Directory to put plugins.

If you already have these binaries overwrite all of them.

Windows
 C:\Users\(USERNAME)\AppData\Local\gegl-0.4\plug-ins

 Linux
 /home/(USERNAME)/.local/share/gegl-0.4/plug-ins

 Linux (Flatpak includes Chromebook)
 /home/(USERNAME)/.var/app/org.gimp.GIMP/data/gegl-0.4/plug-ins

Then Restart Gimp and go to GEGL Operations and select the plugins from a drop down list.
Gimp 2.99.16+ users will see the plugins in filters>Text Styling.

If you are using the "experimental branch" of GEGL Effects, this will downgrade you to stable.