

Discover Newsletter for colleagues in Africa

February 2026

It is time to say Good-Bye and Go well!



Dear Friends in Africa

This may be the last newsletter you receive from me. I retire from my work with Discover at the end of March.

I thank you for your dedication to making your area and our world a better place. Because of global warming and international political instability, the challenges you face in rural Africa are greater than ever. I thank you for your friendship and for your welcome whenever I have visited your country, and for all I have learnt from you. I am a better man for having known you.

I wish you all the strength you need to continue your good work;

- of using your own plants to prepare effective herbal remedies,
- of producing your own tree seedlings and planting and growing trees,
- of practising agroforestry, and
- of teaching others.

May I remind you of three important things that have been central to our shared work?

1. Collect the seeds of important trees and medicinal plants, and start your own nursery.
2. Have at least one tree of *Moringa oleifera* in your garden. Why?
 - a) Moringa leaves, whether fresh or dry, are rich in minerals, vitamins and proteins. They work wonders for malnourished children and adults whose bodies are weak because of HIV, cancer or other diseases.
 - b) You can purify dirty water with the seeds.
 - c) The leaves are a wonderful medicine; they help to reduce blood pressure and for people suffering diabetes they help to reduce blood sugar levels.

For more information, see here on the Discover homepage: [P - Moringa oleifera](#)

3. Advise all members of your community never to use commercial skin lightening products. Their use in Africa is reported to have increased – and to be causing dreadful health problems. Remember what you have in your own garden, Aloe vera gel, ointment or soap made from moringa leaves or avocado flesh mixed with a little lemon juice.



Children in Kenya holding very healthy moringa seedlings

Keith Lindsey