There is a conjectured relationship between left-orderability of the fundamental group of a 3-manifold $M$, the existence of taut foliations in $M$, and whether or not $M$ is an L-space. We show that when $M$ is a rational homology sphere graph manifold, $M$ admits a co-orientable taut foliation if and only if the fundamental group of $M$ is left-orderable. The proof is constructive, inspired by known surgery results relating to foliations and L-spaces. In particular, the construction allows us to associate nice properties of foliations in $M$ with nice properties of left-orderings of the fundamental group of $M$, and vice versa. This is joint work with Liam Watson and Steve Boyer.