Part of knowing when to incorporate a quote is to look at your purpose. What is your purpose? Are you providing supplementary information, using a topic-specific definition that would explain better than you could, or are you supporting your ideas within the paragraph/thesis?

This is where you've already explained your point and supported your stance, but a little extra information would help you double down. Generally, you would want to write a few sentences explaining your point, then include a quote for credibility. This is a tool utilized by a lot of academics.

When writing about a new concept or idea or calling attention to a problem not previously addressed in your essay, topic-specific definitions can help. Especially if the definition hinges on the precise wording. If you feel unsure about defining something in your own words, reference a journal with more clout and concise writing.

Argumentative papers and research papers often need a lot of support. Soon after introducing your sub-topic, you may introduce a quote to back up your earlier claims.

Knowing when to put a quote in a certain place within your paragraphs is essential to essay-writing, but it takes practice. Look for places within your paragraph where an interjection from a source would flow well.