relationship between the variance buffering effect and the
 611 life history trait. The residual standard deviation is given by
 612 (σ). We used weakly informative priors to aid model convergence.
 613 Each prior was centered at zero, except for the residual standard
 614 deviation, which we centered at the standard deviation of the
 615 estimated variance buffering effect, .04. The phylogenetic random
 616 effect (π) has a standard deviation (σ_π) which is structured by
 617 the covariance matrix \mathbf{A} . We ran each MCMC sampling chain for
 618 8000 warmup iterations and 2000 sampling iterations. We assessed
 619 model convergence as described for the vital rate models.

620 **Mean-variance decomposition.** To calculate stochastic population
 621 growth rates (λ_s) for each host species and endophyte status
 622 we simulated population dynamics for 1000 years by randomly
 623 sampling from the 13 annual transition matrices observed over

621 the course of the experiment, discarding the first 100 years to
622 minimize the influence of initial conditions. Sampling observed
623 transition matrices produces models which realistically capture
624 inter-annual variation by preserving correlations between vital
625 rates (?). We tallied the total population size at each time step
626 as $N_t = r_t + \sum_{x=1}^U n_t^x$ and calculated the stochastic growth rate
627 as $\log(\lambda_s) = E[\log(\frac{N_t}{N_{t+1}})]$ (? ?). We calculated the total effect
628 of endophyte symbiosis as the difference in λ_s between S+ and
629 S- populations. We propagated uncertainty from the vital rate
630 models to the calculation of λ_s using 500 draws from the posterior
631 distribution of model parameters.

632 We decomposed the total endophyte effect on λ_s into contributions
633 from effects on vital rate means, variances, and their
634 interaction. Specifically, we repeated the calculation of λ_s for
635 two additional “treatments”: (1) endophyte effects on mean vital
636 rates only, with inter-annual variances shared between S+ and
637 S- at the S- reference level for all vital rates, and (2) endophyte
638 effects on vital rate variances only, with vital rate means shared
639 between S+ and S- at the S- reference level. The combination of all
640 four λ_s treatments (S+ vital rate means and variances, S- means
641 and variances, S+ means with S- variances, S- means with S+
642 variances) allowed us to quantify to what extent the overall effect
643 of symbiosis derives from changes in vital rates means, variances,
644 and their interaction. The interaction occurs because the variance
645 penalty to stochastic growth is proportional to the mean value
646 of annual growth rates (see Eq. 1) such that variance is more
647 detrimental for populations with low average growth rates. For
648

649 **Supporting Information Appendix (SI).** Authors should submit SI as
650 a single separate SI Appendix PDF file, combining all text, figures,
651 tables, movie legends, and SI references. SI will be published
652 as provided by the authors; it will not be edited or composed.
653 Additional details can be found in the [PNAS Author Center](#). The
654 PNAS Overleaf SI template can be found [here](#). Refer to the SI
655 Appendix in the manuscript at an appropriate point in the text.
656 Number supporting figures and tables starting with S1, S2, etc.

657 Authors who place detailed materials and methods in an SI
658 Appendix must provide sufficient detail in the main text methods
659 to enable a reader to follow the logic of the procedures and results
660 and also must reference the SI methods. If a paper is fundamentally
661 a study of a new method or technique, then the methods must be
662 described completely in the main text.

663 **Figures**

664 each contribution element (variance buffering, mean effects, and
665 their interaction), we calculated a cross species mean to assess the
666 overall contributions (Fig. 4).

667 **Simulation experiment.** To create scenarios of increased variance
668 relative to that observed during the study period, we repeated the
669 stochastic growth rate estimation and decomposition, but sampling
670 only a subset of the 13 observed annual transition matrices. We
671 created two scenarios of increased environmental variance by
672 sampling the transition matrices associated with the six or two
673 most extreme λ values, representing the six or two best and worst
674 years, using S- populations as the reference condition. By sampling
675 away from an average year in both directions, the mean value of
676 annual growth rates remained similar across treatments ($\bar{\lambda}$ averaged
677 across species: All years = 0.71; 6 years = 0.71; 2 years = 0.73; Fig.
678 S21A), while the standard deviation more than doubled ($sd(\lambda)$
679 averaged across species: All years = 0.25; 6 years = 0.34; 2 years =
680 0.54 ; Fig. S21B), representing elevated environmental fluctuations.
681 We performed the same mean-variance decomposition for these
682 scenarios as for the ambient conditions (all 13 years sampled) for
683 all host species described above (Fig. S22).

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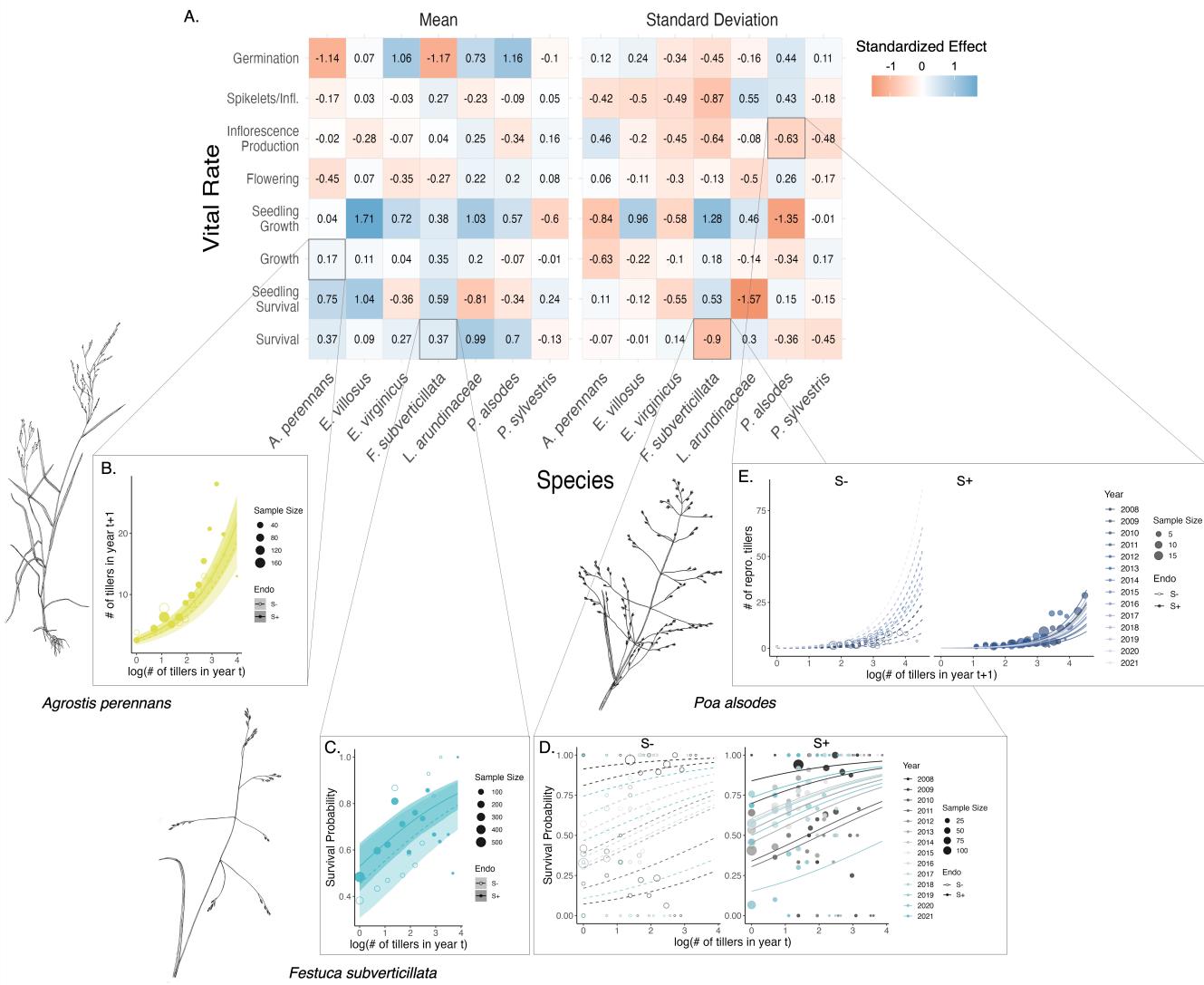


Fig. 1. Endophyte symbiosis altered host vital rates.(A) Shading represents the posterior mean standardized effect size (Cohen's D) of endophyte symbiosis on mean or standard deviation of host vital rates (blue indicates that symbiosis increased the mean or standard deviation and red indicates a reduction). Endophytes' diverse vital rate effects include increased (B) mean growth of *A. perennans* and (C) mean survival probability of *F. subverticillata*. Endophyte presence also reduced inter-annual variance in (D) the survival of *F. subverticillata* and (E) the fertility of *P. alsodes*. Organism silhouettes modified from "Festuca subverticillata" by Cindy Roché and "Agrostis hyemalis" and "Poa alsodes" by Sandy Long ©Utah State University.

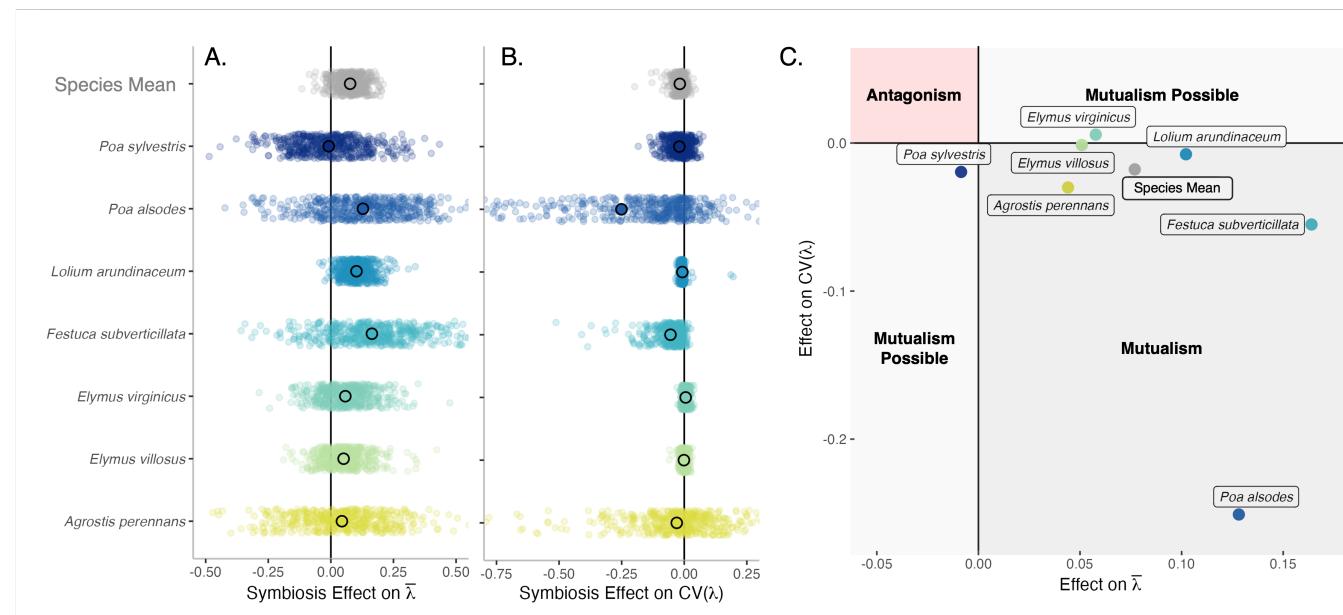


Fig. 2. Mean and variance-buffering effects on fitness. Black circles indicate the average effect of endophytes along with 500 posterior draws (smaller colored circles) on the (A) mean and (B) coefficient of variation in λ for each host species as well as a cross species mean. (C) For all hosts, endophytes either reduce variance, increase the mean, or both, and consequently when considering stochastic environments, the interactions are always at least potentially mutualistic.

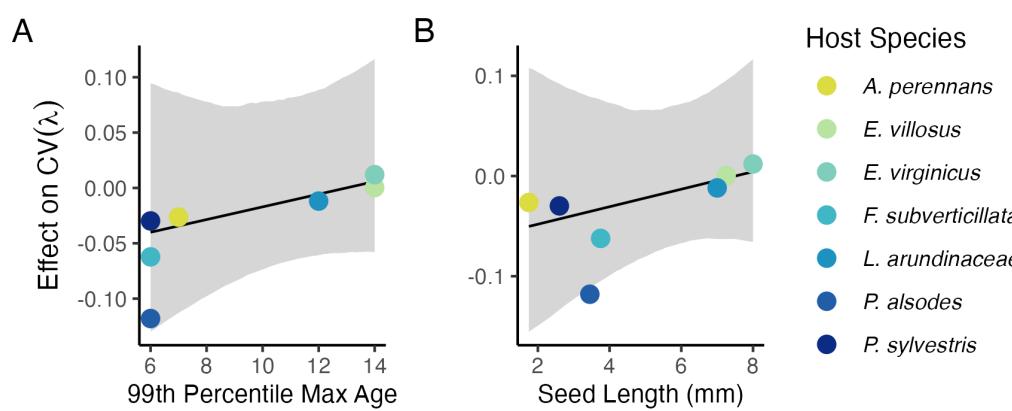


Fig. 3. Host species with faster life history traits experience stronger effects of symbiont-mediated variance buffering. Regressions between life history traits describing the fast-slow life history continuum ((A) 99th percentile maximum age observed during long term censuses in years; (B) Seed size) and the effect of endophyte symbiosis on the coefficient of variation in population growth rate (λ). Each panel shows the fitted mean relationship (line) along with the 95% credible interval.

